

ECI Monthly news & updates

June|2024

June 2024						
Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	30 Practice the sign or word for help when getting dressed	3 Visit an aquarium	4 Play "Ickle me" and tickle their toes	5 Sing a song about fish https://www.youtube.com/watch?v=1000010000	6 Play with ice cubes on a tray and talk about "cold"	7 Make an obstacle course outside to crawl/run over
	2 Put your bare feet in the grass	3 Visit an aquarium	4 Play "Ickle me" and tickle their toes	5 Sing a song about fish https://www.youtube.com/watch?v=1000010000	6 Play with ice cubes on a tray and talk about "cold"	7 Make an obstacle course outside to crawl/run over
	9 Look through an animal book and make their sounds	10 Play peek-a-boo with a sheet or blanket	11 Make up a song about washing hands	12 Sing "I love you" and practice blowing kisses	13 Pick 1-3 body parts and practice finding them, "where's your toes?"	14 Spelsh in the bathtub. Talk about water, wet and bubbles https://www.youtube.com/watch?v=1000010000
	16 Give dad a hug and kiss. Sign "dad"	17 Read a book about dads	18 Bang on pots and pans in the kitchen	19 Do a veggie taste test	20 Find some sand and put your feet in it. Talk about the beach	21 Look for birds in the sky and point to them
	23 Talk about sunny foods, say "mmmm"	24 Go for a walk and smell the flowers	25 Run around outside. Say/sign "run"	26 Taste a new food	27 Play dress-ups. Put on/off sunglasses	28 Draw with chalk outside on the sidewalk
						29 Take a picture with dad
						1 Lick the frosting off a doughnut
						8 Play Icky Dirty and flip upside down
						15 Sing the Walking Walking song https://www.youtube.com/watch?v=1000010000
						22 Pass a ball back and forth
						29 Take a picture with dad

Early Communicator Calendar

June 2024						
Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	30 Practice the sign or word for help when getting dressed	3 Visit an aquarium	4 Play "Ickle me" and tickle their toes	5 Pretend to go fishing	6 Play with ice cubes on a tray and talk about "cold"	7 Make an obstacle course outside to crawl/run over
	2 Walk handfoot in the grass	3 Visit an aquarium	4 Play "Ickle me" and tickle their toes	5 Pretend to go fishing	6 Play with ice cubes on a tray and talk about "cold"	7 Make an obstacle course outside to crawl/run over
	9 Look through a book and name the animals	10 Have a capout in the yard or living room	11 Make up a song about washing hands	12 Cut out a heart and draw or paste things you love on it	13 Play doctor talk about body parts	14 Spelsh in the bathtub. Talk about water, wet and bubbles https://www.youtube.com/watch?v=1000010000
	16 Give dad a hug and kiss. Sign "dad"	17 Read a book about dads	18 Bang on pots and pans in the kitchen. Make up a song	19 Do a veggie taste test	20 Find some sand and put your feet in it. Talk about the beach	21 Pretend to be a bird
	23 Find things that are pink	24 Go for a walk and smell the flowers	25 Run around and play tag outside	26 Make pushing together following the directions	27 Play dress-ups. Put on/off sunglasses	28 Draw with chalk outside on the sidewalk
						29 Take a picture with dad
						1 Lick the frosting off a doughnut
						8 Play Icky Dirty and flip upside down
						15 Sing the Walking Walking song https://www.youtube.com/watch?v=1000010000
						22 Kick a ball back and forth
						29 Take a picture with dad

First Words Calendar

June 2024						
Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	30 Can you get dressed by yourself? What do you need help with?	3 Visit an aquarium. What animals do you see?	4 Play hide and go seek. Are you on, in, under?	5 Pretend to go fishing	6 Play with ice cubes on a tray and talk about "cold"	7 Make an obstacle course outside to crawl/run over
	2 Walk handfoot in the grass and talk about how it feels	3 Visit an aquarium. What animals do you see?	4 Play hide and go seek. Are you on, in, under?	5 Pretend to go fishing	6 Play with ice cubes on a tray and talk about "cold"	7 Make an obstacle course outside to crawl/run over
	9 Point to pictures in a book (who's sleeping? Who's eating?)	10 Have a capout in the yard or living room	11 Make up a song about washing hands	12 Cut out a heart and draw things you love on it	13 Play doctor. What does a doctor do?	14 Spelsh in the bathtub. Talk about water, wet and bubbles https://www.youtube.com/watch?v=1000010000
	16 Give dad a hug and kiss. Sign "dad"	17 Read a book about dads	18 Bang on pots and pans in the kitchen. Make up a song	19 Do a veggie taste test	20 Find some sand and put your feet in it. Talk about the beach	21 Pretend to be a bird. Where would you go?
	23 Find things that are pink	24 Go for a walk and smell the flowers. What color are they?	25 Run around and play tag outside. Say "I got you."	26 Make pushing together following the directions	27 Play dress-ups and make up a story	28 Draw with chalk outside on the sidewalk
						29 Take a picture with dad
						1 Lick the frosting off a doughnut
						8 Play Icky Dirty and flip upside down
						15 Sing the Walking Walking song https://www.youtube.com/watch?v=1000010000
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Expanding Language Calendar

Tried & True Tips from a Therapist

by Heather Andrews, PT/SC

Celebrating "Daddy Play"



What is Daddy Play?

Daddies provide excellent lessons to their children in many ways. Most of us recognize the rough and tumble play, picking kiddos up over their head, swinging, rolling around on the floor or a bed, and gently wrestling as “roughhousing”. This has caused many a mama’s tummy, including mine, to jump in fear. But this kind of play is critical to every child’s development. While we celebrate dads this month, this kind of play is great with moms, too.

Think about when you have observed little puppies wrestling with each other. They tumble around pawing at each other and sometimes bite, and then... YELP! One of them went too far. As humans, we instinctively cringe, worried about one of them being injured. But, invariably, the game is on again. At some point, we all realize this is a normal part of their development.



This kind of careful roughhousing is great for our human children, too. Dads are often the first to pick a baby way up overhead to “fly” or flip them head over heels carefully landing them on their feet. We as mothers gasp in horror. Meanwhile, the baby or toddler is squealing with joy!

Lessons learned by Daddy Play include more than pure fun. Children learn balance, coordination, and strength. Children learn their own strength and limits which keeps them from “practicing” on their friends indiscriminately. Dads also have the opportunity to show pain reactions (like a puppy yelping) which will teach the child empathy and consequences for their body’s actions. This is one of the most important lessons as children get older. Dads teaching moderation and consideration of actions can help to predict whether a child will moderate themselves around their peers.

But wait, Heather! My baby is fragile! Many of our Easter Seals families have experienced their newborn baby in the NICU or worse. Of course, you need to protect them from injury, but please don’t protect them from movement!

Babies need to move!

From an early age, the practice of rolling and being carried in different positions can be a small way to begin this critical movement play. Whatever your child’s abilities, you can help them move. Some of the best ways to start this early on are below. Be sure to carefully support baby’s head and watch them closely to see what they like. Start with one to two movements at a time.



Types of Movement:

Rocking- on your chest, lean back and rock side to side while supporting baby's head; in a rocking chair with child laying across your lap

Rotation- rolling tummy to back to tummy with help; while seated in an office type chair that spins, cradling baby in your arms/laying across your lap sitting upright, try turning around in a circle in either direction slowly (not looking for dizzy, just movement experience)

Swinging- not just in a seated position; while you cradle your baby in your arms, gentle swinging while suspended in a blanket

Bouncing- seated on your lap, bouncing knees; or you can sit on an exercise ball/edge of bed with baby resting at your shoulder

Precautions- Never force movement on your child and always protect their head and neck as they are developing. Start with one to two **SMALL** movements and keep eye contact to avoid fear reactions. Pause and let the child process their experience. More is not necessarily better. Remember, your job is to help them enjoy movement so follow their lead, increasing the amount of movement slowly. Some children and babies will enjoy it right away and some will take some more coaxing. You know your baby best, so follow your gut.

For more information on the benefits of roughhousing and the consequences of avoiding these behaviors, please take the time to read this **short article** which is highly referenced.

Spotlight Story - Avery Gowan

Avery's Journey: Overcoming Challenges with Love, Therapy, and Determination



by Leslie Hernandez

Avery's journey with Easter Seals began when she was just a few days old. However, her story truly began when she was diagnosed with Down Syndrome when I was just 11 weeks pregnant. While the news initially brought fear of the unknown, it was quickly replaced by a determination to support Avery in every possible way.

From the beginning, Martha and Sheva, Avery's dedicated therapists, became invaluable guides for the family. Martha, Avery's Occupational Therapist, provided insightful explanations about the therapy process, from selecting toys to understanding their therapeutic benefits. Sheva, focusing on physical therapy, played a crucial role in enhancing Avery's mobility, from sitting independently to eventually standing on her own.

Recognizing the importance of hands-on involvement, Jason, Avery's father, decided to take time off work to work closely with Avery and her therapists. While Avery's therapy sessions played a crucial role in her development, Jason's hands-on involvement in her basic development became the cornerstone of her progress. His presence brought a unique perspective and strength to our parenting dynamic, enriching Avery's experience and fostering a deep bond between father and daughter.

With therapy, personal care from Jason, and Avery's unwavering determination, she began achieving significant milestones. Martha (OT), Erika (SLP), and Heather (PT), respectively, celebrated her progress with praise and encouragement.

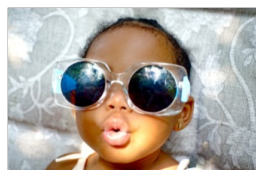
As Avery embarks on her final therapy with Erika, the family reflects on how far she has come. Each milestone reached is a testament to Avery's resilience and the unwavering support she receives from her family and therapy team.



Avery's journey serves as an inspiration, reminding us all of the power of love, determination, and dedicated support in overcoming life's challenges. As she continues flourishing, Avery's story is a beacon of hope for families navigating similar paths.

We've found immense value in the program and are grateful for the exceptional therapists who have played a crucial role in Avery's developmental journey during her first three years. Their dedication will always be cherished.

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 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.

June Awareness Observations

Month-Long

- Apert Syndrome



- Chronic Venous Insufficiency
- Migraine and Headache
- Hemiplegic Migraine
- PTSD

Days

- June 1 - International Children's Day
- June 1 - World Hypoparathyroidism Awareness
- June 3 - Telehealthcare
- June 4 - International Day of Innocent Children, Victims of Aggression
- June 7 - National Cancer Survivors Day
- June 7 - World Food Safety Day
- June 8 - World Brain Tumor Day
- June 13 - International Albinism
- June 14 - World Blood Donor Day
- June 18 - Autistic Pride Day
- June 19 - World Sickle Cell Day
- June 23 - Dravet Syndrome.
- June 25 - World Vitiligo
- June 27 - U.S. National Post Traumatic Stress Disorder (PTSD) Day
- June 29 - Chronic Migraine
- June 29 - World Scleroderma
- June 30 - Arthrogyrosis



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Early Childhood Intervention

Easter Seals Rehabilitation Center
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