

WHAT IS CLUB NF?

Club NF is a FREE, bi-monthly therapy program for children with NF1 in Kindergarten–8th grade. Occupational and physical therapists with the Washington University NF Center and St. Louis Children's Hospital utilize play-based therapy to promote developmental skills, such as motor coordination, socialization and executive functioning.

For more information about Club NF, please contact NFCenterEvents@wustl.edu.



This brochure is provided through the generosity of the Doris and Donald Schnuck Fund for Children in Need and the St. Louis Children's Hospital Foundation.



Washington University Neurofibromatosis (NF) Center

Located inside St. Louis Children's Hospital
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WASHINGTON UNIVERSITY
NEUROFIBROMATOSIS CENTER

NF CENTER

EXCEPTIONAL CARE through
GROUNDBREAKING RESEARCH

St. Louis Children's Hospital and Washington University Physicians comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex.

Atención: hay servicios de asistencia de idiomas disponibles a su disposición sin costo.
Llame al 314-747-5682 (TTY: 1-800-735-2966).

注意：免费提供语言协助服务，如有需要敬请致电
314-747-5682 (TTY: 1-800-735-2966)。



Club NF

Play-based Therapy for Children
with Neurofibromatosis Type 1

Children's
HOSPITAL • ST. LOUIS
BJC HealthCare

Washington[®]
University in St. Louis
Physicians



HOW DOES CLUB NF HELP MY CHILD?

Club NF provides FREE therapeutic opportunities for your child. Our Occupational and Physical Therapists will work directly with your child on skills often delayed in children with NF1, including gross motor skills, fine motor skills, attention skills and social skills.

In addition to receiving therapy, your child will also have the opportunity to meet other children with NF1. Our goal is to foster an environment of teamwork and friendship where everyone can learn and grow together while showing children that they can be successful in a variety of activities.

WHAT DOES A TYPICAL CLUB NF EVENT LOOK LIKE?

Through partnerships with various places across the Greater St. Louis area, each of our events is designed to address a specific set of skills often delayed in children with NF1. While the children are working on those skills with their therapists, our parents will have an opportunity to speak with NF specialists to learn more about NF.

“I like Club NF because of the resources we received, and it helps my son with his social skills.”

- Club NF mom



“I like going to different places.”

- Club NF member

PREVIOUS EVENTS INCLUDE:

- Swimming to improve coordination skills
- Ice skating to promote balance and coordination
- Board games and bowling to encourage social skill development
- Cooking to improve executive functioning
- Gardening to enhance fine motor skills
- Rock climbing to encourage strength

PAST NF SPECIALIST TALKS INCLUDE:

- Behavior modification
- Raising children with NF1
- Navigating the IEP process
- Ongoing research to find a cure for NF1
- Working on fine and gross motor skills at home

WHAT IS PLAY-BASED THERAPY?

Children learn and grow through play. Therefore, play-based therapy was designed to address a specific set of skills in a fun, exciting way. From ice skating (works on balance and coordination) to cooking (works on executive functions), children have the opportunity to work on skills often delayed in children with NF1 under the direction of our Occupational and Physical Therapists.

WHAT IS NF1?

Neurofibromatosis Type 1 (NF1) is the most common type of Neurofibromatosis, affecting approximately 1 in 3,000 individuals worldwide. NF1 is more common than cystic fibrosis, hereditary muscular dystrophy, Huntington's disease and Tay Sachs combined. NF1 affects almost every organ system, causing a predisposition for tumors to grow on nerves in the brain and throughout the body. In addition, children with NF1 also struggle with delays in learning, attention, sensory processing, and motor coordination.