



MassGeneral Hospital  
*for Children*<sup>SM</sup>

# Pediatric Stroke Rehabilitation Workshop

April 27<sup>th</sup>, 2019

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# Parents Best Poised to Nurture Development after Pediatric Stroke

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At 9 years old, Mia plays hockey and soccer, is bilingual, loves math, puzzles, and robotics



# Grateful for therapy, how to take it off the mat into life



# This talk shares our journey including principles applied to support Mia's development

0-3 Years



Preschool Years



Elementary Years



# Infant and Toddler Years – 0-3 Years Old



# Developmental Sequence – more or less on track



Bias the play by offering toys to righty





Give lots of time on the floor with bare feet and legs



Cruising days before first steps (almost 12 months)



# Research led me to Children's Hemiplegia and Stroke Association (CHASA) and Constraint Therapy



# Novel environment for first constraint experiments



# Eating blueberries and puffs with righty



# Bimanual play essential alongside constraint use



Mia developed the ability to focus very early



We found a lot of toys at secondhand shops





Constraint below elbow allows swinging and more



# Pointing and pincer grasp developed



# Zoe discovered swinging from baby hammock frame



Early swinging with 2 arms



# Preschool Years – 3-5 Years Old



*[10 pm]*

*I'm not tired. Can you help me put this glove on?*

Falling is an essential part of learning



# Learning in action



# Pulling knees up at gymnastics





Hey, what's this new kind of swing?



New skills come after much practice



# Elementary School Years – 5-10 Years Old



In House League, no gloves fit  
Mia as a left-handed goalie



After several months, she convinced me to get her gloves



She wanted to play goalie, I kept  
my hesitation to myself



Getting equipment on requires both hands, 2-5 times/week



# Goalie lessons are challenging and motivating





I love coaching her team and watching Mia play goalie!



And, on the soccer field, Mia also loves goalie



# Community matters more than I believed in beginning

CHASA Retreat 2016  
Lexington, Kentucky



CHASA Retreat 2018  
Denton, Texas



# CP Soccer Team Forming in Boston – May 19 Free Clinic



## CP Soccer - Boston

Free clinic for qualifying children

Soccer training for kids with cerebral palsy, stroke, or traumatic brain injury

**SUNDAY, May 19, 2019 2-4PM**

**Founders Turf Facility, 570 Somerville Ave, Somerville, MA**

CP Soccer is building a national league for kids with cerebral palsy who are ambulatory and active. Boston is our newest team. Meet and play soccer with other kids like you. Our special training program is paving the way for some kids to play at the Paralympic level!

To qualify, players must have cerebral palsy, stroke, or traumatic brain injury, and be able to walk unaided. Open to ages 8-18, girls & boys, all skill levels. Practice will start in the fall, twice monthly, location to be determined.

Sign up for this clinic: <mailto:boston@cpsoccer.com>



Cerebral Palsy Soccer is a 501©3 organization

[www.cpsoccer.us](http://www.cpsoccer.us)

[boston@cpsoccer.us](mailto:boston@cpsoccer.us)

# Camp Mirrorable, Milan, Italy - August 2018



# Piazza Gae Aulenti, after camp with new friends



# Tying shoes, age 9



Take time to care for yourself, as it's essential to be ready to support your children on this journey





In summary, parents have a unique role as leaders in optimal recovery for children after early stroke



Thank you for participating in  
the 1<sup>st</sup> Pediatric Stroke  
Rehabilitation Workshop for  
Families!