

As in all aspects of care, educational requirements are determined by the child's needs and potential. Children with mild to moderate cognitive involvement are generally able to participate in regular classes. Resource rooms are available in most schools to provide more individualized attention. Integration of children with CP into regular classrooms should be the initial goal. For those who are unable to benefit from formal education, a vocational training program may be appropriate. At adolescence, prevocational and vocational counseling and guidance are arranged. At any phase or in any setting, education is geared toward the child's assets.

Recreation and after-school activities should be considered for children who are unable to participate in the regular athletic programs and other peer activities. Some children can compete in athletic and artistic endeavors, and many games and pastimes are suited to their capabilities. Competitive sports are also becoming increasingly available to children with disabilities and offer an added dimension to physical activities. Recreational activities serve to stimulate children's interest and curiosity, help them adjust to their disability, improve their functional abilities, and build self-esteem. Any accomplishment that helps children approach a normal way of life enhances their self-concept.

Support the Family

Probably the nursing interventions most valuable to the family are support and help in coping with the emotional aspects of the disorder, many of which are discussed in relation to the child with a disability (see [Chapter 18](#)). Initially, the parents need supportive counseling directed toward understanding the meaning of the diagnosis and all of the feelings that it engenders. Later they need clarification regarding what they can expect from the child and from health professionals. Educating families in the principles of family-centered care and parent/professional collaboration is essential. The family may require help in modifying the home environment for care of the child (see also [Chapter 18](#)). Transportation to the practitioner's office and other health care agencies often requires special arrangements.

Care coordination for the child and family with CP is an important nursing role. In many cases, the family assumes complete care of the child and becomes quite adept at caring for her or his