

THE CIRCLE

MAKING YOUR CHILD'S WORLD BETTER



Welcome to This Month's Edition of The Circle

Your trusted source for knowledge, inspiration, and heartfelt insights from professionals in the rehabilitation of children with special needs. In this issue, you'll discover uplifting success stories, warm messages from the Tunaweza family, and essential information about the rehabilitation tools that support

meaningful progress. Whether you're here to explore new ideas, deepen your understanding, or simply stay informed and connected we've got you covered.

What to expect in this newsletter

Greeting from the CEO Tunaweza children's centre

A multi disciplinary team, what it is and how it can impact a child's progress

A success story from one of our children at Tunaweza

Fun fact

Monthly diagnosis (Cerebral Palsy)



Greetings from the CEO



Dear Friends,

Welcome to the August edition of The Circle! This month, we're highlighting the power of working together. Progress in early intervention happens when we combine our skills, care, and commitment.

At Tunaweza, one of our greatest strengths is our multidisciplinary team—therapists, teachers, and support staff—who work together to create the best care for each child. This teamwork sets clear goals and stays focused on them until the child achieves real, lasting progress.

We remain committed to early detection, steady support, and walking alongside families every step of the way. Thank you for being part of this journey with us.

"It is the long history of humankind that those who learned to collaborate and improvise most effectively have prevailed."- Charles Darwin

Regards
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Community Spotlight: A Special Donation from Colonial Children's Academy



This month, we are overjoyed to spotlight a heartwarming act of generosity from Colonial Children's Academy, a preschool located within Minuteman High School in Massachusetts, USA. They generously donated over 50 children's books, along with helmets, mats, and pocket charts to Tunaweza Children's Centre. These resources have already been distributed across our Class Department, Speech Department, and Daycare Department, and are being put to great use in classrooms, therapy sessions, and daycare activities.

We are deeply grateful for this support. To our supporters at Minuteman High School & the preschool students at Colonial Children's Academy thank you for your generosity and belief in our mission.

THE MULTIDISCIPLINARY TEAM

What is it?



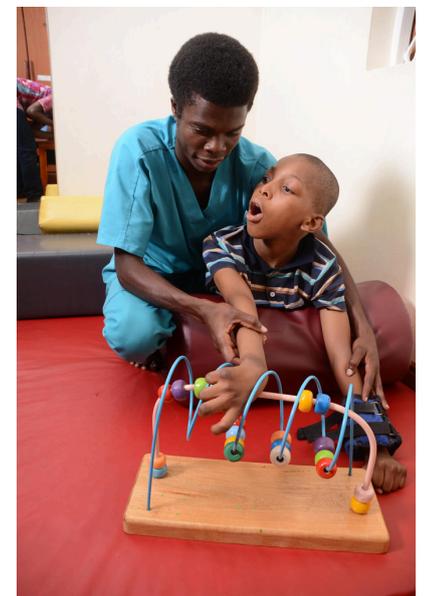
A Multidisciplinary Team (MDT) is a group of professionals from different fields such as doctors, speech and language therapists, physiotherapists, occupational therapists, psychologists, and social workers who come together to support your child's overall development. Rather than working separately, they collaborate closely to assess, plan, and deliver care in a unified, coordinated way. The purpose of an MDT is to look at your child as a whole, not just one issue. Each expert focuses on a different area communication, movement, behavior, emotions, learning, or daily life skills bringing their unique insight to the table. They meet regularly to discuss your child's progress, share updates, and adjust goals or strategies to best support their needs.

Medical conditions that require a multidisciplinary team!

Children with complex conditions often require the support of a Multidisciplinary Team (MDT) to ensure they receive complete and coordinated care. These conditions affect multiple areas of development and may include:

- Cerebral palsy
- Traumatic brain injury
- Spina bifida
- Muscular dystrophy
- Developmental delays
- Autism spectrum disorder
- Genetic disorders
- Pediatric stroke
- Attention deficit Hyperactive Disorder

Each of these conditions can impact a child's ability to move, communicate, learn, and interact with others. Because no single specialist can meet all these needs, an MDT brings together professionals from different fields to work as one united team. A typical team may include physiotherapists, occupational therapists, speech and language therapists, medical doctors, psychologists, and sometimes social workers.



WHY A MULTI DISCIPLINARY TEAM IS KEY TO ACHIEVE PROGRESS



An MDT is like having a team of skilled professionals all focused on one goal, helping your child thrive. You may wonder why such a team is needed. Let's explore the value and powerful impact of working with a group of specialists.

- **Comprehensive assessments**

Collaborating as a team ensures a thorough assessment of every aspect of your child's development. These domains include speech, movement, learning, emotions, and behavior. By combining their expertise, professionals identify precise needs, enabling tailored interventions. This in return boosts progress, prevents setbacks, and provides your child with the best an opportunity to move forward in life.

- **Holistic care**

A holistic care approach means looking at your child as a whole person not just one issue. The team considers physical, emotional, social, and cognitive needs together. This well-rounded care ensures all areas are supported, creating balanced progress, stronger development, and a healthier, happier future for your child

- **Research based**

Working with an MDT it's not just a good idea it's research-proven. Studies show children make faster, more consistent progress when care is coordinated across disciplines. It helps catch problems early and avoid treatment gaps.



Early Childhood Intervention Programme



MAKING YOUR CHILD'S WORLD BETTER

SUCCESS STORY



When Isaiah first joined the Tunaweza family in 2022, he was completely not able to talk or walk. But from the very beginning, the multidisciplinary team saw not just his challenges they saw his potential.

Working hand-in-hand, the speech and language therapist (SLT) introduced Isaiah to early communication techniques using gestures, sounds, and visual cues. Over time, and with patient repetition and support, Isaiah began to imitate simple sounds and eventually words. Though his speech is still emerging and not yet fully functional, he can now express basic wants and needs using words, which has made a meaningful difference in his daily life.

Meanwhile, the physiotherapist (PT) focused on strengthening Isaiah's muscles and improving balance. From assisted standing to taking his first steps, Isaiah now walks with growing confidence. The occupational therapist (OT) helped him develop motor coordination and independence in daily tasks like feeding and dressing.

Isaiah's journey is still ongoing, and therapy remains a vital part of his weekly routine. But every step every word is a powerful reminder that progress is possible. With continued support, Isaiah is on a steady path toward even greater independence and communication.



Fun fact

Play is how children think out loud! Through pretend games, puzzles, and exploration, they build memory, attention, problem-solving, and language. Therapists use play because it's fun, engaging, and perfectly suited to spark brain development while targeting key goals all while the child thinks they're just playing!

MONTHLY DIAGNOSIS (CEREBRAL PALSY)

What is it?



Cerebral palsy (CP) is a neurological condition that affects movement, muscle tone, and coordination. It is caused by damage to the developing brain, often before, during, or shortly after birth. A key fact about CP is that it is non-progressive, this means the brain injury does not get worse over time. However, the effects on the body may change as a child grows, making ongoing support important.

Children with CP may experience challenges with walking, balance, posture, speech, feeding, vision, hearing, cognition and fine motor skills. The condition varies greatly some children have mild symptoms, while others may need more intensive support. Although there is no cure, early diagnosis and therapy through a multidisciplinary team can help children with CP reach their full potential, build independence, and improve their quality of life.

What does cerebral palsy look like?

Cerebral palsy (CP) presents differently depending on the type, but here are common signs to look out for:

- Spastic CP: Stiff, tight muscles; jerky or awkward movements; difficulty walking or using limbs smoothly.
- Dyskinetic CP: Involuntary twisting or repetitive movements; fluctuating muscle tone (tight or floppy); difficulty with control.
- Ataxic CP: Poor coordination and balance; shaky movements; trouble with tasks requiring precision like buttoning or writing.
- Hypotonic (Flaccid) CP: Very loose or floppy muscles; poor head and body control; delayed motor skills like sitting or crawling.
- Mixed CP: Features from two or more types above.

Other signs may include delayed milestones, unusual posture, poor feeding, drooling, or speech delays. Early screening and support can make a big difference.