

The organization of time use by mothers of children with typical development and children with cerebral palsy: preliminary results

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Introduction: Cerebral Palsy (CP) affects body posture and movement, limiting children's performance of valued daily activities. As children with severe CP demand more help from their caregiver in order to perform daily activities, time spent by caregivers with the care of these children may require re-structuring and changing their daily routine. **Objectives:** Compare the time organization of mothers who have children with CP with that of mothers of non-disabled children and mothers of infants. **Methods:** Participants included five mothers of non-disabled children; five mothers of CP and five mothers of infants. During 7 days, they filled-up a structured diary about their weekly routine. The activities described in the diary were divided into ten categories: housekeeping, child care, caring of their other children, leisure, socialization, education, self-care, resting, activities not specified and employment. **Results:** ANOVA revealed significant differences between the time spent by mothers of children from the three groups regarding in the following activities: Child Care and Self-Care. The time spent by mothers of children with CP and by the mothers of infants in Child Care activities was superior to the group of non-disabled children. In contrast, the time spent by the mothers of infants on Self-Care activities was superior to the time spent by mothers of CP and mothers of non-disabled children. **Conclusions:** Mothers of children with CP spend equivalent time to mothers of babies in the time taking care of their children. **Contribution to the practice/evidence base of occupational therapy:** Evidence about the organization of daily routine may help health professionals plan appropriately a home guidance program, considering the availability of time and the structural daily organization of each family.