



Family training is a significant component of Camp SuperKids. We intend this training to empower families through education on fundamental information about hemiplegia and through the practice of engaging with their child during bimanual tasks. Each day includes discussion on various topics related to hemiplegia, with hands-on practice with their child. This is intended to support carryover of child individualized goals and bimanual activities to the home. The participation of parents and/or caregivers is integral to the camp structure, and all parents were able to participate in all or most sessions. In rare cases when parents are not able to attend portions of the family training, handouts and reviews are provided in and outside camp. Six months after the camp, forced use is implemented a second time to counter the reports from families that their child's bimanual skills decrease during winter. This is also intended to counter the gradual decline of upper extremity use that we have seen in the past. The children are asked to wear the removable constraint for another 100 hours within 4 weeks, or the non-removable constraint for 20 consecutive days, without additional therapy. Out of six children who participated in the initial SuperKids Program, one child was excluded from this report secondary to participation in another camp afterwards. The exclusion criteria for the participants included the inability to follow one-step directions or significant self-regulation issues. No motor exclusion criteria were set because research reports positive responses with intensive hand training in children with a more involved upper extremity (Sakzewski et al., 2011).

MEASUREMENTS AND RESULTS

Measurements used to evaluate the SuperKids program include the Assisting Hand Assessment, to evaluate how a child with hemiplegia uses the affected hand in 22 areas of hand function during bimanual play activities and to measure the level of spontaneous hand use (Krumlinde-Sundholm, Holmefur, & Eliasson, 2007), and the Canadian Occupational Performance Measure, to systematically identify, prioritize, and measure the progress of family-identified goals in the areas of self-care, productivity, and leisure (Law et al. 2005). Families who chose the removable constraint found donning it difficult, experiencing resistance from the child on a daily basis. This is consistent with reports by Psychouli, Burrige, and Kennedy (2010). On the other hand, families who chose the non-removable constraint were anxious prior to casting but reported a less stressful experience. One family chose both types of constraints to accommodate for the child's needs. In surveys, all parents reported benefits of family training. As one parent said, it "really helped me see the whole picture [and] discuss with other parents topics that are exclusively relevant to our situation." Throughout camp, children were engaged and motivated, worked hard with their peers, and took pride in meeting their goals. Therapists also reported positive outcomes from the SuperKids Program.