

# Integrating training in everyday life and play amongst 0-4-year-old children with Cerebral Palsy

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6 months pre intervention

2-3 weeks pre intervention

Intervention

3-4 weeks post intervention

6 months post intervention

Design of program using a logic model

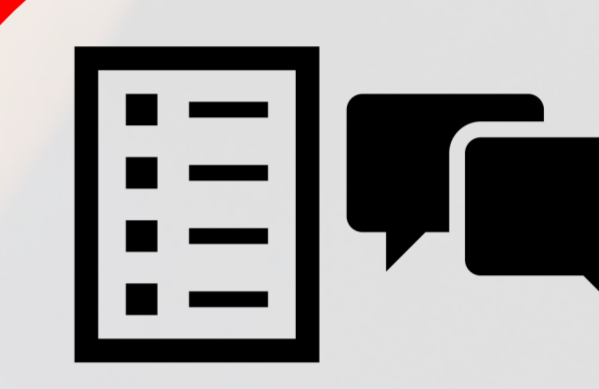
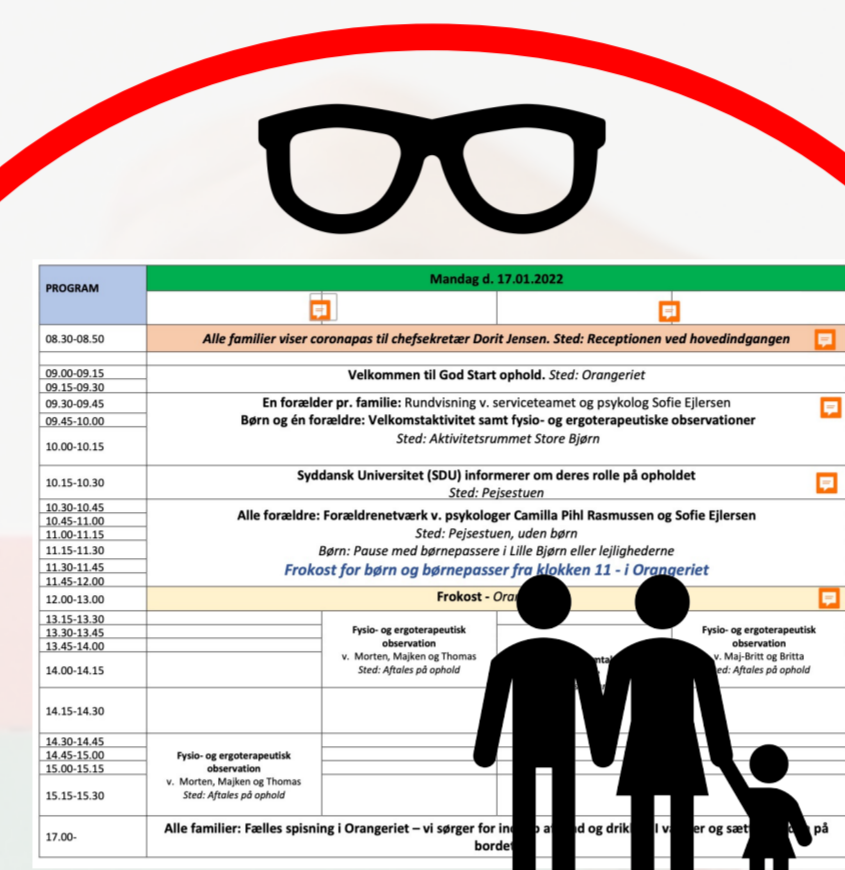
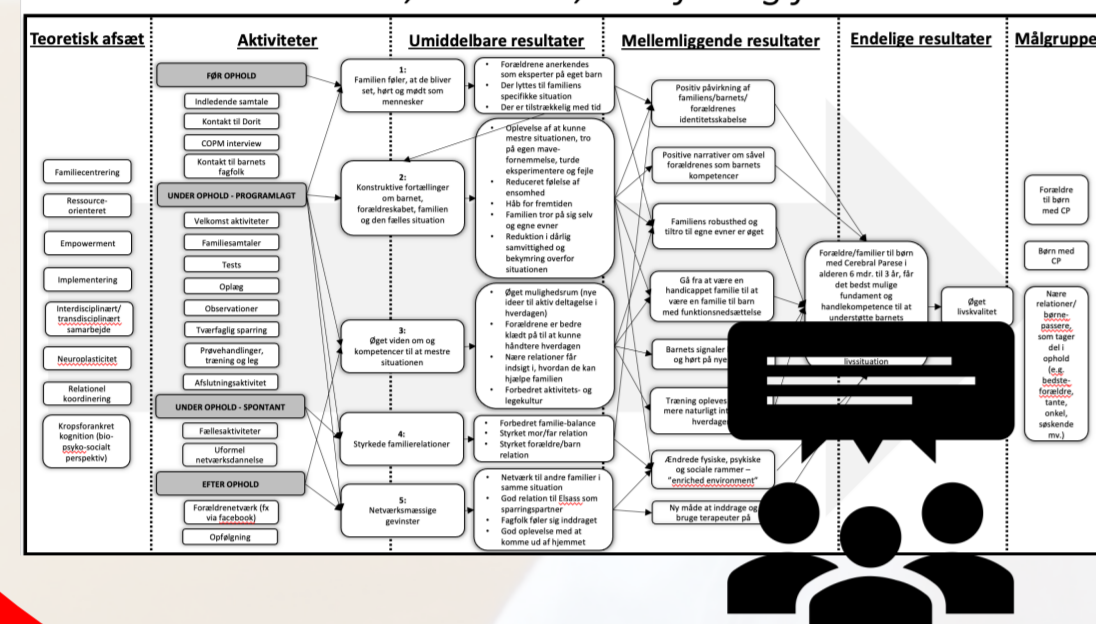
Baseline questionnaire

4-day intensive program

Short-term follow-up questionnaire and interview

Long-term follow-up questionnaire and interview

God Start – hvad, hvordan, hvorfor og for hvem?



## LOGIC MODEL WORKSHOP WITH ELSASS PERSONNEL

One of the goals defined during the logic model workshops was integrating training as play into everyday life for the families. The believe is, that integrating training as play into everyday life gives the family he best foundation and competencies to support their child with Cerebral Palsy's development and strengthen the family's general experience in mastering their current lift situation.

All Elsass therapists were present during the two workshops. All inputs were placed in the logic model and sent to Elsass for comments before the final version was made.

## PROGRAM AND TRAINING AS PLAY FOCUS

During the program, the patents received training in how to make training with their child more playful at home. This is done through one-on-one sessions with therapists and presentations during the four-day intensive program aiming at changing the focus from hardcore (and sometimes old-fashioned) training exercises to a more playful focus where the child's interests dictates the exercises being made.

## OBSERVATIONS OF INTERVENTION

During the period from fall 2021 to spring 2022 observations on a total of four God Start intensive programs were made. Many aspects were under observation, among others the training as a playful approach aspect. In all cases, therapists from the Elsass foundation invited the kids to their play areas and made exercises and gave input based on what the child found fascinating. If the child picked up a ball, the therapists created a playful space in which the ball was the center of the game and likewise. Simultaneously, they talked with the parents bout challenges and ways of currently doing training at home in order to give solid input on new ways of approaching the child.

## INTERVIEWS WITH PARENTS

"It (playing, red) made so much sense because it was easy to bring back home and continue doing." (Parents, God Start 1).

"We have been provided with inputs on how to make it all more playful and fun rather than having an hardcore exercise/training focus." (Father, God Start 2).

"It has been an inspiration to play the exercises rather than trin the exercises." (Mother, God Start 4).

## BACKGROUND AND CONCLUSION

In Denmark, 110-130 children are diagnosed with Cerebral Palsy (CP) annually resulting in lifelong challenges affecting the whole family. The Elsass Foundation aims at improving quality of life for people with CP and their families. Among many initiatives, the foundation has developed a 4-day intensive program ("God start") for families with 0-4-year-old children with CP focusing on integrating the children's intensive training-needs into everyday life using a playful approach. Pre-liminary results indicates, that the approach is effectful, in the sense that most families feel relieved that training is also done through playing with their children and having fun rather than bending and stretching the affected area.