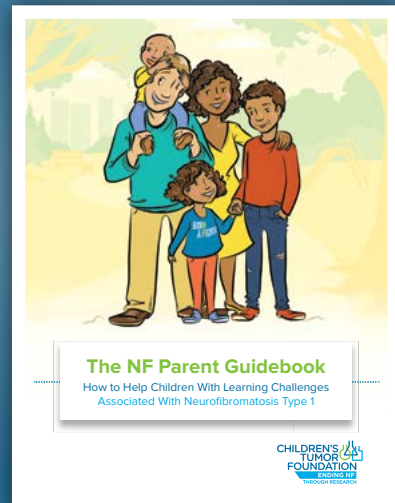


# THE NF PARENT GUIDEBOOK

How to Help Children With Learning Challenges  
Associated With Neurofibromatosis Type 1



The NF Parent Guidebook is a home-based, 160-page guidebook designed to provide support and education to families. This resource will help guide you through your journey with NF1 and associated learning, behavioral, or social deficits. The NF Parent Guidebook is a place to find ideas, strategies, and suggestions that will help you understand and meet the needs of your family and child.

Each of the Guidebook's 13 sections covers an important topic related to NF and learning challenges. Topics include:

- The Impact of Neurofibromatosis on the Family
- Talking With Your Pediatrician
- Executive Function Difficulties in People With Neurofibromatosis
- Strengthening Family Relationships
- Social Skills Deficits
- Bridging the Gap Between Home and School
- Educational Rights for Your Child,
- Resilience , Transition to Adulthood, and Future Success



## Moxie and Sparx

Moxie and Sparx are CTF's End NF Mascots, and are helping connect with families to end NF. Each section of the NF Parent Guidebook ends with an activity for children featuring Moxie and Sparx. Parents can share these activities with their child, such as a coloring page for younger children, or conversation starters for older children and teens.

The NF Parent Guidebook is available for download at no charge at [ctf.org/nfparentguidebook](https://ctf.org/nfparentguidebook).

The NF Parent Guidebook is available in English, Spanish, and French.

The NF Parent Guidebook is the product of a multi-year CTF research grant given to Maria Acosta, MD, of the Children's National Health System. Other contributors to the Guidebook include Beth Kaplaneck, RN, BSN, and Karin Walsh, PsyD.