



Early Therapy Intervention Checklist for an infant with Cerebral Palsy /Hōkai Nukurangi

Family / Whānau

Offer local information on:

- [Cerebral Palsy Society of NZ](#)
- Local Community / Cultural services: Kohanga Reo; Non-Government Organisations; Other families; Play ideas – CPToys™; Playgroups; Toy library.
- Family Support: [Parent 2 Parent](#), [Family Works](#), Local Peer Support options.
- Parenting empowerment: [Triple P - Stepping Stones](#), Occupational Performance Coaching.
- Consider ongoing referral for family/relationship support and maternal/paternal mental wellbeing.
- Family Resources: Plan a regular review of resources available. See examples: [Canchild](#); [CP Alliance](#); [GP Resources](#).
- Goal Development: (e.g. [Pictability™](#); [Occupational Performance Coaching](#)).
- [Ministry of Education](#) – [Learning Support](#) – Depending on Local eligibility criteria
- Provide local information about Child Development Services and all Early Intervention therapy options e.g. Conductive education, BLENZ, CCS Disability Action (Auckland, Christchurch and Dunedin), Ohomairangi Trust (Auckland), McKenzie Centre (Hamilton), Champion Centre (Christchurch), Wellington Early intervention Trust.
- [NZ Riding for the Disabled Association](#): predominantly from 3 years and over.
- [NZ Cerebral Palsy Registry](#). Once a CP diagnosis has been confirmed.
- [Child Disability Allowance](#) and Needs Assessment process and / or Social Worker review.

Play / Tākaro, Learning / Ākonga and Mobility / Kaurori

CP specific therapy intervention ideas: part of your toolkit / kete

- Parent coaching / partnership on activities, participation, and play
- Incorporating activities into daily routine (home programmes)
- Goals, Activity & Motor Enrichment (GAME) principles:
 - Motor Learning; Goal orientated; Environment Enrichment; Activity based; Child Active
- Task specific play
- Participation in local community activities e.g. swimming

For Functional Ability GMFCS I-III

- Treadmill Training - Emerging evidence on use from 18 months of age
- For infants with indication of hemiplegic CP:
 - Constraint Therapy - 'Baby CIMT'
 - Bimanual therapy

For Functional Ability GMFCS IV-V

- Use of equipment as an adjunct to play / mobility
- Small Step Program (See Reference Holmström et al, 2019)

Equipment / Taputapu

Consider use of equipment / taputapu as an adjunct to assist other interventions and play. Further information see: [Ministry Of Health](#) for further information on providers.

For Functional Ability GMFCS I-II

- Orthotics, including soft, hard orthoses and splinting, +/- footwear advice.
- Bathing and Showering equipment
- Off the shelf or customized buggy / wheelchair and seating to assist with mobility, play and feeding
- Walking frames / trolleys (consider from age-appropriate time)
- Standing frames (consider from 9 - 12 months)

For Functional Ability GMFCS IV-V

- 24-hour posture management to include:
 - Off-the-shelf or customized buggy / wheelchair and seating to assist with seated mobility, play and feeding
 - Standing frames (consider from 9-12 months)
 - Lying supports in the form of position systems (low tech, “off the shelf” or custom made) to support optimal positions for everyday activities.
- Orthotics, including soft, hard orthoses and splinting, +/- footwear advice.
- Bathing and Showering equipment
- Introduce the experience of early powered mobility (from 12-18 months)
- Specialized car seats
- Hospital hi-low cot +/- sleep system for respiratory care

Ongoing Monitoring

Musculoskeletal / Tiaki Kōiwi

- Ensure timely referral for hip surveillance, with Orthopaedic, Paediatric or Rehabilitation service ([Australian Hip Surveillance Guidelines](#))
 - Initial antero-posterior pelvic x-ray at 12-24 months
- Spasticity - Consider referral for spasticity management for oral medications and / or botulinum toxin injections.

Communication / Whakawhiti kōrero

- Fostering parent - infant communication – e.g. [Hanen - It Takes Two to Talk](#)
- Use of Pragmatic Organisational Dynamic Display (PODD) and sign language to augment communication

Functional Ability GMFCS IV-V

- Referral for assistive / alternative communication e.g. [Talklink](#)

Respiratory / Hā Manawa

- Identify respiratory risk factors – complete [Respiratory checklist](#) .
Also note the Starship Foundation supported CP [Respiratory](#) project outcomes (2021-2024)

Feeding / me Whangai a te wā tika

- Monitor growth and nutrition – regular height, weight recording

Functional Ability GMFCS IV-V

Consider early referral for:

- Feeding assessment +/- videofluoroscopy
- Excessive drooling – referral for Speech Language Therapy feeding assessment
- Dietician

Consider use of:

- Equipment for positioning – to allow safe feeding and eating
- Emerging therapies: Electrical stimulation plus oral sensorimotor therapy; Functional chewing training

Associated conditions / Ko ngā me ahua rite

Consider review and / or referral to additional services for:

- [Epilepsy](#)
- Speech difficulties
- Hearing and vision - Referral to Ophthalmology and Audiology for baseline vision and hearing assessments if areas of concern are noted.
- Referral to specialist services for further input and support for vision and hearing e.g. [BLENNZ](#), [Hearing Advisors \(Ministry of Education\)](#); [Blind Low Vision NZ](#).
- Oral health –Teeth/Drooling
- Constipation/ Bladder
- Pain – Tools [Revised FLACC \(r-FLACC\) Behavioural Scale ©2002](#); See also [Starship Clinical Guidelines](#)
- Sleep issues - [Sleep safety](#) and Sleep hygiene (Tools: [Brief Infant Sleep Questionnaire \(BISQ\)](#).)
- Growth
- Behavioural and emotional issues
- VP Shunt if applicable
- Gastro-Oesophageal Reflux Disease (GORD): Referral to Paediatrician for investigation of possible GORD if child has persistent vomiting (**Functional Ability GMFCS IV-V**)

Te Reo Māori Glossary

Hōkai Nukurangi / Cerebral Palsy – ‘to achieve what is important to you’

Ko ngā me ahua rite / Associated conditions

Learning / Ākonga

Kaurori / Mobility

Pēpi nohinohi/ Infants

Tākaro / Play

Taputapu / Equipment

Tiaki Kōiwi / Musculoskeletal

Hā Manawa / Respiratory

Whakawhiti kōrero / Communication

Whānau / Family

Me whangai a te wā tika / Feeding

Kete / Basket / Kit

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Refer to References document for further details on each section.