

easterseals

Easter Seals

Rehabilitation Center

ECL Monthly

news & updates

July 2023

2023 July						
Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1 Make a foot or handprint on a postcard and mail it to a loved one	2 Feed things with different textures	3 Point to hot things and say "hot" and "cold"	4 Wash a toy with soap and water. Use your child's fingers to scrub.	5 Take a walk as a family and talk about what you see	6 Play "Where's your nose?" On your child's nose. Can you find it? Good to know your nose's location!	7 Feed a pet. Use a spoon to feed. Use your child's hands to hold the spoon. Good to know your hands' location!
8 Have a meal outside today. Use a spoon to feed. Use your child's hands to hold the spoon. Good to know your hands' location!	9 Read a book with different textures. Point to and say "hot" and "cold"	10 Play "Simon Says" with your child. Use your child's hands to follow directions.	11 Drink something cold today. "Mmm!"	12 Make a sock puppet and try to make your child laugh.	13 Talk about the "water" while playing in the bathtub.	14 Try a new food today.
15 Give your child a choice of two items. "Do you want the apple or the banana?"	16 Read a book with sleeping animals. Can they wake up? "Wake up!"	17 Walk with bare feet on something hot (but not too hot). Say "hot."	18 Sing "Twinkle, Twinkle, Little Star."	19 Eat a warm food today. Say "hot" and "cold."	20 Practice counting. Count 1-5 in the room in the air or in a book.	21 Eat a cold food today. Say "cold."
22 Lift your child up in the air. Will they sign up or more for you to do it again?	23 Give kisses to mom & dad.	24 Play with water in a tub. Use your child's hands to splash.	25 Play "Where's mommy?" Will your child look for mom?	26 Play "Where's daddy?" Will your child look for dad?	27 Sit in front of a fan. Use your child's hands to feel the air. Does your child like the fan?	28 Have a dance party together. Do they move to the music?
29 Make puddles of water and jump in them.	30 Practice drawing lines.	31 Drink and say "water."	32 Look "up."	33 Water the plants. Say "water."	34 Wash the toys. Say "water."	35 Look "up."

2023 July						
Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1 Make a foot or handprint on a postcard and mail it to a loved one	2 Make a sensory bin with dry beans	3 Practice safety. Talk about things in the kitchen that are hot	4 Wash fireworks. Use the sign and practice saying "hot"	5 Take a walk as a family and talk about what you see	6 How many body parts does your child know? Make a list!	7 Point to airplanes in the sky. Practice "up" and "down"
8 Have a picnic. What are you eating?	9 Read a book with watercolors. Talk about the steps, water, paint, paper.	10 Plant with watercolors. Talk about the steps, water, paint, paper.	11 Drink something cold today. "Mmm!"	12 Make a puppet from a paper bag. Have a silly conversation.	13 Talk about the "water" while playing in the bathtub.	14 Make a grilled cheese sandwich. Talk about the steps as you go.
15 Don't look from the top. You did it on your own!	16 Read a book about the moon. How many pages do you see?	17 Walk with bare feet on something hot (but not too hot). Say "hot."	18 Sing "Twinkle, Twinkle, Little Star."	19 Eat a warm food today. Say "hot" and "cold."	20 Practice counting. Count 1-5 in the room in the air or in a book.	21 Eat a cold food today. Say "cold."
22 Lift your child up in the air. Will they sign up or more for you to do it again?	23 Give kisses to mom & dad.	24 Play with water in a tub. Use your child's hands to splash.	25 Play "Where's mommy?" Will your child look for mom?	26 Play "Where's daddy?" Will your child look for dad?	27 Sit in front of a fan. Use your child's hands to feel the air. Does your child like the fan?	28 Have a dance party together. Do they move to the music?
29 Make puddles of water and jump in them.	30 Practice drawing lines.	31 Drink and say "water."	32 Look "up."	33 Water the plants. Say "water."	34 Wash the toys. Say "water."	35 Look "up."

2023 July						
Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1 Write on a postcard and mail it to a loved one	2 Play in a sensory bin with dry beans	3 Practice safety. Talk about things in the kitchen that are hot	4 Wash fireworks. Use the sign and practice saying "hot"	5 Take a walk as a family and talk about what you see	6 How many body parts does your child know? Make a list!	7 Point to airplanes in the sky. Practice "up" and "down"
8 Have a picnic. What are you eating?	9 Read a book with watercolors. Talk about the steps, water, paint, paper.	10 Plant with watercolors. Talk about the steps, water, paint, paper.	11 Drink something cold today. "Mmm!"	12 Make a puppet from a paper bag. Have a silly conversation.	13 Talk about the "water" while playing in the bathtub.	14 Make a grilled cheese sandwich. Talk about the steps as you go.
15 Don't look from the top. You did it on your own!	16 Read a book about the moon. How many pages do you see?	17 Walk with bare feet on something hot (but not too hot). Say "hot."	18 Sing "Twinkle, Twinkle, Little Star."	19 Eat a warm food today. Say "hot" and "cold."	20 Practice counting. Count 1-5 in the room in the air or in a book.	21 Eat a cold food today. Say "cold."
22 Lift your child up in the air. Will they sign up or more for you to do it again?	23 Give kisses to mom & dad.	24 Play with water in a tub. Use your child's hands to splash.	25 Play "Where's mommy?" Will your child look for mom?	26 Play "Where's daddy?" Will your child look for dad?	27 Sit in front of a fan. Use your child's hands to feel the air. Does your child like the fan?	28 Have a dance party together. Do they move to the music?
29 Make puddles of water and jump in them.	30 Practice drawing lines.	31 Drink and say "water."	32 Look "up."	33 Water the plants. Say "water."	34 Wash the toys. Say "water."	35 Look "up."

Early Communicator Calendar

First Words Calendar

Expanding Language Calendar

Tried & True Tips from a Therapist

by Yanam Govender, OTD, OTR/L, S/C



Summer Splashing Safety

HOW TO PREPARE YOUR CHILDREN

The scariest aspect of parenting for me is that at some point you have to let go and have faith that you've taught your children everything they need to know to stay healthy and safe. There are so many lessons and so little time.

To me, basic water safety is one of the most important lessons a kid can learn. It's right up there with avoiding conversations with strangers and what to do when your house is on fire.

Teaching my child how to swim was one of my top priorities, even when my children were babies. Although they weren't old enough for formal instruction, I did get them in the water frequently while they were wearing their floaties.

I wanted them to be comfortable enough in the water that when they were old enough for basic instruction, they wouldn't panic at the thought of putting their face in the water.

There is no universal age at which kids are ready for swim lessons. It really depends upon your child's comfort level. I put my daughter in her first swim lesson at age 3, but she was 4 before she felt comfortable enough to attempt some of the things her instructor asked her to do.

Just because an adult knows how to swim doesn't mean they will be good at teaching children how to do it. I've been swimming since my childhood days, but I didn't have a clue as to how to teach my daughter to swim. Even though I was a good swimmer, it didn't make me a good instructor.

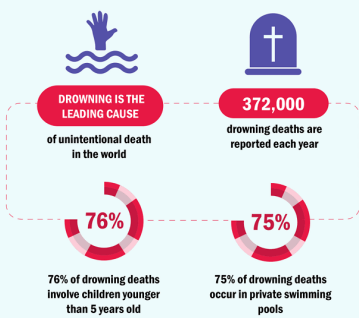
I needed someone impartial who knew how to take baby steps to make swimming easier for my daughter. I also needed someone who my daughter wouldn't get as frustrated with as she would with me.

But if you know how to break swimming down into easy steps for your child, you won't have to pay for lessons with an accredited lifeguard like I did.

If you teach your child to swim on your own, here are some tips you may find handy.



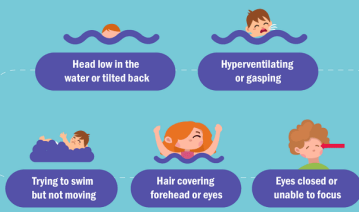
Know The Facts



Know The Signs

Did you know that
drowning victims are rarely able to wave or call out for help?

The Real Signs of Drowning Are:



Be Prepared



Learn More at
MomLovesBest.com/Swimming

Sources:
marriott.com/2010/05/154/
safekids.org/tips/swimming-safety-tips
pool.safely.gov
cdc.gov/learnandrecognitionalsafety/water-safety/waterinjuries-factsheet
mamamia.com.au/signs-of-drowning
momsteam.com/sports/swimming/safety/grim-statistics-on-child-drownings

- You should teach your child from an early age that dunking is something they should avoid doing to others.
- Teach them to never run while they are at the pool -- they can slip and hit their heads or slip and fall into the water.
- Keep your eyes on your children at all times when you're teaching them to swim.
- Don't leave toys in the pool. Your child might be so interested in reaching those toys that they'll forget the rules and fall in reaching for the toy.
- Don't expect too much too soon. They won't learn how to swim in one lesson.

Click [here](#) for a Water Safety coloring page.

Remember, always be vigilant around water and stay hydrated this summer.

Spotlight Story - Hozia & Gabrielle: A Story of Resilience



Hozia is a happy 14-month-old little boy with a deep sense of wonder and curiosity. He creeps all over his house and is right on the cusp of walking. Always present, just a few feet away, is a very loving and supportive network of family consisting of parents, grandparents and siblings. What you wouldn't know at first glance is that Hozia was born addicted to methadone. His life could have taken a very different turn had it not been for the web of support that made it possible for him to stay with his mother as they both valiantly worked to battle their addictions. You wouldn't know that he and his mother spent the first few months of his life in an inpatient Neonatal Abstinence Syndrome (NAS) program for mothers and babies. You wouldn't know at first glance that it was **he** who saved his mother's life.

Hozia is Gabrielle's fifth child, but the only one she's been able to take home. She's battled addiction for decades. When she found out at eight weeks that she was pregnant with Hozia, she knew she couldn't lose another baby. At that time, she didn't exactly know what that meant for her or the baby. She just knew she was determined to make changes to keep him. She was denied care at one facility because of her drug use. At that point, Gabrielle sat and cried and almost gave up. "I figured I deserved to be treated like that since I was a heroin addict of 10 years! But I had to pick up the phone and try", Gabrielle said. So she decided to call the Mommies program, through the Center for Healthcare Services. "When I made the call I heard a soothing, healing voice on the other end of the line assuring me I was going to be okay and I was not alone. To this day I thank Jennifer Randow from Mommies because when I felt so worthless and eager to give up, she convinced me to take the help. Even if you get turned away, you have to stay positive and know you can get help if you look for it. It was the best decision of my life," Gabrielle said. Those changes started with getting help from the Methadone clinic. Alfredo, Hozia's dad, also committed to help Gabrielle by offering to be their Safety Plan.

Gabrielle will candidly tell you it took lots of work and there were hard days—really hard days. There were relapses and times she had to ask for help. Right after Hozia was born, Gabrielle was in outpatient rehab and that didn't work for her. She relapsed and ended up in inpatient rehab. She and Hozia both went to the Mommies Program. This is where

their journey with Easter Seals ECI began.

“ECI for him has been amazing and we love the program to no end. They have gotten him through a lot of milestones and worked through his tightness. For me, all of that stuff I didn’t know because I didn’t get to have my other babies. ECI helped me learn everything all over again,” Gabrielle said.

Still, there were hard days. Gabrielle said, “Sometimes one conversation—just knowing someone cares—will boost you up that one inch that you need.” She also said her team of ECI providers, Marcy, then Adrian, and Patricia came into her life at “the perfect time”.

Gabrielle and Hozia graduated from the Mommies Program last month. Child Protective Services no longer oversees any of Gabrielle’s children and she is in the process of regaining custody of all five of them—one by one. One of the first to come home is 13-year-old daughter Naveah, “I’m really proud of how far she’s come. I kind of thought she wouldn’t be in my life. I thought she might give up. I like seeing Mom and seeing her doing well. I hope I can build a relationship and a future with her,” she said.

Currently, Hozia’s entire family is doing well. Hozia is meeting tons of motor milestones and working on speech and attention. Alfredo continues to play an involved, positive, father role for the family. Gabrielle’s older children are navigating their way home and working towards building relationships with their mother. Gabrielle is pursuing her GED and, with the help of her counselor from the Center for Healthcare Services, is working towards



her certification as a recovery coach. “Girls in the same situation I was in are scared and don’t know what to expect. They need to know from someone who’s been there—someone who’s gone through exactly what they’re going through,” Gabrielle said.

Gabrielle, Hozia and Alfredo are living proof that with hard work and just the right amount of support there is a beautiful life beyond addiction. For anyone battling any kind of addiction, whether it is street drugs, opiates, alcohol, or something else, “Keep your head up. Keep your eye on the goal. Once you cave, it will all fall apart around you and it’s hard to come back from that. Find support. You’re never alone unless you make

yourself alone. There are people—like ECI—who will help you. Find them,” Gabrielle said.

We Are Looking For Spotlight Stories for Upcoming Newsletters



Is Your Child The
next
ECI
SuperStar?

We'd love to share your child's ECI journey!
If you'd like to be featured in the **"ECI Spotlight Story"** segment, click below.

[I'm a SuperStar!](#)



2023 Family Outcomes Surveys

A total of 295 families were chosen at random by HHSC ECI to participate in this year's family surveys. The Family Outcomes Surveys provide HHSC ECI with important feedback regarding how families believe their ECI program providers have helped them on a number of topics. The minimum return rate of the surveys is 35% and we believe our families will top our goal of 50% or higher. As a reminder, the emails containing the link to the surveys were emailed beginning June 15, 2023. Our program will receive an overall score based on the return rate of the surveys and the responses provided by our families. The last date for returning surveys for 2023 is August 4, 2023.

Families selected this year should have received their surveys by June 30, 2023. Some of our families have requested to have their surveys emailed a second time. Our program has been informed that surveys are emailed only one time. There is a procedure in place this year that will allow families that had their emails returned to HHSC ECI a second chance to participate in this year's survey. Starting July 5, 2023 our program will receive a list of the names of families that had surveys were returned to HHSC ECI. If your family's email was returned, your service coordinator will contact you to let you know how you can participate in the survey by cell phone.

Thank you to all of our families that have returned the surveys this year! If you have any questions regarding the survey please contact your service coordinator or Linda Tapia, Executive Director of Easter Seals by **email** at linda.tapia@easterseals-satx.org.

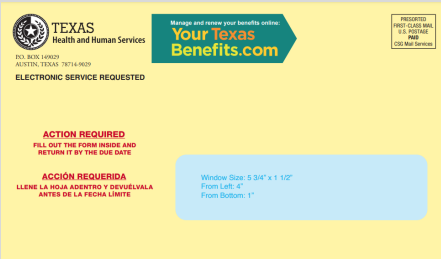


Center Stage possABILITIES

Mission: Center Stage possABILITIES is a unique 501c3 organization that exists in San Antonio to teach Faith-based values to people with disabilities by creating a community of fellowship and learning through theater.



Reminders



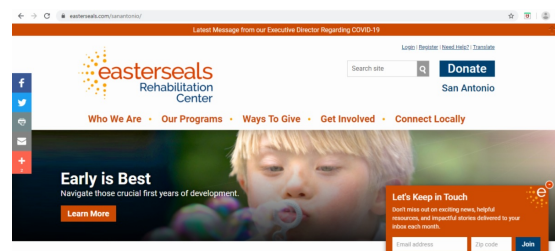
Continuous Medicaid Coverage Ending

Beginning **April 1, 2023**, all Medicaid members, including children receiving ECI services, will need to have their Medicaid eligibility redetermined. Medicaid members should look out for renewal notices mailed in an envelope that says “Action Required” in red or sent electronically to members signed up for electronic notices.

[More Info](#)

COVID-19 Updates

Check our **website** periodically for the latest memos from our Executive Director, Linda Tapia, click on the orange alert bar at the top on the page.



If you are in need help accessing resources, please contact your service coordinator. If you are in need of someone to talk to to help

cope with the changes revolving around COVID-19, please contact your service coordinator to reach out to our counseling department. They will follow up with you to help in this critical time.

July Awareness Observations

Thank you to all of our wonderful speech therapists!



Month-Long

- Fragile X (FXS)
- National Cleft and Craniofacial Awareness and Prevention Month
- Sarcoma

Days

- July 1 - Doctor's Day
- July 12 - Heterochromia
- July 13 - Gastrointestinal Stromal Tumor
- July 22 - Fragile X
- July 26 - Americans with Disabilities Act (ADA) Awareness Day



2203 Babcock Road
San Antonio, TX 78229

phone: 210.614.3911
fax: 210.625.3162



TEXAS
Health and Human
Services

Early Childhood Intervention

Easter Seals Rehabilitation Center
is a contracted provider of
Texas Early Childhood Intervention
Services and partially funded by
Texas Health and Human Services.

Easter Seals Rehabilitation Center | 2203 Babcock Road | San Antonio, TX 78229 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!