

## Pediatric Stroke Rehabilitation Workshop April 27<sup>th</sup>, 2019





Parents Best Poised to Nurture Development after Pediatric

Stroke

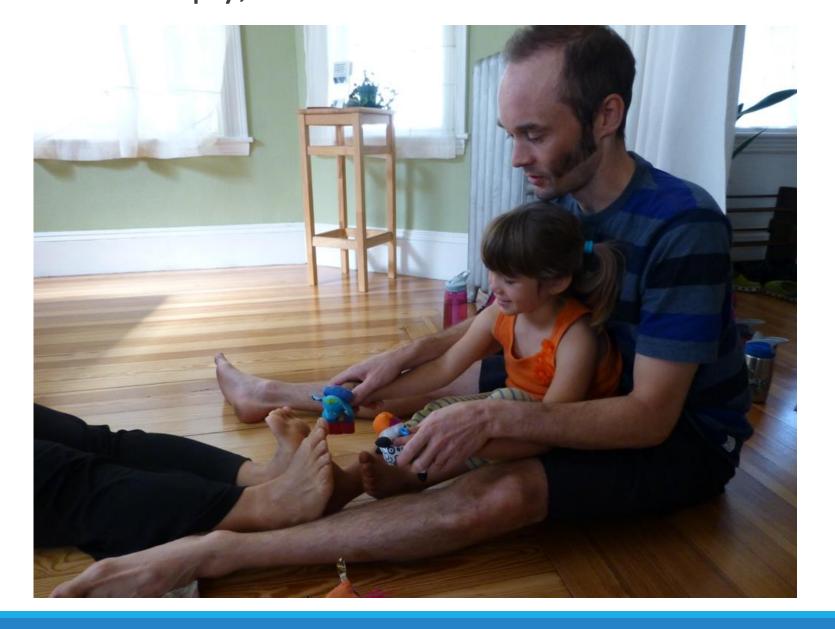
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At 9 years old, Mia plays hockey and soccer, is bilingual, loves math, puzzles, and robotics



#### 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** 



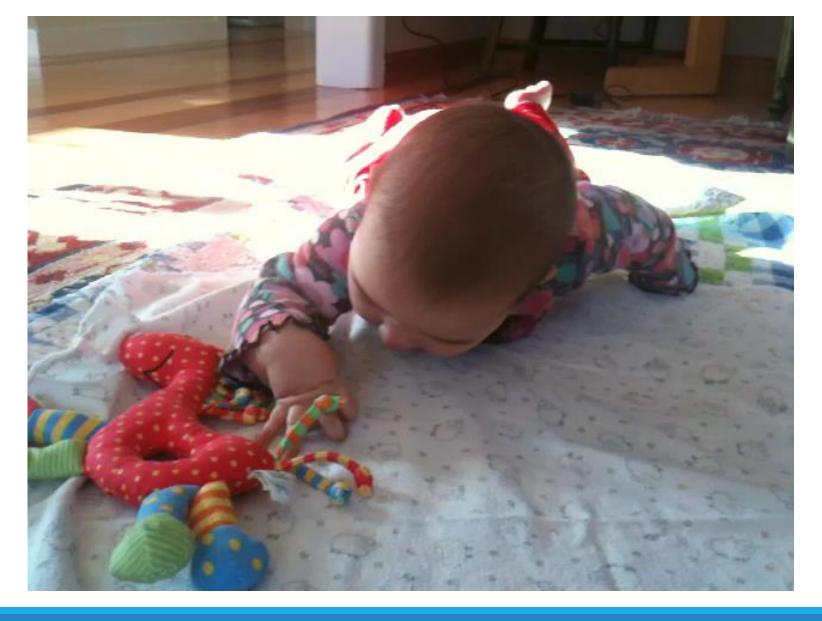
#### Infant and Toddler Years — 0-3 Years Old



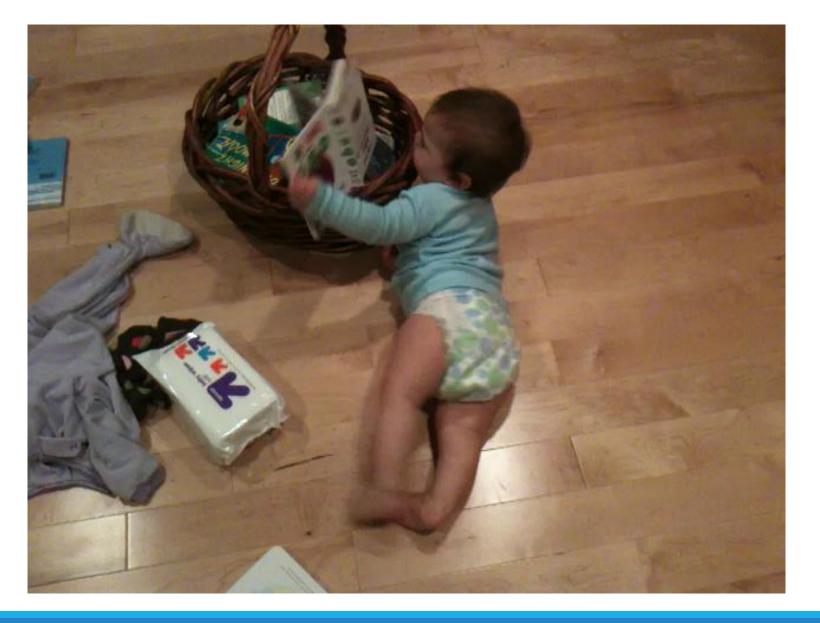
#### Developmental Sequence – more or less on track



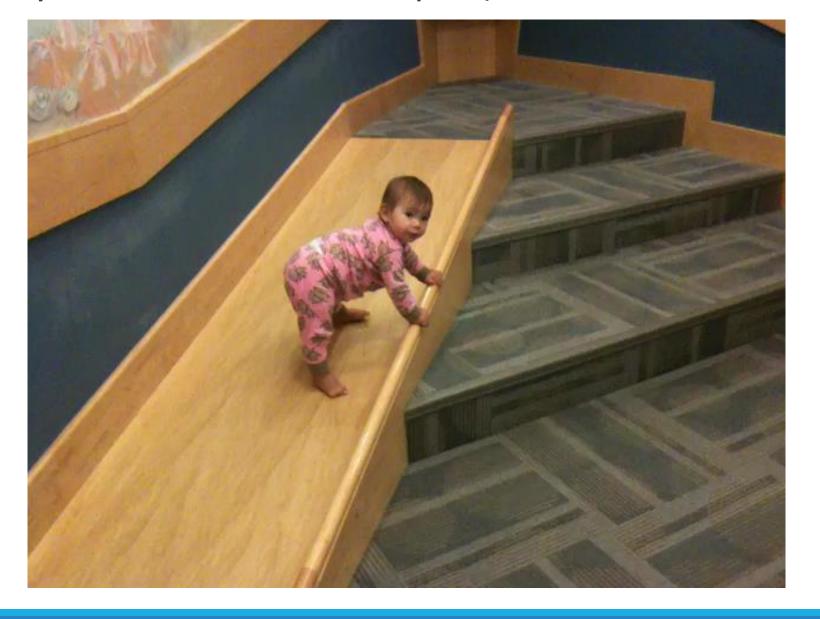
### Bias the play by offering toys to righty



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



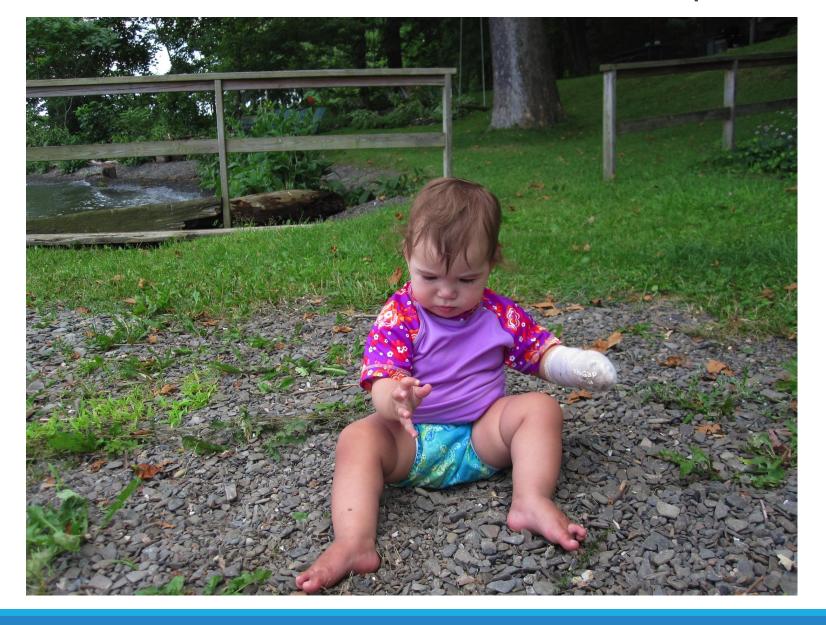
#### Cruising days before first steps (almost 12 months)



# 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

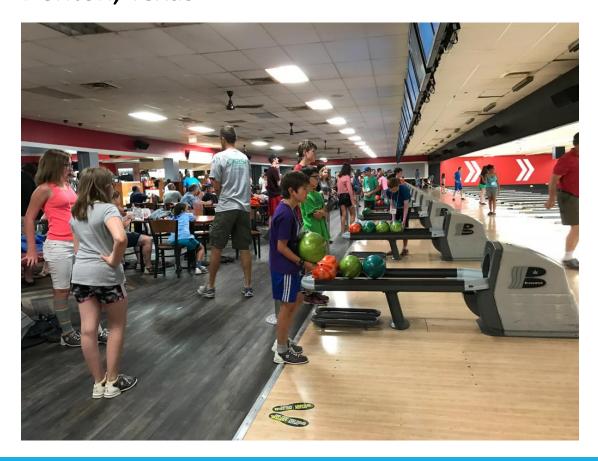


#### Community matters more than I believed in beginning

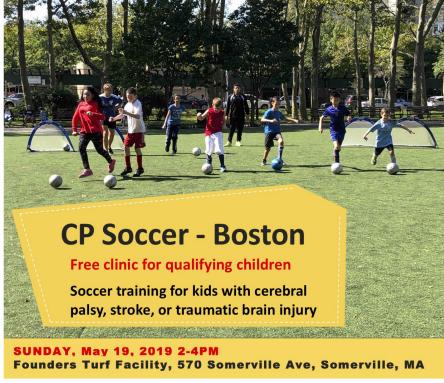
CHASA Retreat 2016 Lexington, Kentucky



CHASA Retreat 2018 Denton, Texas



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



CP Soccer 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

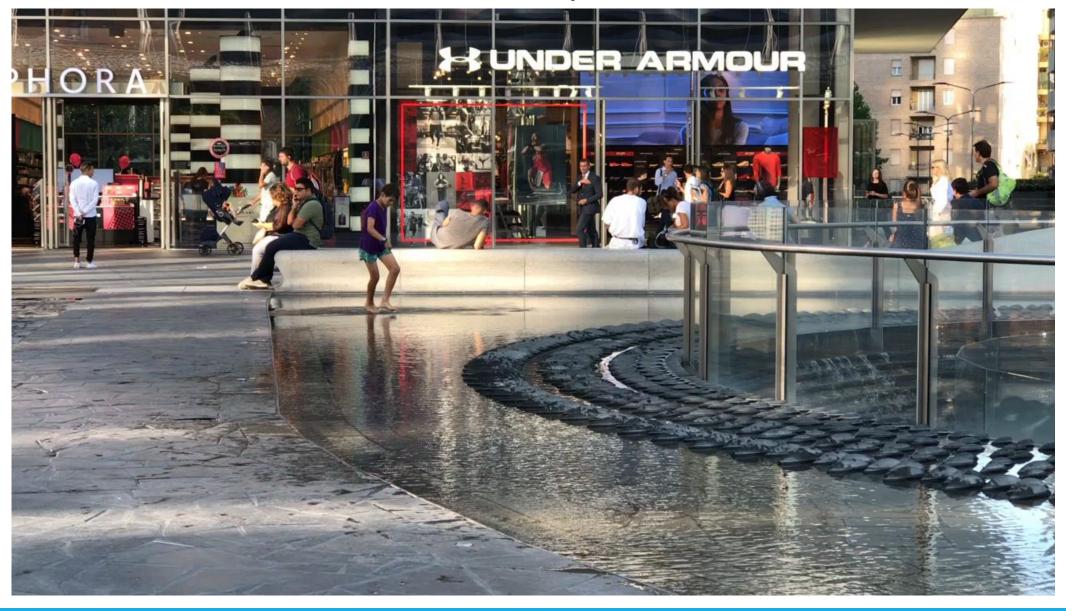


www.cpsoccer.us boston@cpsoccer.us

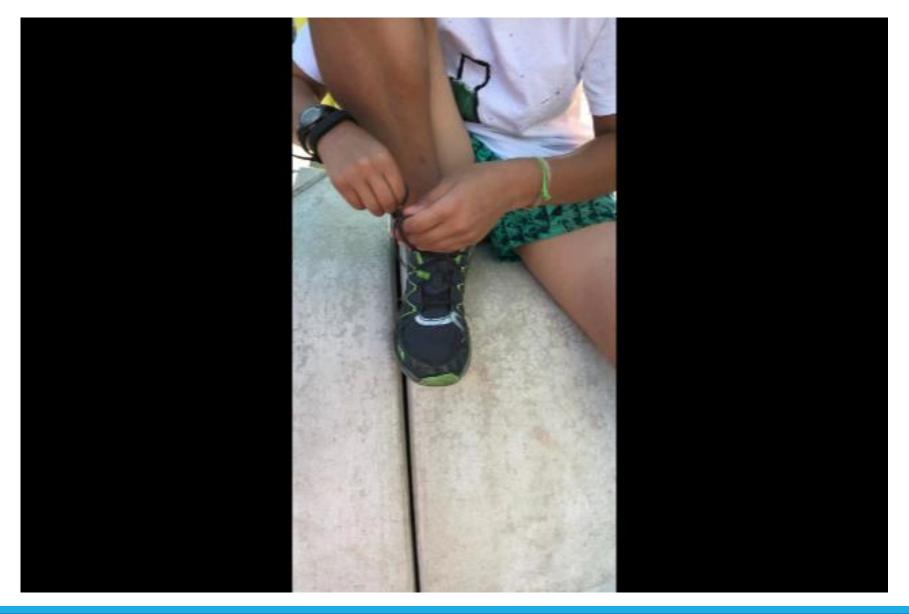
#### Camp Mirrorable, Milan, Italy - August 2018



#### 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!