Children feel better when they know about things
Your child will be coming to the habilitation unit for a CPUP measurement. It is difficult to explain in words alone what this involves, so we have written this book. Your child will learn about what will happen through the story. Recognition will create a feeling of security when you arrive here. "Right, now this is happening, just like in the story." If your child is prepared, it increases their opportunity to feel involved and respected.

A story and a film
We hope you will read the story and watch the film together a few times before you come for your measurement appointment. For some children the book is more interesting, others may prefer the film, but try both to see what suits your child best! The film is also available at www.habilitering.nu.

Choose the word that suits you
We have chosen to call spasticity "problems". You may use a different word at home. When reading the story, you can choose whatever word suits you.

Why not take the book to nursery
Does your child go to nursery? Why not take the book along and allow the staff to read it to the other children. In that way, both the staff and the other children will get an insight into what your child does when he or she visits the habilitation unit.

We hope that you will enjoy the story of Undra!
Undra investigates MEASUREMENT
Undra the Investigator is a friend to children.
She helps children out with their questions.
Can you see Undra?
Lilla Bobo has a question.
He rings Undra.
"Hi Undra!
I've got problems with my legs.
Legs that don't always do what I want them to do.
We're going to get them measured.
What's measuring?"
"I'll find out," answers Undra.
"Bye-bye Bobo!"
Undra immediately packs her bag with her camera, a pen and some paper. Time for an investigation. Off to the habilitation unit!
"Yoo-hoo!" says Undra.

The girls at the habilitation unit can't see anyone.

"Did you hear that?" one of them says. "Somebody said yoo-hoo!"

"Yes, but who," answers the other. "Strange!"
"Yoo-hoo!" calls Undra again.
Now I'm in the light.
"Are you the measuring people?"
"Yes," answer the girls.
The measuring people are called Anna and Ylva.
They are a physiotherapist and an occupational therapist and they measure children who have problems with their arms and legs.
"Lilla Bobo has a question," says Undra.
"He wants to know what measuring is."
"You'll soon see," says Ylva.
"We're going to measure big Isak now."

Knock, knock on the door.
Isak comes in with his dad. He has been here lots of times. "Hi! Hi!"
The first time Isak was worried.
He was little Isak then.
He didn't know the girls.
He didn't know what they were going to do.
"But then we joked around," says Ylva.
Soon you were happy again.
"What are they going to measure?" wonders Undra.

"How much I can **bend** and **stretch** my arms and legs," answers Isak.

"But why?" wonders Undra.

"To find out how my arms and legs are," answers Isak.

"Hi legs!
How are you?
Are you good, bad or somewhere inbetween today?"
In the room there is a type of bed.
It's soft.

The bed has a button.

When Isak presses the button, the bed goes down. Now Isak can get onto the bed. Then he presses it again and the bed goes up. Undra writes down everything she sees and hears and collects pictures in a Bobo book.
Isak takes off his shirt and trousers.
"Eh?" says Undra. "Are you going to bed now?"
"No," says Isak. "It's easier to be measured without your clothes on."
Ylva has a strange thing in her hand.

"This is what we measure with," she says.
"Does getting measured hurt?" wonders Undra.

"No, not at all," answers Isak.

The measuring thing is a little cold. Like a spoon.
Isak bends and stretches his arms.
Sometimes he files like a plane.
Ylva points, measures and says some numbers.
"Right arm 180… left 170…150 and zero."
Anna writes down the numbers.
Isak can stretch his arms really high above his head.
Anna measures Isak’s foot bends. "Left 25… right 35…," says Anna. Ylva writes down the numbers.
They measure and measure and measure.
"I don't want to measure any more," says Isak.
"You're doing really well!" says Ylva.
"We'll be finished very soon.
Then you can play."
Isak plays with a ball.
Then it's time to go home.
"Already?" says Isak.

Right – finished!
Dad and Anna talk.
Now Undra knows everything about measurement.

It takes a long time to measure, but it's as easy as pie!

Does it hurt? No! Not at all!

Right – finished!

Now little Bobo will know.
Undra flies home to little Bobo with her Bobo book and explains everything about.

THE NICE MEASURING PEOPLE

THE BED WITH THE UP-AND-DOWN BUTTON

TAKING OFF THICK CLOTHES
"Thanks!" says Bobo.

"Bye-bye!" says Undra.
Undra is sitting in a tree.
Then the phone rings.
"Hi! My name is Titti.
I have a question."
"What fun," says Undra.
Time for a new investigation.
THE MEASURING THING

- Cut out the parts.
- Make a hole here.
- Join the parts together through the holes using a paper fastener.
Hi! ..........................

You are going to visit us at the habilitation unit to have your arms and legs measured.

We will be measuring you. We are called:

.................................

and

.................................

Here's a measuring thing for you to play with. It looks quite like the one we will be using.

Bye. See you soon!
Hi! You are going to visit us at the habilitation unit to have your arms and legs measured. We will be measuring you. We are called Undra and Undra the Investigator. Here's a measuring thing for you to play with. It looks quite like the one we will be using.

Bye. See you soon!

Undra the Investigator is a little superhero who finds out about things that children with disabilities might be wondering about. When a child calls, she comes immediately, gets her assignment, and then flies off to the habilitation unit. Once there, she goes in, watches what's happening, asks questions, makes notes and thinks about things. Then she flies back to the child to answer all their questions. In this book, Undra investigates: What is a CPUP measurement?

The book can be ordered from www.habilitering.nu