





# ECL Monthly

news & updates



July/2024

July 2024							
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 tag with soap and water. Does your child know?	5 Take a walk as a family and talk about what you see.	6 Play "Whose your nose?" Can your child guess to their nose?	
	7 Find airplanes in the sky. Look and point. How many can you find?	8 Have a meal outside today. Look and point. How many can you find?	9 Read a book with pictures of food. Point to and say "yes".	10 Play "Simon Says" with your child. Do you know what it means?	11 Drink something cold today. "Ahhh".	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 2 toys. Do they reach for the one they want?	16 Read a book with something hot (but not too hot). Say hot, hot!	17 Sing "Twinkle, Twinkle Little Star".	18 Eat a warm food today any "hot" and blow on it.	19 Practice pointing to the moon in the sky or in a book.	
	21 Eat a cold food today. Don't be afraid to get messy.	22 Give kisses to mom & dad.	23 Lift your child up in the air. How many times can you do it?	24 Play with water or ice on a tray.	25 Play "Where's Mommy?" with your child. Look for mom?	26 Toss a balloon ball and forth in the air. Does your child follow it?	
	28 Have a dance party together. Do they move to the music?	29 Make a puddle of water and jump in them.	30 Practice blowing kisses.	31 Drink and say "water".			

Early Communicator Calendar

July 2024						
Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1 Withdraw on a postcard and mail it to a loved one.	2 Make a sensory bin with dry beans.	3 Practice ability: Talk about things in the kitchen that are hot.	4 Watch "News". Use the sign and practice saying "up".	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 a paper bag. How do they feel? Happy? Sad?	10 Point with watercolor. Talk about the blue, water, paint, paper.	11 Drink something cold today. "Ahhh".	12 Make a puppet from a paper bag. Have a silly conversation.
	14 Make a giant cheese sandwich. Talk about the shape as you go.	15 Donate toys from the toy bin. "Your child can help you organize what's left".	17 Walk with feet on something hot (but not too hot). Say hot.	18 Sing "Twinkle, Twinkle Little Star".	19 Grill hotdogs and practice saying "hot".	20 Go outside tonight and look at the moon. Practice "moon".
	21 Make a sundae. Practice saying "on" more & "done".	22 Give kisses to mom & dad.	23 Pretend to be a cowboy and ride your horse. Say "go" & "horse".	24 Water the plants. Say "water".	25 Look "up". What do you see?	26 Tap a ball on a table and forth in the air. Keep it "up, up, up".
	28 Have a dance party together. Sing your favorite song.	29 Practice blowing kisses.	30 Say "Love you".	31 Drink and say "water".		

First Words Calendar

July 2024						
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. What did you find?	3 Practice safety. Talk about things in the kitchen that are hot.	4 Wash "news" and describe them. Are they hot? Are they not?	5 Take a walk as a family and talk about what you see.	6 Can you follow directions to touch 2-3 body parts?
	7 Do you see an airplane in the sky? What's another vehicle?	8 Have a picnic. Tell someone what you are eating?	9 Read a book and talk about how the characters are feeling.	10 Paint with watercolor. What did you make?	11 What's your favorite drink that is cold?	12 Make a puppet from a paper bag. Have a silly conversation.
	14 Make a giant cheese sandwich. Talk about the shape as you go.	15 Donate toys from the toy bin. "Your child can help you organize what's left".	16 Read a book about the ocean. What does the ground feel like?	17 Walk with feet outside. What does the ground feel like?	18 Sing "Twinkle, Twinkle Little Star".	19 Grill hotdogs. What do you like on yours?
	21 Make a sundae for each other and tell them what you want on yours.	22 Give kisses to mom & dad.	23 Pretend to be a cowboy and ride your horse. What are the parts of a horse?	24 Water the plants. How many are there?	25 Look "up". What do you see?	26 Name 3 things that go up in the air.
	28 Have a dance party together. Sing your favorite song.	29 Practice blowing kisses.	30 Talk about water safety with your child.	31 Talk about animals that live in water.		

Expanding Language Calendar

# Tried & True Tips from a Therapist

by Mary Deffenbaugh, OTR/SC

## Summer Sensory Fun



During the summer months there are all kinds of wonderful, easy, creative opportunities for children to get sensory input and sensory play in both indoor and outdoor settings. Check out this [site](#) for some fun ideas by age.



Click [here](#) for some Summer Sensory Bin ideas.

Keep in mind it can be very easy for children's sensory systems to get overloaded. Free play is important, but we may also need to structure it. For all children, sensory input is essential to healthy growth. Here are some ways to help children enjoy summer sensory fun:

- Provide a routine time or day for the activity. It doesn't need to be precisely at 9:00 AM, but maybe Tuesday mornings.
- Tell them what to expect. Tomorrow morning we are going to the playground. Then afterward, we will get ice cream on the way home.
- Explain the things they are experiencing with



their senses. "That ice is cold! Do you feel that?" "Can you smell the flowers/lemons/whatever before they go in the water bin?" Do you see all the colors? It's like a rainbow." "Do you hear the sound the water makes when you splash it?" "Wow! That lemon is SOUR! Did you taste it?" Check out these **taste-safe** ideas.

- Set time limits and give warnings that the activity will be coming to an end. This can help with overstimulation and transitioning to the next activity in the child's routine.

Incorporate some of the 'goals' you and your ECI therapists are working on with your child. If you have sensory concerns regarding your child, contact your ECI team members. Enjoy your summer sensory fun!

## Spotlight Story - Isabelle English

by Taylor R. English

When I was seven months pregnant with our daughter Isabelle, my husband's company presented an opportunity and promotion that would eventually move us from Fort Worth, TX to San Antonio, TX, leaving our family, community and church behind. As you can imagine, moving to a new and foreign city created a lot of anxiety just two months before our baby was due.

On August 23, 2022, our daughter Isabelle Grace English came into this world after a difficult 23 hours of labor. Despite prenatal testing showing no abnormalities, we were shocked and saddened to be told Isabelle had Trisomy 21. This is a diagnosis that we knew little about and were in no way prepared for. In that moment, our world caved in as we grieved the loss of the little girl we had expected for the past nine months and welcomed a new child. As I was "in the trenches" and focusing on each little moment with this new baby, my wonderful husband jumped into action and tried to learn everything he possibly could about the diagnosis "Down Syndrome". This research led us to Easter Seals. If I'm being honest, I was not looking forward to having strangers in my home every day while I was trying desperately to grieve and accept the reality of this new normal. "Therapist" wasn't in the plan... All I wanted was to be a "typical" mom.

In the coming days and months, Isabelle's team of therapists were formed: Jenna Tebo - PT, Lindsay Dusek - SLP, Lauren Olson - OT/ Marcy Rocha - OT, and Richelle Munoz - SST. Although these women come into our lives for Isabelle, they have helped me just as much through the most vulnerable time in my life. They have taught me to celebrate and given me the confidence to enjoy being a parent of a child with a disability. Watching the way they interact with and love Isabelle has given me the permission I needed to love my daughter without any

fear or limits.

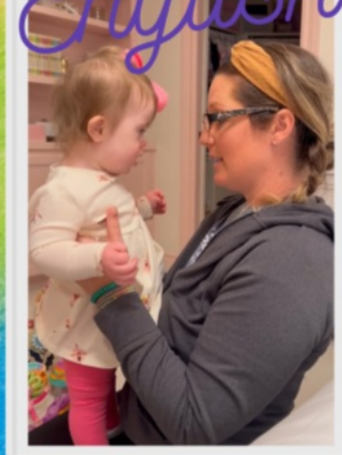
Unlike many parents, I feel so blessed to have the opportunity to learn all about the world of ECI, and through that it has become apparent that early intervention is crucial in the life of a child with a disability. Carter and I felt so lost after Isabelle's birth. That feeling of desperation, along with the help and guidance Easter Seals has provided, inspired us to want to help other families experiencing the same pain. This conviction eventually led us to start the Rise School of San Antonio. ♥

The Rise School is a forty year old, proven model providing the highest quality early childhood education for all children (traditional and developmentally delayed) in an inclusive setting. Therapies - including speech, physical, occupational and music - are integrated into the learning environment to help every child reach their maximum potential. It works alongside programs like Easter Seals to meet the needs in communities such as Dallas, Houston, Austin, Corpus Christi and now San Antonio. The school will be opening on campus at Christus Children's Hospital downtown on August 28, 2024 with classes of "ones" and "twos". At capacity, we will serve ages one through six, and Easter Seals has been one of the greatest champions and partners in this endeavor throughout our journey. If you would like to learn more, you can follow along on social channels or visit [riseschoolsa.org](https://riseschoolsa.org)!

I am eternally grateful for Easter Seals and each of Isabelle's therapists, whom we now consider both best friends and family. Through this journey, we have grieved together and celebrated together, turning our tears of sadness into tears of joy. There truly are not enough of these gifted, dedicated angels in this world. Their level of commitment to helping children and their families is a gift that could only come from God!



# ISABELLE *English*



We Are Looking For Spotlight Stories for Upcoming Newsletters



Is Your Child The  
*next*  
**E C I**  
*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!](#)

## Reminders



**Easter Seals Rehabilitation  
Center will be closed on  
Thursday, July 4th,  
in observance of  
Independence Day.**



## Easter Seals Food Pantry

Did you know we have a food pantry at Easter Seals to assist our families in need? Donations are always accepted. The most needed items are:

- Peanut Butter
- Jelly
- Vienna Sausage
- Tuna
- Crackers
- Ramen Noodles
- Cereal
- Macaroni & Cheese
- Soups



- Snacks
- Canned Fruit

Donations can be dropped off at the office or given to a member of your ECI team.

## July Awareness Observations



### Month-Long

- Autoinflammatory Disorders Awareness
- Children's Eye Health and Safety
- Children's Vision and Learning
- Digestive Tract Paralysis (DTP)
- Don't be a Bully Month
- Immunization Awareness
- Neurosurgery Outreach Month
- Never Leave a Child Unattended in a Car, Purple Ribbon Month
- Spinal Muscular Atrophy Awareness
- Stevens-Johnson Syndrome (SJS)

### Days

- July 12 - Heterochromia
- July 22 - Fragile X (FXS)
- July 23 - World Sjogren's Day
- July 24 - National Seasonal Affective Disorder (SAD) Day
- July 26 - Americans with Disabilities Act (ADA) Awareness Day
- July 30 - **Gastroschisis**
- July 30 - International Day of Friendship



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*Early Childhood Intervention*

Easter Seals Rehabilitation Center  
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