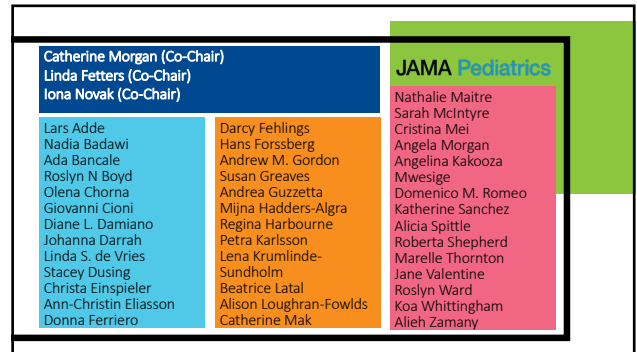


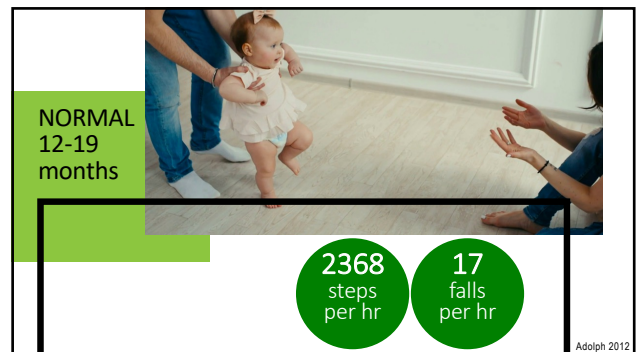
1



2



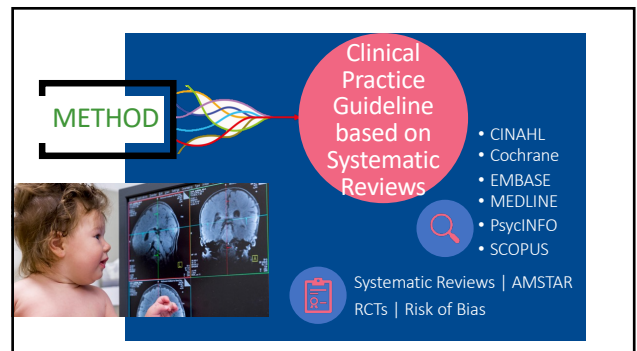
3



4



5



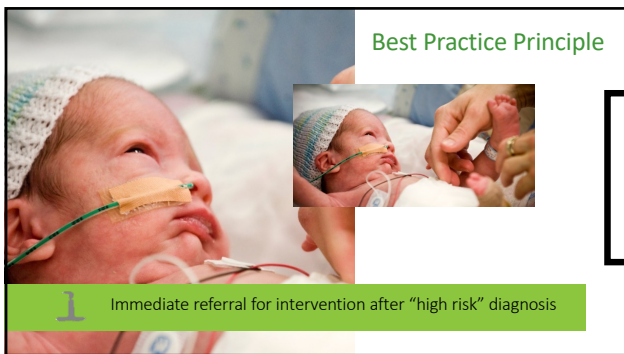
6



7



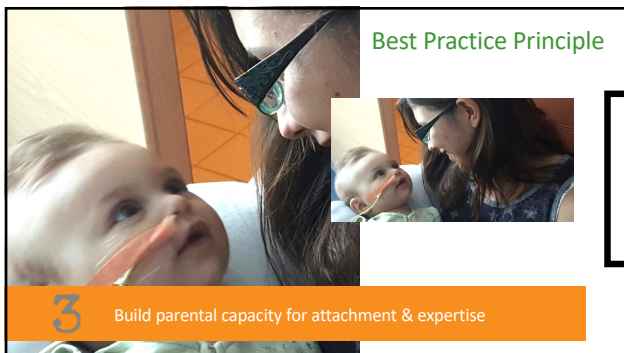
8



9



10



11



12



2 Systematic Reviews
9 RCTs

1 MOTOR

Strong Recommendation (For) Early Intervention

We recommend beginning intervention at the time of suspected diagnosis, to harness neuroplasticity through specific training

13



2 MOTOR

Strong Recommendation (For) Task-Specific Motor

We recommend task specific motor training:

- self-discovery
- challenging but achievable motor tasks
- daily repeated practice
- parental coaching to structure practice
- enriched environments

14



3 MOTOR

Strong Recommendation (Against) Passive Movement

We recommend against passive therapist-controlled handling techniques for movement activation or activities

15



4 MOTOR

Strong Recommendation (For) CIMT or Bimanual

We recommend CIMT and/or bimanual training as soon as a unilateral CP diagnosis is suspected 30-60min for 6-weeks

16



0 Systematic Reviews
11 RCTs


5 COGNITION

Strong Recommendation (For) Cognitive Intervention

We recommend targeted cognitive interventions:

- self-generated movements with consequences
- social interaction
- multi-modal
- parent participation
- early years enrichment

17



6 COGNITION

Conditional Recommendation (Against) Generic Developmental Education Alone &/or Sole Focus on Passive Movement

E.g. NDT, handling, postural reactions for cognitive development

18



0 CP Systematic Reviews

2 High-Risk Systematic Reviews

7 COMMUNICATION

Conditional Recommendation (For) Face-to-Face Nurturing, Vocalizations, Joint Attention & Reciprocal Interactions

- Face-to-face talk
- Baby talk
- Singing
- Learning micro expressions

19



8 COMMUNICATION

Conditional Recommendation (For) Transactional Speech-Language Interventions

We suggest teaching parents to build relational connections and communication exchanges

Hanen

Mother Infant transaction Program

Premie Start

20



9 Systematic Reviews

9 EATING & DRINKING

Conditional Recommendation (For) Softer Food Consistencies

We suggest softened food consistencies to enhance feeding safety and efficiency for infants

21



10 EATING & DRINKING

Conditional Recommendation (For) Slightly Reclined or Upright Positioning

We suggest a slightly reclined or upright position to enhance feeding safety and efficiency

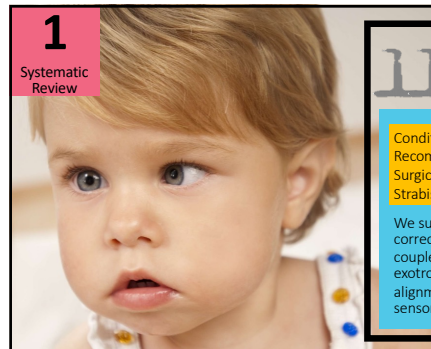
22



PART B

Complication Prevention

23




1 Systematic Review

11 VISION

Conditional Recommendation (For) Surgical Correction of Strabismus

We suggest surgical correction of strabismus by 2 coupled with esotropia &/or exotropia, to achieve good alignment of the eyes and sensorial binocular fusion

24



12 VISION

Conditional Recommendation (For) Visual Training

We suggest early visual training programs to improve visual functions & attention to visual stimuli for CVI

25



13 VISION

Conditional Recommendation (For) Colour & Contrast Cues

We suggest high contrast/ color visual stimulation in an interactive & contingent manner

Vision accommodations e.g. high-contrast stimuli & light directed at the visual target

26



14 SLEEP 

Conditional Recommendation (For) Sleep Hygiene

We suggest sleep hygiene:

- structured bedtime routine, dark & quiet
- positive routines
- gradual extinction or sleep remodelling
- written diaries

0 Systematic Reviews **0** RCTs

27



15 SLEEP 

Conditional Recommendation (Against) Stimulating Activities Before Bedtime

We recommend against stimulating activities (e.g. watching TV or other screens & vigorous play) during the lead-in to bedtime to avoid inadequate & poor sleep, plus excessive daytime sleepiness

28



16 SLEEP

Conditional Recommendation (For) Melatonin

We suggest considering melatonin after discussing risks, benefits and family preferences, for infants with/or at high-risk of CP & poor sleep onset &/or CVI

29



17 SLEEP

Conditional Recommendation (For) Apnea Management

We suggest conventional staged apnea management approaches (e.g. CPAP, steroids & surgical management) & referral to a sleep specialist

30



18 SLEEP

Conditional Recommendation (For) Spasticity Management

We suggest trialling Baclofen and/or botulinum toxin to reduce spasms and pain in an effort to improve sleep behavior

31



19 SLEEP

Conditional Recommendation (Against) Sleep Positioning Systems

We recommend against using sleep positioning systems as they elevate the risk for gastroesophageal reflux, breathing difficulties & death from accidental asphyxiation

32



20 SLEEP

Conditional Recommendation (Against) Complimentary & Alternative Medicine

We recommend against Osteopathy & Acupuncture for improving sleep for infants with/or at high-risk of CP & sleep disturbance. Benefits do not appear to outweigh harms

33



1 Systematic Reviews

21 HYPERTONIA

Conditional Recommendation (For) Comprehensive Hypertonia Management

We suggest commencement of comprehensive goal directed hypertonia management for hypertonia causing pain or interfering with motor development

34



0 Systematic Reviews
2 RCTs

22 MUSCULO-SKELETAL

Conditional Recommendation (For) Regular Standing Frame Use

We suggest regular use of standing equipment as part of active intervention, when weightbearing would begin in non-weightbearing infants, to decrease hip migration percentage & maintain hip abduction

35



23 MUSCULO-SKELETAL

Conditional Recommendation (For) Ankle Foot Orthosis (AFOs)

We suggest AFOs are worn to improve or maintain dorsiflexion range of motion, for infants with CP at risk of ankle contracture. Consider restriction of movement

36



PART C

Parent Support

37


0 Systematic Reviews

3 RCTs


24 MENTAL HEALTH

Conditional Recommendation (For) evidence based mental health therapies for parents

We suggest targeted evidence-based mental health interventions for parents/carers experiencing stress, anxiety, depression or trauma



38



25 MENTAL HEALTH

Conditional Recommendation (For) Cognitive Behaviour Therapy

We suggest psychological interventions grounded in Cognitive Behavioral Therapy to decrease parental depression & anxiety

39




26 PARENTING

Conditional Recommendation (For) Supporting Parents to Carryout Kangaroo Care

We suggest Kangaroo care to promote maternal psychological adjustment and strengthening the relational bond

40



27 PARENTING

Conditional Recommendation (For) Music Therapy including Musical Interactions

We suggest music therapy including musical interactions between parents and their infants to promote infant well-being and reduce maternal anxiety

41

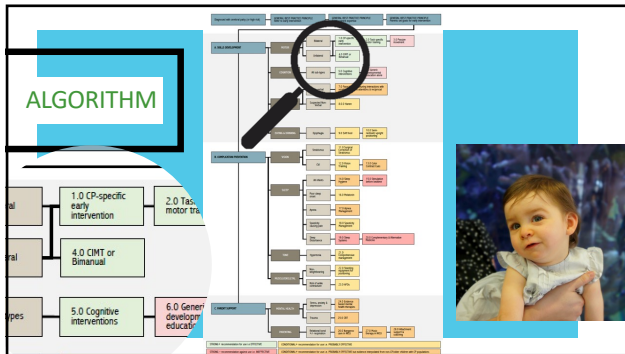


28 PARENTING

Conditional Recommendation (For) Attachment Support & Coaching

We suggest coaching parental sensitivity & mutually enjoyable parent-infant interactions to foster good parental mental health & wellbeing & strengthen relational bonds

42



43

Early Intervention Recommendations for infants 0–2yrs with CP?

Good quality evidence for:

- parent involvement
- task & context specific

FOR motor & cognitive

- Evidence in other domains is lower quality
- Conditional recommendations based on other high-risk populations

It is critical that:

- Early intervention for CP starts at diagnosis
- Associated impairments are monitored & treated

44