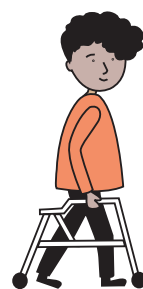
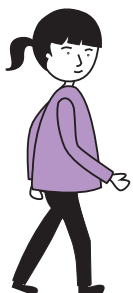


Healthy lungs for kids with cerebral palsy:

Part 1



This book is in 2 parts.

- Part 1 explains what kids can do to keep their lungs healthy. It also explains what things cause kids to get sick.
- Part 2 talks about the people who can help kids to keep their lungs healthy.

It also talks about medical tests and treatments.

You can get someone to help you:

- read this book
- know what this book is about.

You can ask for more information.



This book is written so it is easy to read. The first time we use hard words we write them in **blue**. Then we explain what the word in **blue** means.



You can get someone to help you:

- read this book
- know what this book is about

You can ask for more information.

About this book



This book was written by:

- Noula Gibson, Physiotherapist, Perth Children's Hospital;
- A. Marie Blackmore, Researcher, The Kids Research Institute Australia;
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- Monica S Cooper, Paediatrician, Murdoch Children's Research Institute;
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- Andrew C Wilson, Respiratory Physician, Perth Children's Hospital.

The illustrations are by Gillian Northcott, Graphics Designer, Perth Children's Hospital.

Acknowledgements

We thank the following people with lived experience, who advised us as we prepared this booklet: Wendy and Beth Langford, Lesley and Kyra Culloton, Smiling Campbell, Stacey Tasker, and Christina Lee.



Thank You

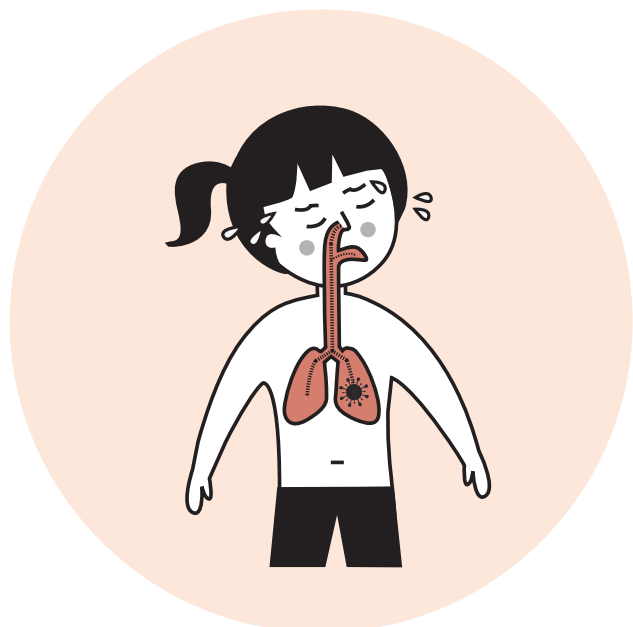

Who is this booklet about?

This booklet is about **sick kids with cerebral palsy.**



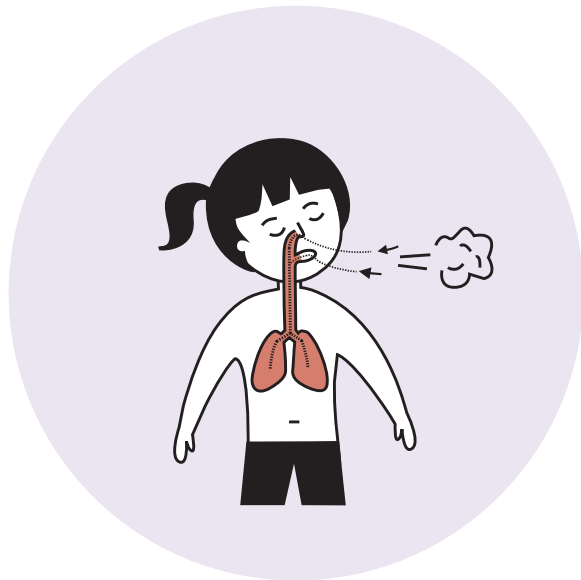
That means children, teenagers and young adults (up to age 25 years).

It means kids who get sick in their **lungs.**



Lungs

Lungs help you breathe air into your body.



Lung sickness can make you cough.

Lung sickness can make it hard to breathe air.

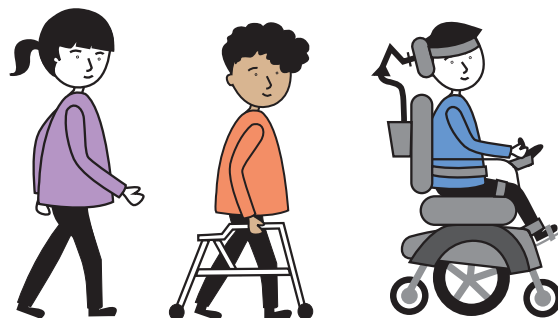


What is cerebral palsy?

People with cerebral palsy have trouble moving their muscles.



Some need support to sit up.



Some cannot walk well.

Some have trouble eating.



Some have trouble using their hands.



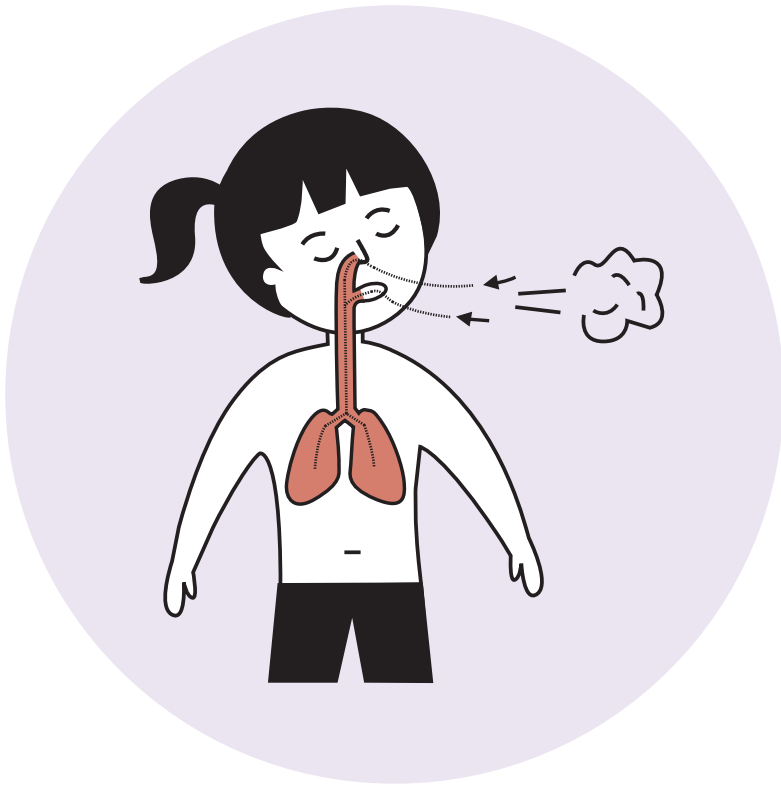
Some cannot talk.

What does this book explain?

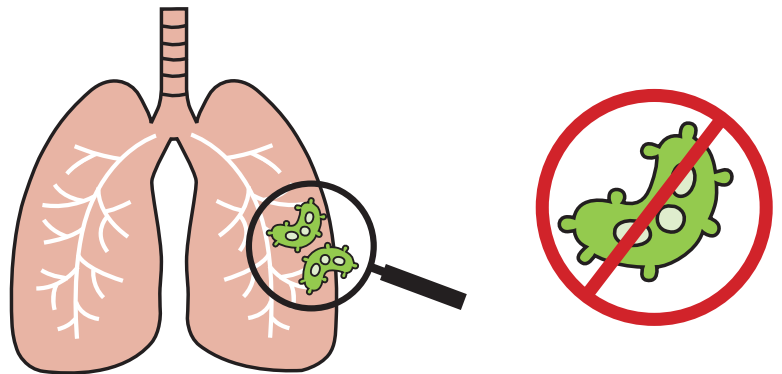
Kids with cerebral palsy sometimes get sick in their lungs.



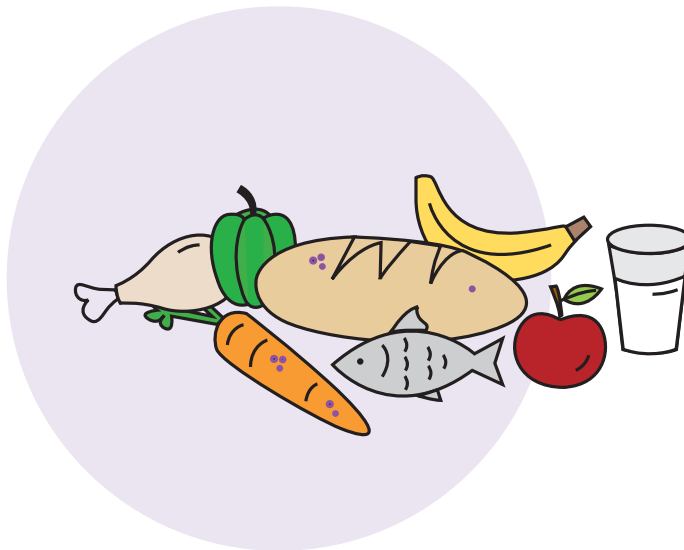
This booklet explains what to do when that happens.



This booklet also explains how these kids can keep their lungs healthy.



Kids can stay healthy by eating healthy meals



Here's how to eat healthily.

1



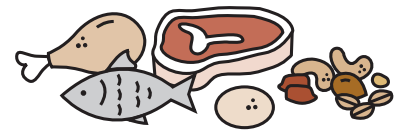
Eat plenty of different fruit and vegetables every day.

2



Cereals, bread, rice, pasta are **grain foods**. Eat some of these foods every day.

3



Meats, fish, eggs, and nuts are **protein foods**. Eat some of these foods every day.

4



Milk, yoghurt, and cheese are **dairy foods**. Eat and drink some every day.

5



Drink plenty of water every day.

Kids can stay healthy by doing exercise

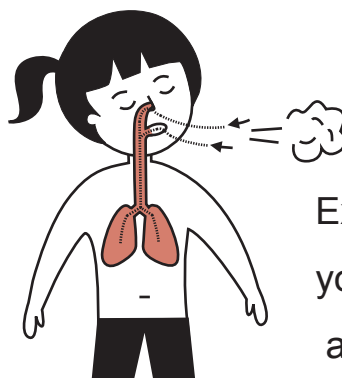
Exercise means moving around enough to make you breathe faster and your heart beat faster.



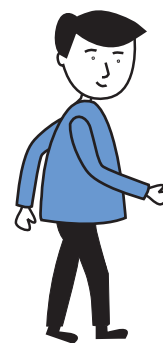
Do at least one hour of exercise every day.



There are lots of different exercises (e.g., walking, swimming, cycling, dancing, team sports, helping around the house).



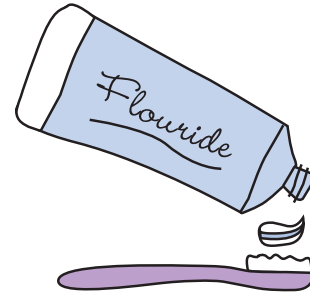
Exercising will make your lungs stronger and healthier.



If you can, stand instead of sit.

Kids can stay healthy by looking after their teeth

Clean your teeth twice a day with toothpaste.



Use fluoride toothpaste.



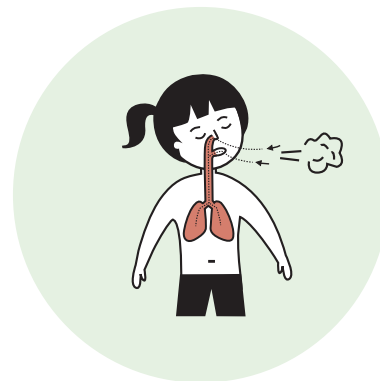
See a dentist regularly.



Don't eat or drink many sweet foods and drinks. They decay your teeth.



See a dentist if you damage a tooth.

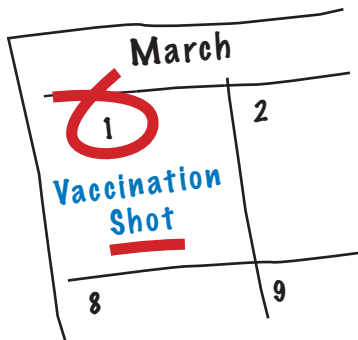


Healthy teeth make healthy lungs.

Kids can stay healthy by being vaccinated

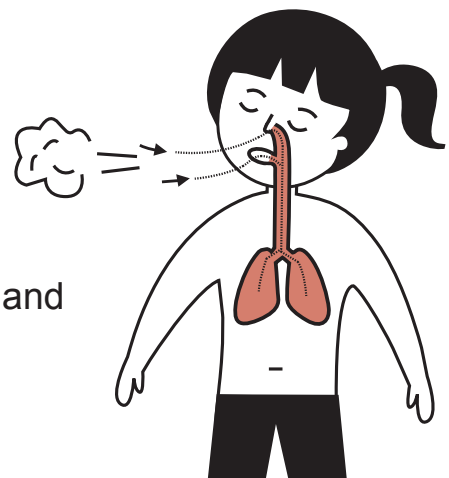
Vaccination (pronounced “vak-sin-AI-shon”) makes your body better able to fight against diseases.

Vaccines (pronounced “vak-seens”) are usually given through a needle in the arm.



Vaccines can stop you getting very sick with lung diseases like the flu and COVID.

Get vaccinations for flu and COVID every year to stay well.



Kids can stay healthy by breathing clean air



Cigarette smoke and vape smoke can damage the lungs.

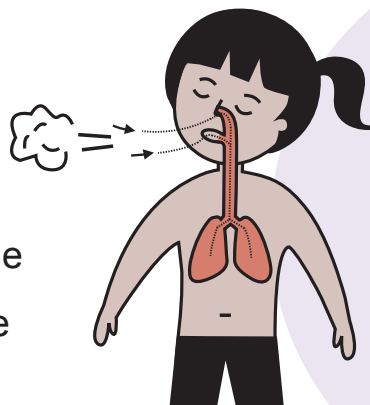


Don't smoke.



Don't vape.

If you can, don't breathe other people's cigarette smoke or vape smoke.



Keeping kids' lungs healthy when they cannot hold up their head and body

Some kids with cerebral palsy cannot hold their body and head up.

These kids need a wheelchair all the time.



These kids get sick in their lungs more often than other kids with cerebral palsy.



Their families and doctors need to watch them carefully to keep them well.

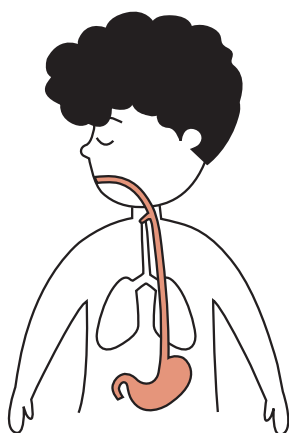


Keeping kids' lungs healthy when they have trouble swallowing.

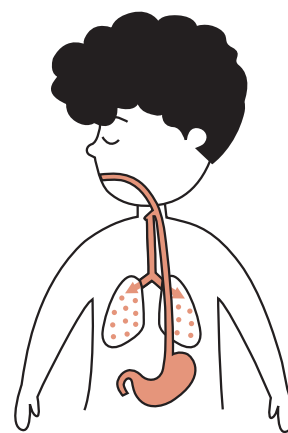


Some kids with cerebral palsy have trouble swallowing.

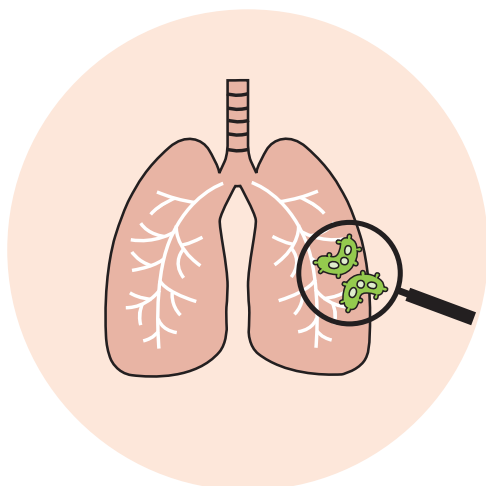
Food and drink sometimes goes down the wrong way.



Food and drink should always go into the stomach.



But sometimes, food and drink go down the wrong way. Some of it goes into the lungs.



Tiny bits of food and drink make the lungs sore.



The germs grow in the lungs and the kids get sick.

Keeping kids lungs healthy when they have trouble swallowing



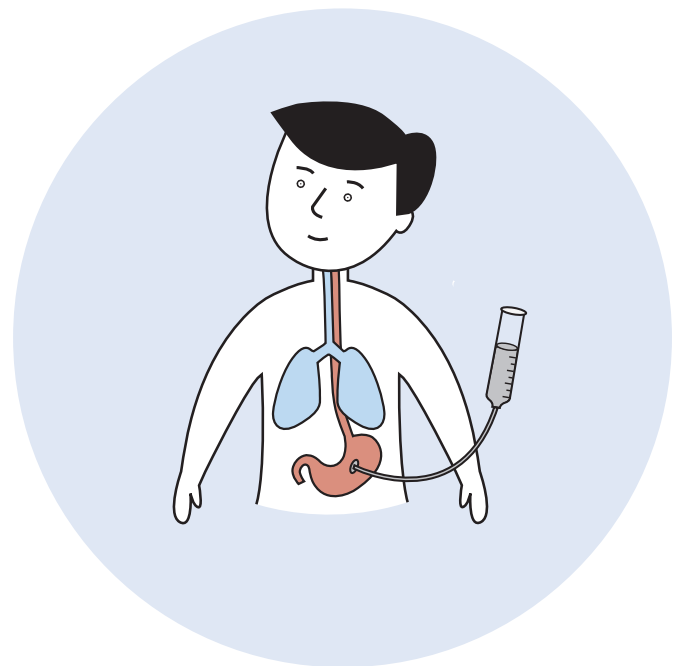
Some kids have trouble swallowing. So they use thickened food and drinks



They are easier to swallow.



Thickened foods and drinks and tubes can keep lungs healthy for some kids.



Some of these kids get food and drink through a tube straight into their stomach.



When kids have trouble swallowing, their families can help by stopping food and drink getting into their lungs.

Keeping kids' lungs healthy if they have seizures



Some kids with cerebral palsy have seizures.

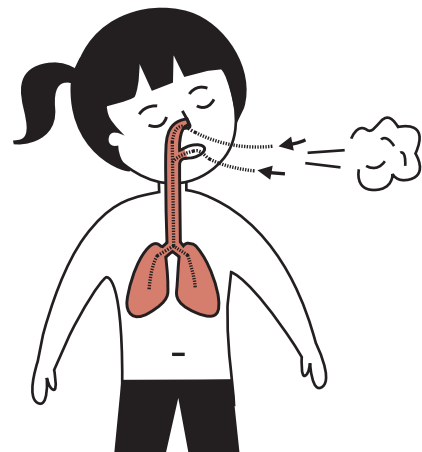
When this happens,

- sometimes they collapse.
- sometimes their muscles become jerky.
- sometimes they get very confused.
- sometimes they dribble, vomit, or stop breathing.



Kids with seizures may take medicine to stop the seizures.

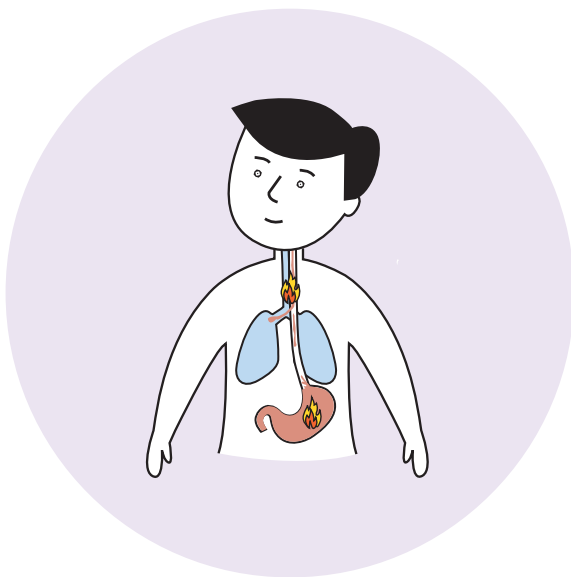
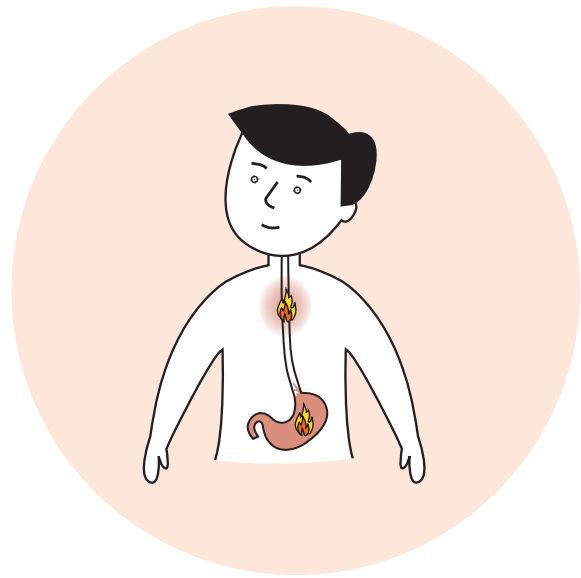
Seizures medicines can also help to keep these kids' lungs healthy.



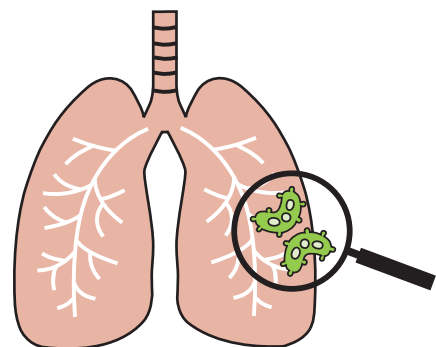
Keeping kids' lungs healthy if they have reflux

Some things that help kids with reflux.

Some kids with cerebral palsy have **reflux**. That means food in the stomach comes back up to the throat.



When reflux happens, some food and drink can get into the lungs.

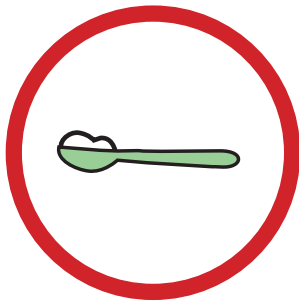


Then the lungs get sore and kids get sick.

Keeping kids' lungs healthy if they have reflux

Some things that help kids with reflux.

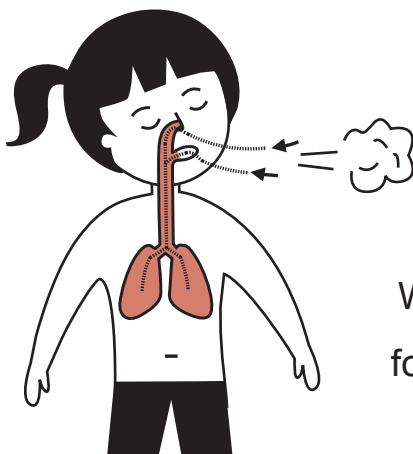
Sit up straight when eating.



Don't eat too much at a time.



Eat thickened foods.

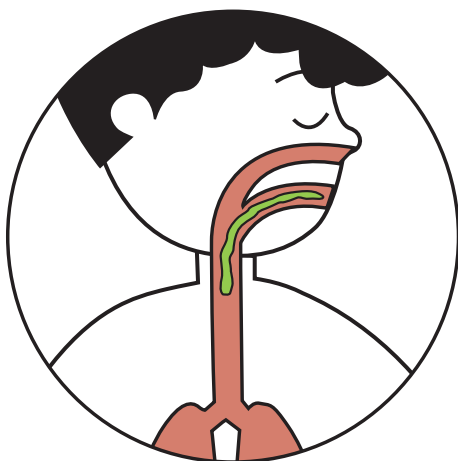


When kids do these things for their reflux, it will help to keep their lungs healthy.

Kids who cannot swallow all their spit



Some kids with cerebral palsy
have trouble swallowing
all their spit.

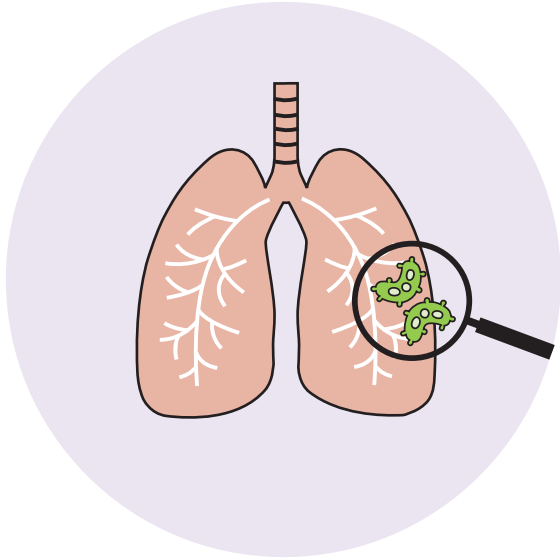


Sometimes the spit runs down
the back of the throat.



The spit can run down the
windpipe into the lungs.

Kids who cannot swallow all their spit



Then germs can grow in the lungs and the kids get sick.

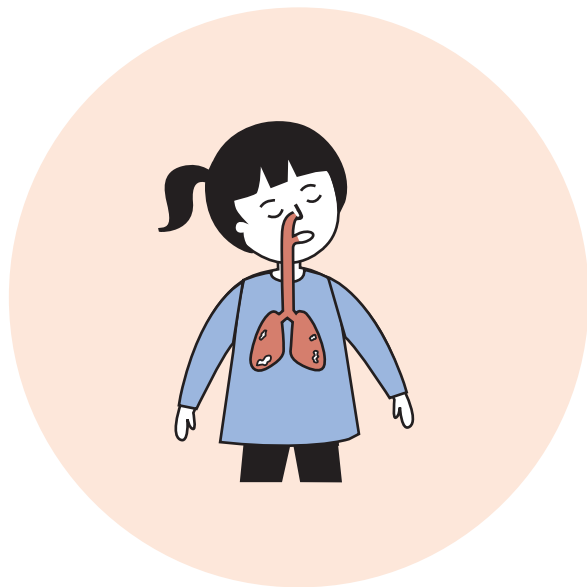


When kids have trouble swallowing their spit, they get sick in their lungs more often than other kids with cerebral palsy.



There are treatments to stop the spit from running down into the lungs.

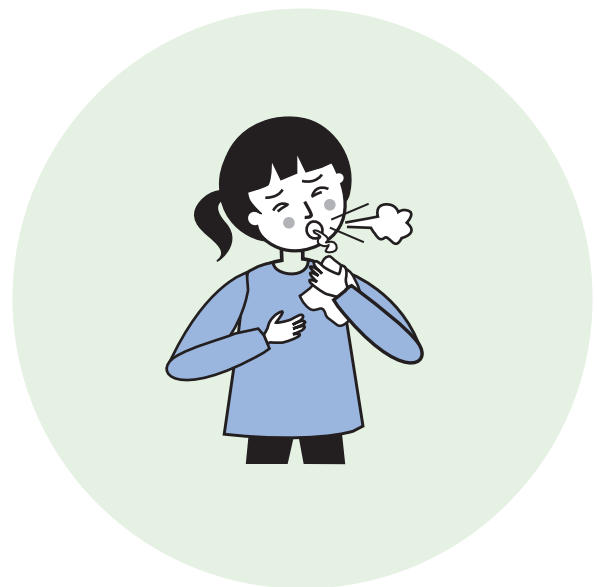
Kids with lots of phlegm



Phlegm (pronounced “flem”) is the fluid in the chest.

Everyone has some phlegm in their chest.

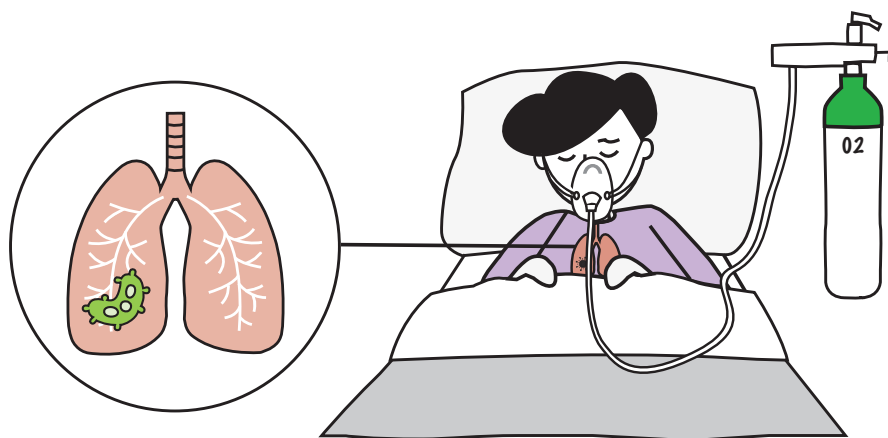
When kids get sick, they can get too much phlegm and need to cough it up.



Some kids with cerebral palsy have trouble coughing up their phlegm.



Kids with lots of phlegm



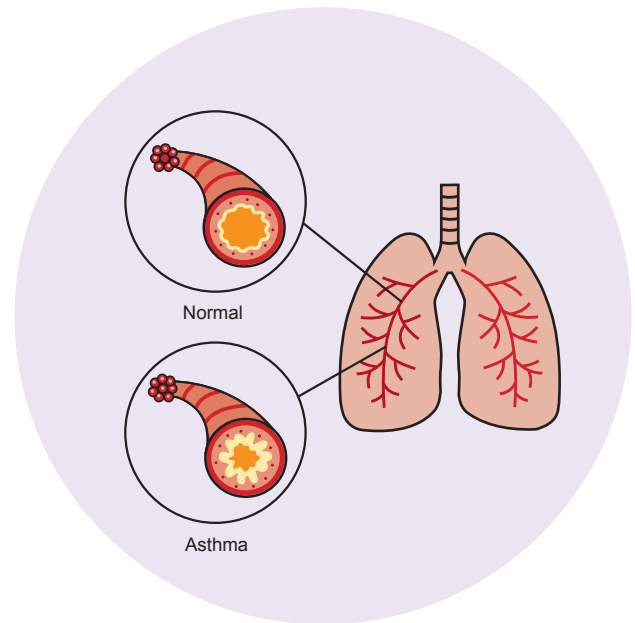
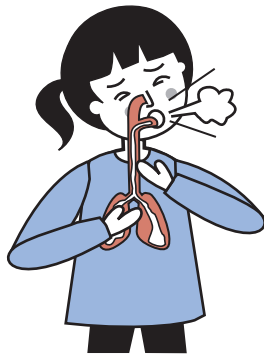
These kids sometimes have trouble breathing when they get sick.



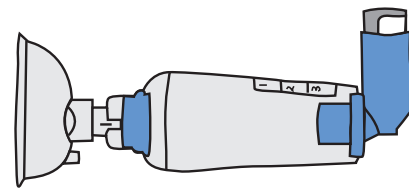
Chest physiotherapy helps to clear phlegm from the chest.

Kids with asthma

Some kids have asthma (pronounced “AS-muh”). Asthma makes the airways swollen and narrow.



Kids with asthma sometimes get wheezy and have trouble breathing, especially when they get sick.

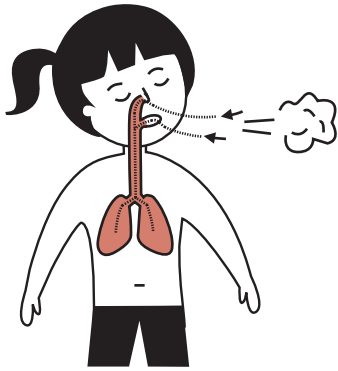


Their doctors can give medication to help the asthma.



Their families and doctors need to watch them carefully to keep them well.

Conclusion



There are many ways kids with cerebral palsy can do to help keep their lungs healthy.



Every kid is different.
Different kids need
different treatments.



You, your family, and
your doctors and
therapists will all
work together to
make sure you stay
as healthy as you can.



Contact us

For more information

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Email:

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Website:

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**Address: Perth Children's Hospital, 15 Hospital Avenue,
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Government of **Western Australia**
Child and Adolescent Health Service



Perth Children's Hospital



For more information [scan the QR code](#)
or [visit thekids.org.au/cpchecklist](https://thekids.org.au/cpchecklist)

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