

WHAT IS NF1?

Neurofibromatosis type 1 (NF1) is the most common type of Neurofibromatosis, affecting approximately 1 in 2,800 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.

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



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Washington University Neurofibromatosis (NF) Center

NF Clinical Program

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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





HOW WILL CLUB NF HELP MY CHILD?

Club NF provides FREE therapeutic opportunities for your child in a supportive, interactive environment. Our occupational and physical therapists will work directly with your child to improve 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 have the opportunity to meet other children with NF1.



WHAT IS CLUB NF?

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

Through partnerships with organizations across the Greater St. Louis region, each Club NF event is designed to address a specific set of skills that are commonly delayed in children with NF1. While children work with therapists on creative activities (e.g., cooking, painting, rock climbing), parents have the opportunity to speak with an NF specialist, meet other parents who have children with NF1, and occasionally participate in the fun activities alongside their children.



“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 enhance coordination
- Board games and bowling to encourage social skills 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 improve care for children with for NF1