



So, you're pregnant (Congratulations!) and you've just found out your baby has a disorder of the corpus callosum?
Ten top tips for pregnant mums.

1. BE PROACTIVE

Seek trusted health professionals who listen. Ask all the questions you think of. Write them down as you think of them. You are entitled to a second opinion if you feel it is needed.

2. YOU MAY HAVE SOME MRI IMAGING OR GENETIC TESTING

DCCs are becoming easier to identify in utero with improved pre-natal scanning. Diagnostic imaging such as an MRI will confirm the diagnosis. This can be pre or post natal. Along with genetic testing, it can help to identify whether it may be isolated agenesis of the corpus callosum or associated with a syndrome. Be aware that testing can be inconclusive

3. HAVE A BIRTH PLAN

Develop a birth plan with your antenatal team. Be sure to express your wishes and discuss any concerns. Remember that things don't always go to plan and that you and your baby's safety come first.

4. A 'WAIT AND SEE' SPECTRUM

Disorders of the corpus callosum (DCC) are a spectrum. It is difficult to predict your baby's prognosis. Doctors have a duty of care to give you all scenarios but they cannot know if or how your baby will be affected. Be educated. Never say never!

5. EARLY INTERVENTION

Most brain development occurs in the first 1000 days after conception. Prepare by researching & contacting specialists and therapists in your area. Form links with Early Intervention services and your Maternal & Child Health Centre.

6. DCC SUPPORT ORGANISATIONS

There is a support available through groups like AusDoCC, NODCC and Corpal. This enables valuable connections with other families and individuals with a DCC.

www.ausdocc.org.au

7. LIVED EXPERIENCE HELPS

It may be confronting to connect with a support group. However, lived experience is valuable. The camaraderie of a support organisation or social media group provides a safe place to ask lots of questions and share stories with people who really understand.

8. NO BLAME

Do not blame yourself. Parents easily blame themselves when things don't go to plan. Emotions can run high and you may need to give yourself some time to work through them. In most cases a DCC is simply something that could not be prevented.

9. LOOK AFTER YOURSELF

Selfcare is important. This will be a stressful period for you with many unknowns and information to process. Be sure to seek support. Join a DCC social media group.

10. YOU WILL MEET CHALLENGES

You will love your child. There may be challenges but you will manage them. If you are considering your options with this pregnancy, you will make the right decision for you and your family.