

# Spina Bifida for Parents

BCCH Spinal Cord Clinic



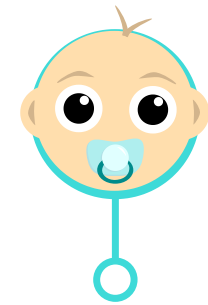
# LIFE WITH SPINA BIFIDA: A TIMELINE

(CLICK BLUE TEXT FOR MORE INFORMATION)



## PREGNANCY

Spina bifida happens within the first few weeks of pregnancy & can be detected around the first 3-4 months of pregnancy



## NEWBORN TO AGE 2

Babies should be delivered within a clinic specializing in spina bifida



## AGES 3-5

Children with spina bifida might need extra help at times. But it is very important that children be given the opportunity to complete a task before help is given.



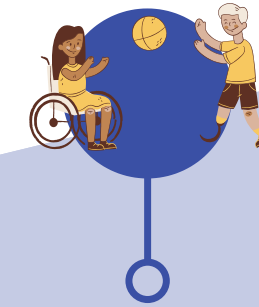
## AGES 6-9

This is an important time for children to become more responsible and independent.



## TEEN YEARS

Teens with Spina Bifida face the same emotional roller coaster that other teens experience.



## TRANSITION TO ADULTS

Transition is the process of moving from child-centered health care to adult-centered health care.



## ADULTHOOD

Adults who have spina bifida face different problems than do children

# PREGNANCY

## NICU EXPERIENCE

Guide for expectant parents/experience right before and after birth

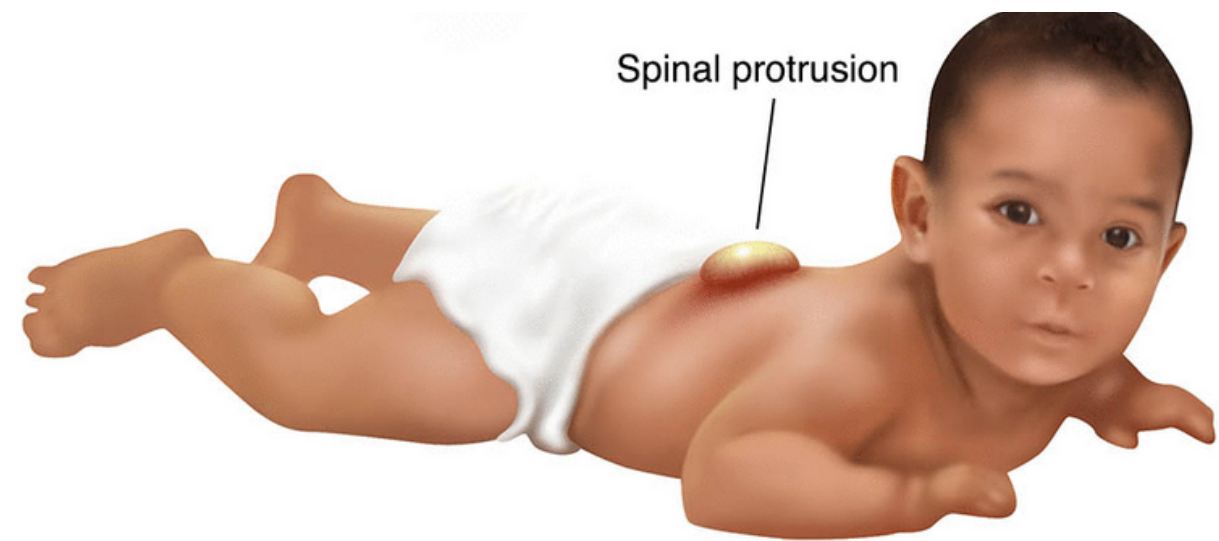
## EXPECTANT PARENT'S GUIDE

What is spina bifida , general info for diagnosis

## UNDERSTANDING SPINA BIFIDA

Canadian source for brochures and information regarding all you need to know about spina bifida.





# NEWBORN TO AGE 2

## INTRODUCTION

Click [here](#) for a brief intro by the US Spina Bifida Association (SBA) on having an infant with spina bifida. The open neural tube will need to be closed within 1-2 days after birth by a pediatric neurosurgeon- You can still have a normal delivery and breastfeed your baby.

## LIVING WITH SPINA BIFIDA (INFANTS)

Adjusting to life with a baby, things to look out for/expect

# AGES 3 TO 5

## PRESCHOOL INTRODUCTION

Your child may need extra help with moving around and learning new skills . Explore fun activities and play!

## LIVING WITH SPINA BIFIDA (TODDLERS)

Parents should encourage independence at this age. Click [here](#) to have an idea of what to expect and ways of finding support





## AGES 6 TO 12

### **LIVING WITH SPINA BIFIDA** **(SCHOOL-AGE)**

Click [here](#) for help and expectations for school-age children. Empower your child to start participating in bowel and bladder routine. Learning challenges may be related to SB.

### **SOCIAL DEVELOPMENT** **INFO SHEET**

This info sheet explains social skill goals for children with SB as well as tips and strategies for encouraging your child.



# TEEN YEARS

## **TEENAGERS**

Teenage years can be especially emotionally challenging as school and peer relationships become more important. [Here](#), learn about the various challenges that teenagers face with becoming more independent, and how to overcome them

## **LIVING WITH SPINA BIFIDA (TEENAGERS)**

This page explains physical, mental and sexual health, sexuality, and getting around as a teenager with spina bifida.

# TRANSITION TO ADULTHOOD

## [INTRODUCTION](#)

Click this link to learn about the transition into adulthood and how to plan for life after high school.

## [LIVING WITH SPINA BIFIDA \(YOUNG ADULTS\)](#)

Your child is learning to advocate for themselves and manage their health - explore work and school opportunities. Learn more about health, gaining increased independence and looking to the future.

## [ONTRAC BC](#)

Click this title to learn about BC's transition to adulthood care program.







# ADULTHOOD

Adults with Spina bifida can live full productive lives , have jobs , family and children - lifelong medical care is critical to stay healthy.

There is ongoing care for adults with spina bifida by adult physicians, orthopaedic surgeons, urologists and more. See the list below for some organizations and resources for adults living with spina bifida.

[Ontrac BC](#)

[GF Strong](#)

[Rick Hansen Foundation](#)

[ICord](#)