

# SPINA BIFIDA

## **What It Is:**

A birth defect where the spine and spinal cord don't form properly. It can cause physical and neurological complications, ranging from mild to severe.

## **Impact:**

Depending on the type and severity, children with spina bifida may experience muscle weakness, paralysis, bladder or bowel issues, and learning disabilities.

## **Support Strategies:**

- Create accessible environments with ramps and appropriate seating arrangements.
- Provide catheterization training for managing bladder function and ensure bathroom accessibility.
- Incorporate physical therapy and encourage activities that strengthen muscles and improve mobility



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