

All About Me

A personal account of life with Erb's Palsy



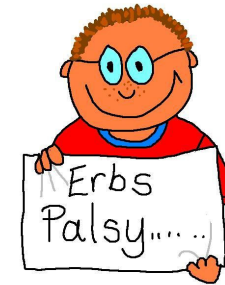
Erb's Palsy Group

This book is all about Erb's Palsy but, what makes it unique is that most of it is written by you, about your experiences.

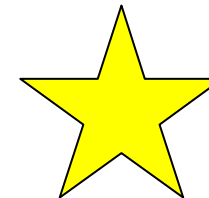
You will find places to write and draw, add stickers and photos, or anything else you feel is important to your life with Erb's.

When it is complete you can show it to your friends, family or teacher if you wish. There is even a section for your friends to ask you questions.

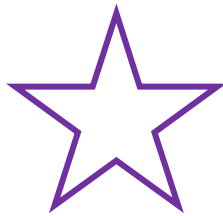
Throughout the book, there are words listed to help you understand and/or explain the meaning of them to others.



Every page will have a small star on it for you to tick or colour or add a sticker to when you have completed it.



This book belongs to



.....

Age

Address

.....

.....

Portrait



When I was born, the nerves in my neck were stretched. For muscles to work, the nerves must pass messages to them from the brain but when the nerves are damaged the muscles are weaker so don't get the messages properly. This means that my (insert right, left or both) arm(s) is/are different to the other arm.



How my arm is different:

.....
.....
.....
.....
.....
.....

I can/cannot put my arm behind my back or above my head

I can/cannot bend my arm

Muscles: The muscles around your bones stretch to make you move

All people come in different shapes and sizes, some wear glasses or have freckles, or both, some have different interests or hobbies.

Despite having (insert right/left/bi-lateral) Erb's Palsy, I can still take part in the same hobbies and interests as my friends and family, I may just need a little help or some things make take me a bit longer.

Hobbies:

Interests:



Nerves: Bundles of fibres that connect the brain and the spinal cord with various parts of the body through which impulses pass. They send important messages to your brain, muscles and tissues

**So what does having Erb's Palsy mean to me?
Tell your story in words or pictures**



Here is a list of words which might help complete this section:

Personal Care	Balance	Hospital	Movement
Scars	Physiotherapy	Mealtimes	Arm Position
Operation	Dressing	Swimming	Bike Riding
Doctor	Splint		

Acrostic Poem

An Acrostic poem is a poem, or other piece of writing, in which the first letter, or word spells out a message. For example:

Happy
Energetic
Ready
Brave
Imaginative
Excitable

Can you write a poem or words expressing how you feel about Life with Erbs from the words Erbs Palsy?

E
R
B
S
P
A
L
S
Y



Or perhaps you could choose Herbie, your own name or another word related to Erb's Palsy?

Hospital

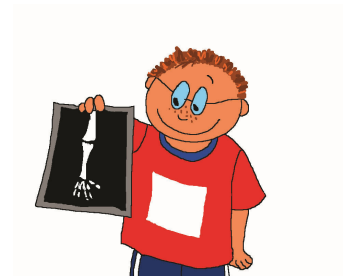
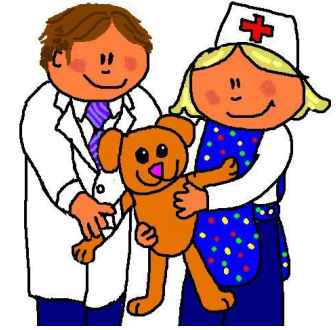
My Doctor is called:

.....

Name of Hospital:

.....

Describe or draw your hospital trips.
How do you get there? Who do you see? What do you do? Likes and dislikes?



Xrays: Special photographs taken by a big machine which can see inside your body and look at your bones.

Word Search

H	E	R	B	I	E	E	R	B	Y	C	U	B	N	A	O
B	R	N	M	P	C	M	R	A	L	A	I	C	E	P	S
N	B	E	C	O	N	S	U	L	T	A	N	T	E	S	P
Q	S	R	N	E	R	V	E	S	L	H	G	R	F	D	L
W	P	T	E	W	T	Y	E	E	E	U	A	M	N	L	I
E	A	O	D	N	C	S	T	A	W	T	J	U	M	A	N
R	L	D	F	Q	I	M	H	G	I	I	T	S	N	T	T
T	S	D	O	C	T	O	R	C	L	P	R	C	B	I	M
Y	Y	H	R	E	F	U	N	D	A	Y	E	L	V	P	N
U	J	E	H	S	E	S	R	U	N	R	T	E	C	S	B
I	X	R	A	Y	S	F	D	S	A	Z	X	S	C	C	V
E	L	K	Y	P	A	R	E	H	T	C	I	S	Y	H	P

HERBIE

NURSES

CONSULTANT

EXERCISES

HOSPITAL

SPECIAL ARM

ERB'S PALSY

X-RAYS

FUN DAY

NERVES

SPLINT

OPERATION

DOCTOR

PHYSIOTHERAPY MUSCLES

Can you think of any other Erb's related words? List them here:



Surgery

Some children with Erb's Palsy have an operation to try and mend the nerves or move muscles.

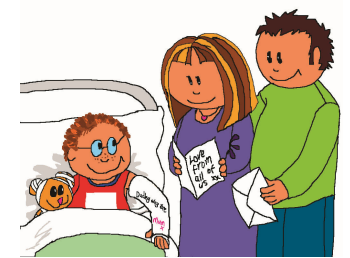
Have you had an operation?

How does it feel to go to sleep?

Did you have a plaster cast?

What did your cast look like and how did it feel?

If you have had surgery/an operation, you will have a scar or more, what do they look and feel like?



Plaster cast: This is a solid bandage that will be placed around your arm following an operation to hold it in a certain position. They don't hurt and you can get your friends and family to decorate them with stickers or writing.

School

Name of School:

Teacher:

Class:

Favourite Subject

Likes


Playground Fun

What I have for lunch

Friends

What I do in PE

Dislikes



Physiotherapy

Physiotherapist: A physiotherapist, or physio for short, will help you with your exercises and find fun and exciting ways to stretch your arm muscles through play to help it move and not become stiff.

Name of your physiotherapist:

Can you list the exercises you do to help your arm not go stiff?

List fun ideas and activities you do to exercise your arm or draw pictures or add photographs of you enjoying these activities



Sun	Mon	Tue	Wed	Thu	Fri	Sat
★	★	★	★	★	★	
★	★	★	★	★	★	
★	★	★	★	★	★	
★	★	★	★	★	★	
★	★	★	★	★	★	

Exercise Chart

List what you do each day to exercise your arm here:

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

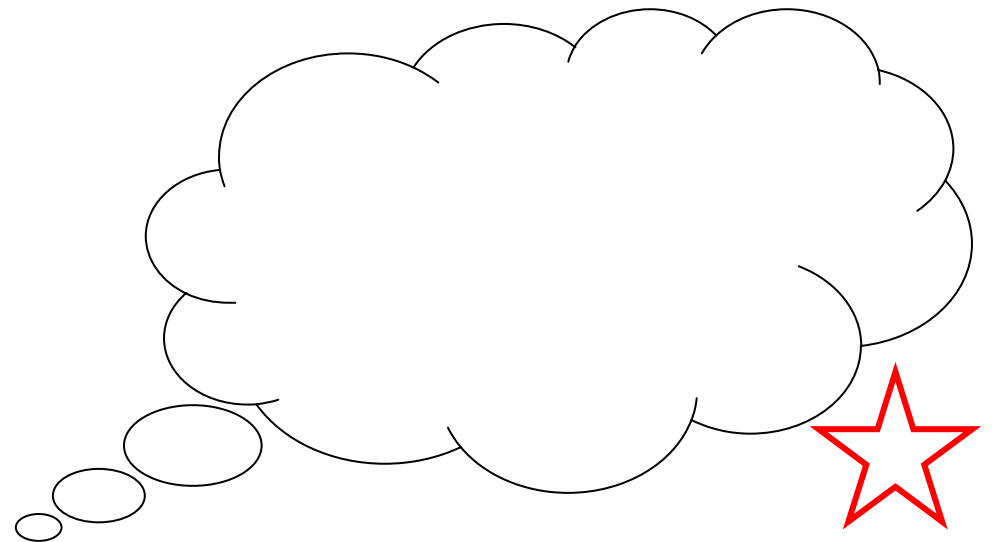
Sunday:



Words

Having Erb's Palsy means you come across many different professionals and hear lots of difficult words. List any words here that you don't understand that an adult will be able to explain to you.

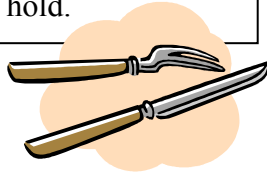
Is there anything else you don't understand or like about Erb's Palsy? Share your thoughts here:



Scars: These are red lines on your skin where the doctor looked inside your arm. They may be a little sore at first but a little bit of cool cream will help and they will fade in time.

Occupational Therapy

Occupational Therapist: This person helps you to manage the things you do every day like getting dressed or eating. They are called an OT for short and may give you some special equipment to help, like special knives and forks that are easier to hold.



Name of your Occupational Therapist:

.....

List any special items you have that help you each day

-
-
-
-
-
-
-
-
-



Splint: This is like a plaster cast but can be taken off each day. It is used to hold your hand in a certain way and help to stretch the muscles.

Best of Friends

Complete these sentences about your friend and he/she can answer the questions about you on the next page.

Name: written by

I like you because:

You're so cool because:

Your favourite animal is:

You are annoying when:

Your favourite food is:

You're so funny when:

Your favourite hobby or game is:

You embarrass me when:

Your favourite TV programme is:

You're my friend because:

You are different because:

I help you when:

Space to write anything you want about your friend:



Name: written by

I like you because:

You're so cool because:

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Your favourite hobby or game is:

You embarrass me when:

Your favourite TV programme is:

You're my friend because:

You are different because:

I help you when:

Did you know has Erb's Palsy?

Do you know what this means?



Fun Day Experiences

The Erb's Palsy Group Fun Day is a day out for all children with Erb's Palsy and their families. When I go to the Fun Day, I know I

am not the only one with Erb's Palsy.

Describe your experiences of the last Fun Day you attended.

Space to write anything you want about your friend:



Erb's Friends

Name:
Address:

Telephone:
E-Mail:

Name:
Address:

Telephone:
E-Mail:

Name:
Address:

Telephone:
E-Mail:

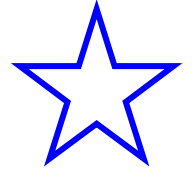
Name:
Address:

Telephone:
E-Mail:

Add in the names of any friends you have made through the Fun Day or Erb's Palsy Group

Cooking Fun

Cooking is great fun but sometimes it can be difficult with Erb's Palsy if you find it hard to raise your arm to the height of the work bench or to hold a bowl steady whilst you mix with the other hand.



Do you find cooking difficult?

If so why?

.....
.....
.....
.....

Is there anything else you find difficult because of your Erb's?

.....
.....
.....
.....

Don't be afraid to say, there may be a simple answer to make things easier.

Here are 2 easy recipes to try with Mum, Dad, or another relative or friend and remember, if you do find anything difficult, write it here and someone can help you find an alternative way.

Fairy Cakes



To make 12 fairy cakes you will need:

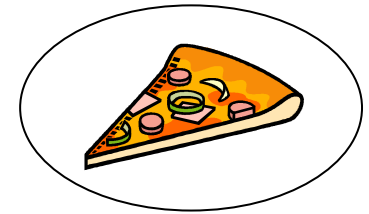
- 175g soft margarine or butter
- 175g caster sugar
- 3 eggs
- 175g self raising flour



For decoration: icing sugar and water, icing pens, sprinkles, chocolate buttons or smarties.

1. Place all ingredients (except the decorations) in a food processor or bowl and mix for a few minutes until mixed together.
2. Place paper cake cases on to a baking tray or into the holes of a bun tin.
3. Spoon the mixture into the cases, making sure each one is just over half full.
4. Place them in the oven at 180oC or Gas mark 4 for 15 – 20 minutes until golden brown in colour.
5. Let them cool on a wire tray.
6. Mix the icing sugar with a little water to make the icing, then decorate your cakes with icing and sprinkles and serve to your friends and family or for added fun, invite your friends round and all ice them together.

Perfect Pizza's



Ingredients:

- Pizza bases, or ciabatta bread
- Tomato Puree
- Grated Cheese

A selection of the following toppings:

- Peppers cut into strips
- Mushrooms, sliced
- Ham, cut into strips
- Sweetcorn
- Cherry tomatoes, halved, Tuna

- Place the bases or bread on a baking tray
- Spread tomato puree across them and sprinkle on some cheese
- Now have some fun! Choose a selection of your favourite toppings and make any pattern you like or a smiley face ... either your own or Herbie's

Follow the cooking instructions on the pizza base packet or place under the grill if ciabatta bread is used.

REMEMBER: Always to ask an adult to help with the oven!

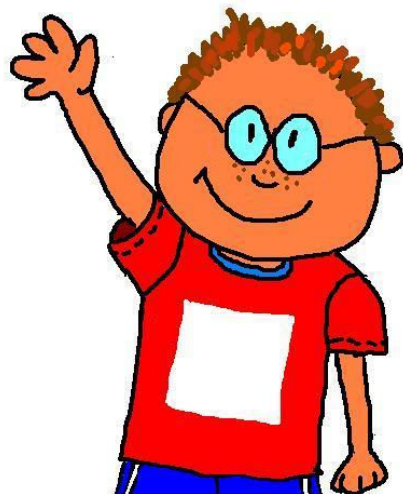
List your favourite toppings here to remember what you enjoyed for next time:



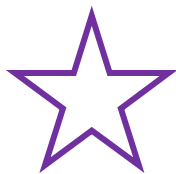
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Herbie

Herbie is the Mascot for the Erb's Palsy Group



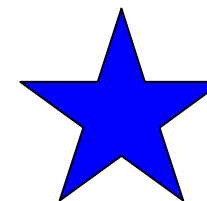
You can e-mail Herbie at herbies@hotmail.co.uk
or write to him via Debbie Robinson, 26 Browning
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CONGRATULATIONS

This is to certify that

.....
has completed their special 'All About Me'
Book



***This leaflet is produced by the Erb's Palsy Group, 60
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