















# ECL Monthly

news & updates








March 2023

Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
							
1 Explore something from nature, like feathers. "Oh so!"	2 Does your child have teeth? Point them out and say "teeth!"	3 Eat cereal for snacks. Can your child name them or not? "Oh so!"	4 Read a book with a strong female character (International Women's day)	5 Play with dolls. Talk about the names of the people you see them with.	6 Read a book today (Read Across America Day)	7 Play at the park today. Does your child make more sounds when running?	8 Introduce your child to a game or toy you used to play as a child.
9 Do something silly to make your child laugh. Will they "oo" or "ah" now?	10 Play with a toy car or puppet. Will they "roo" or "gig" now?	11 Make a toy out of recycled materials.	12 Can your child tap or point to pictures in a book?	13 Talk a walk outside using a paintbrush.	14 Paint with water outside using a paintbrush.	15 Can your child blow? Try blowing bubbles or a feather.	16 Try coloring with markers on paper.
17 Practice naming body parts when washing your child's face.	18 Have a carroll basket. Do they prefer cooked or uncooked?	19 What's missing? Hide a ball and say "Where's the ball? Do they find it?"	20 Talk a walk outside. Look for signs of spring (animals, flowers).	21 Try coloring with markers on paper.	22 Can your child get ready for bed by themselves?	23 Ask your child about community helpers using "who?" "what's missing?"	24 Have a carroll basket. Do they prefer cooked or uncooked?

Early Communicator Calendar

Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
							
1 Explore something from nature, like feathers. "Oh so!"	2 Does your child have teeth? Point them out and say "teeth!"	3 Eat cereal for snacks. Can your child name them or not? "Oh so!"	4 Read a book with a strong female character (International Women's day)	5 Play with dolls. Talk about the names of the people you see them with.	6 Read a book today (Read Across America Day)	7 Play at the park today. Does your child make more sounds when running?	8 Introduce your child to a game or toy you used to play as a child.
9 Do something silly to make your child laugh. Will they "oo" or "ah" now?	10 Play with a toy car or puppet. Will they "roo" or "gig" now?	11 Make a toy out of recycled materials.	12 Can your child tap or point to pictures in a book?	13 Talk a walk outside using a paintbrush.	14 Paint with water outside using a paintbrush.	15 Can your child blow? Try blowing bubbles or a feather.	16 Try coloring with markers on paper.
17 Practice naming body parts when washing your child's face.	18 Have a carroll basket. Do they prefer cooked or uncooked?	19 What's missing? Hide a ball and say "Where's the ball? Do they find it?"	20 Talk a walk outside. Look for signs of spring (animals, flowers).	21 Try coloring with markers on paper.	22 Can your child get ready for bed by themselves?	23 Ask your child about community helpers using "who?" "what's missing?"	24 Have a carroll basket. Do they prefer cooked or uncooked?

First Words Calendar

Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
							
1 Explore something from nature, like feathers. Talk about how it feels.	2 Does your child have teeth? Point them out and say "teeth!"	3 Eat cereal for snacks. Can your child name them or not? "Oh so!"	4 Read a book with a strong female character (International Women's day)	5 Play with dolls. Can your child know directions to get them dressed?	6 Read a book today (Read Across America Day)	7 Play at the park today. Have them tell someone about it later.	8 Introduce your child to a game or toy you used to play as a child.
9 Do something silly to make your child laugh. Will they "oo" or "ah" now?	10 Play with a toy car or puppet. Will they "roo" or "gig" now?	11 Make a toy out of recycled materials.	12 Can your child tap or point to pictures in a book?	13 Talk a walk outside using a paintbrush.	14 Paint with water outside using a paintbrush.	15 Can your child blow? Try blowing bubbles or a feather.	16 Try coloring with markers on paper.
17 Practice naming body parts when washing your child's face.	18 Have a carroll basket. Do they prefer cooked or uncooked?	19 What's missing? Hide a ball and say "Where's the ball? Do they find it?"	20 Talk a walk outside. Look for signs of spring (animals, flowers).	21 Try coloring with markers on paper.	22 Can your child get ready for bed by themselves?	23 Ask your child about community helpers using "who?" "what's missing?"	24 Have a carroll basket. Do they prefer cooked or uncooked?

Expanding Language Calendar

# Tried & True Tips from a Therapist

## What Is Muscle Tone?

by Batsheva Blaustein, DPT

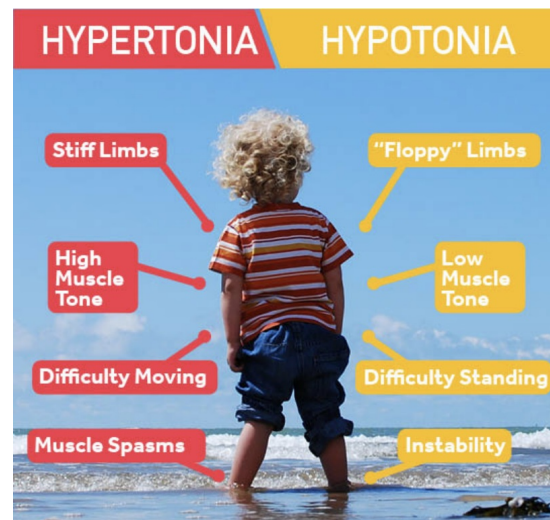
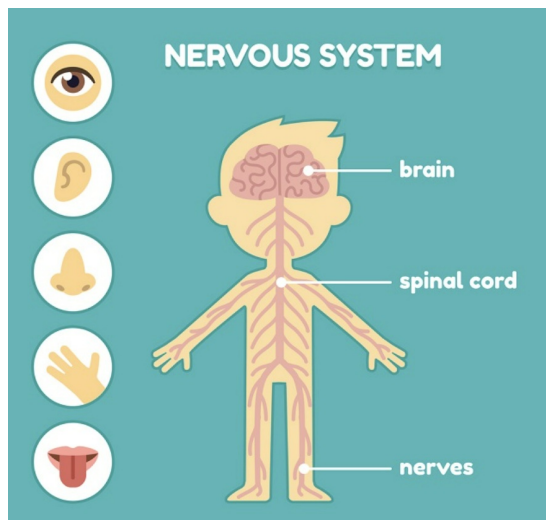
The tension or resistance in a muscle or lack thereof is considered tone.

When you pick up your child- you may feel like they are a noodle, like they slide out of your grasp or slowly fall off your hip when being held. Or on the contrary- you may feel like there is a hard resistance when trying to change your child's diaper.

A good way to understand tone is to imagine trying to fill 2 buckets with separate streams of water.



One stream is very strong and heavy and one stream is very thin. Both buckets will be filled eventually, however one will take longer to get full. The streams of water correlate to descending motor information from the brain.



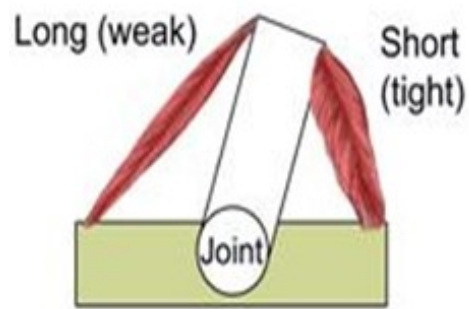
**HYPERTonia**, the very heavy stream of water, or rather motor signals- is not modulated-it is always on, making it very difficult for the muscles to relax.

**HYPOTonia**, on the other hand is the thinner stream of descending information causing the muscles to have a hard time to fully contract.



These impairments have many causes including genetics, brain

injuries, congenital abnormalities, effects of the birth process, cerebral palsy and spinal cord injuries. They also have many effects on posture, balance, coordination and other functional activities. Read more about hypertonia and hypotonia on [Pathways.org](http://Pathways.org).



If you are concerned that tone may be causing functional delays, please reach out to your case manager. We have PT's, OT's and SLP's who can help!

## Spotlight Story - Jerome Nogle

by Lydia and Joseph Nogle

Jerome was born amid the pandemic, so we expected some challenges with social and communication skills, but we felt confident that we would overcome any challenges. However, it became apparent that despite our best efforts, he had fallen behind his peers drastically at 18 months. We brought up our concerns with his pediatrician. She made the referral to Easter Seals, and he began receiving speech therapy services at 21 months old.

Soon after he started seeing Mrs. Corrine for speech therapy. She recommended occupational therapy and Miss Mary came into the picture. He struggled with the change at first, but once they became part of his routine, we noticed something “click”. Not long after we started working with Mr. Kevin, his behavioral counselor and then Miss Maria, his EIS. We



We didn't expect or want their weekly sessions to be the only time he was working on his speech, occupational training, etc. We began implementing their suggestions in our home. We worked with him daily, practicing on different forms of communication, or physical tasks, or calming techniques. We knew the more time he worked on these, the better it would be for him, and it paid off. Not only did we notice an improvement, all of his Easter Seals therapists did as well.

He is currently non-verbal but able to communicate with pointing to pictures, handing us objects, leading us to what he wants, or on



occasion, sign. We call our service providers the Dream Team because their knowledge has been infinitely beneficial to helping us parent a neurodivergent child. The whole family approach they have taken with us has made an incredible difference in how my partner and I approach teaching our child. While there is still much work to be done, we are so thankful

to the Easter Seals organization for providing an invaluable service to our family and families like ours.

## In Need of Future Spotlight Families



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!

### March 2023

SUN	MON	TUE	WED	THU	FRI	SAT	
Easter Seals ECI Program Calendar Raffle A WINNER every day in MARCH! Ticket Price: \$5.00 Easter Seals Rehabilitation Center 2203 Babcock Road San Antonio, TX 78229 210.614.3911		Ticket #: «Ticket #»	1 Adventures from Scratch Family Edition Book (\$40 Value)	2 Bubba's 33 Gift Pack (\$90 Value)	3 San Antonio Museum of Art One-Year Family Membership (\$130 Value)	4 Let's Roam! Family Scavenger Hunt up to 10 Players (\$70 Value)	
5 National Outdoors Army Supply Gift Card (\$50 Value)	6 Let's Roam! Date Night Scavenger Hunt 2 Players (\$50 Value)	7 Girl's Huffly 20" Too Fab Coaster Bike with Helmet (\$145 Value)	8 Tiff's Treats Gift Card (\$50 Value)	9 Dillard's Gift Card (\$50 Value)	10 San Antonio Zoo (4) Day Passes (\$120 Value)	11 Kendra Scott Necklace & Earrings Set (Value \$120)	
12 Let's Roam Team Building Activity (\$525 Value)	13 Six Flags Fiesta Texas Two Tickets (\$180 Value)	14 Nothing Bundt Cakes Gift Card for 10" Decorated (\$18 Value)	15 Handmade Kaleidoscope Baby Quilt (\$200 Value)	16 Santitas Family Gift Basket (\$100 Value)	17 Bubba's 33 Gift Pack (\$90 Value)	18 San Antonio Botanical Gardens Friend Membership (\$150 Value)	
19 Bella Creations by Gigi Tumbler and Coaster Set (\$75 Value)	20 Fiesta Wreath (\$105 Value)	21 Bill Miller Gift Card (\$50 Value)	22 Let's Roam! Date Night Scavenger Hunt 2 Players (\$50 Value)	23 National Outdoors Army Supply Gift Card (\$50 Value)	24 Kendra Scott Gift Card (\$50 Value)	25 Boy's 18" Generie Gift Bike (\$128 Value)	
26 Morgan's Wonderland 4-pack Tickets (\$76 Value)	27 Let's Roam! Family Scavenger Hunt up to 10 Players (\$70)	28 Tiff's Treats Gift Card (\$50 Value)	29 Girl's Toy Basket with Barbie, Spirit, Hello Kitty & More... (\$135)	30 Gift Card Pack: Happy Teen Benihana Target (\$65 Value)	31 Cover 3: Dining Spirits Sports (\$100 Value)	Daily Prizes!	

Daily prizes! First drawing happens March 1st! Tickets are \$5.00 each. All tickets remain in the drawings until the last prize is raffled off on March 31, 2023 UNLESS the ticket is drawn for a prize. Winning tickets

Are you dreaming of summer?  
**ONLY 60 spots are available.** Spots are on sale now for \$25.00 each. Drawing will be held when all spots are claimed or on March 31, 2023.

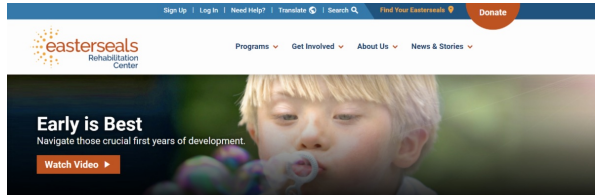
**Dreaming of Summer SeaWorld San Antonio Package:** Four (4) SeaWorld San Antonio one-day admission tickets (\$89.99 each), Four (4) Aquatica San Antonio one-day admission tickets (\$64.99 each), Four (4) Unlimited Quick

are pulled and attached to the corresponding prize. All other tickets remain in the daily drawings throughout the month. All proceeds from this fundraiser directly benefit the ECI program.

Get Tickets

Queue & Reserved Seating vouchers (\$24.99 each), Two (2) Preferred Parking vouchers (\$45 each), Souvenirs/Gift Bag (\$100); **TOTAL VALUE \$909.98.**

Claim a Spot



Our local website has a new look! The global navigation bar is updated for a better user experience. You can now find the current issue of the newsletter and archived issues from the past year [here](#).

## 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.

## Resources:

[No Mess Bubble Wrap Painting](#)

[St. Patrick's Day Sticky Wall Activity](#)

[Seeing Other People Wearing Masks-A Social Story \(English\)](#)

[Usa Mascara \(Spanish\)](#)

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.

## February Awareness Observations

### Month-Long

- American Red Cross Month
- Cerebral Palsy
- Color Therapy Month



- Colorectal Cancer
- Developmental Disabilities Month
- Nutrition Month
- Reading
- Self-Injury
- Social Workers Month
- Trisomy
- Women's History Month

### Days

- March 1 - International Wheelchair Day
- March 1 - Self-Injury
- March 8 - International Women's Day
- March 12 - World **Glaucoma** Day
- March 16 - Brain Injury
- March 18 - National Trisomy 18 Awareness Day
- March 20 - International Day of Happiness
- March 21 - World Down Syndrome Day
- March 24 - World Tuberculosis Day
- March 25 - U.S. National Cerebral Palsy
- March 26 - Purple Day for Epilepsy
- March 27 - AFE - An international day uniting those affected by Amniotic Fluid Embolism (AFE)



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

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