



easterseals

Easter Seals

Rehabilitation Center

ECI Monthly news & updates

March 2024

Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31 Look for hidden eggs hidden under a blanket.	4 Introduce your child to a game or toy you like to play as a child.	5 Explore something from nature, like feathers. "Oh soil!"	6 Does your child have a favorite? Point from out and say "yes!"	7 Eat cereal for your child. "Hot" or "cold" for each piece?	8 Read a book with a strong female character. (International Women's day)	9 Play with dolls. Talk about the clothes as you take them out.
	10 Sing Old MacDonald had a Farm (practice cow)	11 Play with pretend for small toys. Talk about actions being sound, turn, put	12 Look for clues in books. Can your child sign "wow"?	13 Teach your child to say or sign "I'm sorry"	14 Play with pretend food and say "nommer" when your child says "yum"	15 With your child look for their shoes when it's time to go out?	16 Act out having stuffed animals say "I'm sorry"
	17 Talk about clothes and wear something green today.	18 Give your child a shirt and spoon to practice string	19 Do something silly to make your child laugh like they sign for "more"	20 Play with a toy car or point to make your child laugh like they sign for "more"	21 Read your child a book and say "nommer" when your child says "yum"	22 Make a toy out of recycled materials	23 Can your child sign or point to pictures in books?
	24 Paste with water colors using a paintbrush	25 Can your child help blowing bubbles or a feather?	26 Practice naming body parts when wearing your child's face	27 Wave bye-bye to people in your community	28 Have a carroll taste test. Do they prefer cooked or uncooked?	29 What's missing? Hide a ball and say "Where's the ball?" Do they find it?	30 Take a walk outside. Look for signs of spring (animals, flowers)

Early Communicator Calendar

Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31 Have an egg hunt (on, in, by, under)	4 Introduce your child to a game or toy you like to play as a child.	5 Explore something from nature, like feathers. Talk about how it feels.	6 Read a book or set out going to the grocery store. Talk about how it feels.	7 Can your child make a bowl of cereal on their own?	8 Read a book with a strong female character. (International Women's day)	9 Play with dolls. Talk about the clothes as you take them out.
	10 Sing Old MacDonald had a Farm (practice cow)	11 Play with pretend for small toys. Talk about actions being sound, turn, put	12 Look for clues in books. Can your child sign "wow"?	13 Teach your child to say or sign "I'm sorry"	14 Play with pretend food and say "nommer" when your child says "yum"	15 With your child look for their shoes when it's time to go out?	16 Act out having stuffed animals say "I'm sorry"
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First Words Calendar

Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31 Have an egg hunt (on, in, by, under)	4 Introduce your child to a game or toy you like to play as a child.	5 Explore something from nature, like feathers. Talk about how it feels.	6 Read a book or set out going to the grocery store. Talk about how it feels.	7 Can your child make a bowl of cereal on their own?	8 Read a book with a strong female character. (International Women's day)	9 Play with dolls. Talk about the clothes as you take them out.
	10 Sing Old MacDonald had a Farm (practice cow)	11 Play with pretend for small toys. Talk about actions being sound, turn, put	12 Look for clues in books. Can your child sign "wow"?	13 Teach your child to say or sign "I'm sorry"	14 Play with pretend food and say "nommer" when your child says "yum"	15 With your child look for their shoes when it's time to go out?	16 Act out having stuffed animals say "I'm sorry"
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Expanding Language Calendar

Tried & True Tips from a Therapist

by Erika Almazan, MA, CCC-SLP

Foundations of Language

When most people think about speech therapy, they think about their child speaking words. While verbalizing words is often part of a speech therapy goal, communication goes far beyond spoken words and can come in many forms. As infants learn language, they build their communication foundation in social interaction with their families and caregivers. These 'building blocks' of communication include joint attention (paying attention to the same thing their parents are), understanding the meaning of words spoken by parents, taking turns, and imitating actions or gestures. Before a baby uses verbal communication, they have to master these skills. Florida State University has some excellent resources for how to build these skills in your child.

Research shows babies should learn and use two or more new gestures each

month. These include things such as reaching and raising arms, clapping and blowing kisses, and pointing and shhh-ing, to name a few. By getting down on the floor with your baby and modeling these gestures, you can help improve their early communication skills.

A Glimpse of our 16 Gestures by 16 Months

16by16™

Research shows the development of gestures predicts language skills 2 years later. Children should be using at least 2 new gestures each month from 9 to 16 months. By 16 months, children should have at least 16 gestures. Click on each of the ages below to see the photos of the new gestures each month in the Lookbook.

9 Months: Give, Shake head



10 Months: Reach, Raise arms



11 Months: Show, Wave



12 Months: Open hand, Point, Tap



13 Months: Clap, Blow a kiss



14 Months: Index finger point, Shhh gesture



15 Months: Head nod, Thumbs up, Hand up



16 Months: Other symbolic gestures



Babies are busy and learn much about their world through action. Another way to help your baby improve their communication skills is to work on teaching them to imitate actions with objects such as banging, dropping, pushing, pulling, stacking, pouring, etc. One of the best things you can do to help your baby learn is to join them in play and model actions. Put toys in and out of a bucket, pat or shush a baby doll, and so forth. Babies love to imitate what their parents do. Praise them with a hug or a cheer whenever they imitate what you are working on.

A Glimpse of our 16 Actions by 16 Months

16by16™

Research shows children learn by doing. Discovering what they can do with objects leads to learning to talk and to pretend, which then launches imagination. Children should be learning at least 2 new actions with objects each month from 9 to 16 months. By 16 months, children should use at least 16 actions with objects. Click on each of the ages below to see the photos of the new actions each month in the Lookbook.

9 Months: Mouth, bang, drop



10 Months: Take off, take out



11 Months: Push, turn



12 Months: Pat, put in



13 Months: Feed others, open & close



14 Months: Move objects back & forth, up & down



15 Months: Pour, wash & dry



16 Months: Stack, cut out, scribble, draw



Babies are like sponges, learning by soaking up what is around them. Make sure you spend time helping your baby learn these foundational skills each day. I bet if you add this play to your everyday activities, both you and your baby will have a lot of fun.

For more information on the *16 by 16™ Series*, visit the [First Words Project](#).

To download your own full copies of the *16 by 16™ Lookbooks*, click below.

16 Gestures by 16 Months

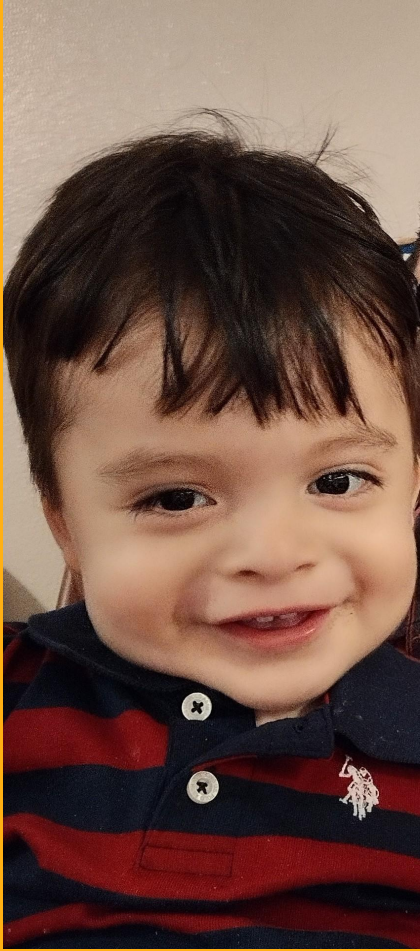
16 Actions with Objects by 16 Months

16 Gestos a los 16 Meses

16 Acciones con Objetos antes de los 16 Meses

Spotlight Story - Damien James Rodriguez

by Stephanie Rodriguez



Our journey with Easter Seals - Early Childhood Intervention began when our son Damien James Rodriguez was about four months old. Being a first time parent is already scary. When our son started to have medical issues it became what every parent would fear. At two months old our son was admitted to the children's hospital for pneumonia from aspiration of his formula . During the first week in the hospital we had no clue and no answer to what was happening with our son. After that week doctors told us that our son had additional issues including hypotonia, dysphagia and partial anomalous pulmonary venous return. Damien had a g-tube placed and was on supplemental oxygen. When we were released from the hospital in January 2022 we had no idea what our son's life outcome would be. We felt lost.

We didn't know where to start for him. After some trial and error and training we learned to properly clean the g-tube area and replace his button, change his oxygen filter and cannula. A nurse from the hospital had mentioned ECI to us. When we started with ECI we had occupational therapy (Stacey), physical therapy (Meredith, then changed to Georgina), speech therapy (Rylan), and EIS (Adrian). We also had home health with Once Upon a Time, but lost those services due to our insurance changes. We were so glad that we were able to keep ECI.



We didn't know what to expect from them at first. ECI was able to provide us the proper tools and training to be able to assist our son in meeting his goals. After a year with ECI our son was starting to progress and eat more food by mouth. He soon started sitting unassisted. Once he turned two years old he started crawling, moving around, and attempting to stand. ECI has given us hope that our son will be walking as we continue with them. They have provided us with so much useful information and given us a better sense of direction to help our son continue to progress as he gets older. We have learned so much through these couple of years. Our son who once had all feeding through the g-tube now gets everything by mouth, which is a big step for him! Damien is so much stronger now. He doesn't need continuous oxygen or assistance with other things. With ECI's help in overcoming all his obstacles we know that Damien has no limits he can advance and accomplish anything.

March 2024

MON	TUE	WED	THU	FRI	SAT	SUN
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		Daily Prizes!  		1 San Antonio Museum of Art One-Year Family Membership (\$125 Value)	2 Old Navy Gift Card (\$50 Value)	3 Let's Roam! Family Scavenger Hunt up to 10 Players (\$90 Value)
4 National Outdoors Army Supply Gift Card (\$100 Value)	5 Let's Roam! Date Night Scavenger Hunt 2 Players (\$65 Value)	6 Boy's Huffly 16" Rock It Bike with Hot Wheels Helmet (\$84 Value)	7 Harbor Freight Gift Card (\$100 Value)	8 Incredible Pizza Family 4-Pack (\$120 Value)	9 Great Room Escape Experience (\$50 Value)	10 Kendra Scott Butterfly Necklace (\$65 Value)
11 CrossFit Marathon Made 1 on 1 Training Session (\$100 Value)	12 Six Flags Fiesta Texas Two Tickets (\$180 Value)	13 Nothing Bundt Cakes Gift Card for 10" Decorated Bundt (\$51 Value)	14 Taquitos Tapa Gift Card (\$50 Value)	15 White Guess Purse (\$138 Value)	16 Bubba's 33 Gift Pack (\$85 Value)	17 San Antonio Botanical Gardens Friend Membership (\$150 Value)
18 Class Axe Axe Throwing Experience (\$50 Value)	19 Incredible Pizza Family 4-Pack (\$120 Value)	20 Bill Miller Gift Card (\$50 Value)	21 Let's Roam! Date Night Scavenger Hunt 2 Players (\$65 Value)	22 The DoSeum 4 Day Passes (\$64 Value)	23 Raising Cane's Gift Basket (\$40 Value)	24 Bayseas Gift Card (\$50 Value)
25 Bites from Heaven 1 Dozen Custom Gourmet Cookies (\$90 Value)	26 Let's Roam! Family Scavenger Hunt up to 10 Players (\$90 Value)	27 Muddalngers Drive Thru Coffee Gift Basket (\$70 Value)	28 Pink Kate Spade Purse (\$150 Value)	29 Taquitos Tapa Gift Card (\$50 Value)	30 Cover 3: Dining Spirits Sports (\$150 Value)	31 Bubba's 33 Gift Pack (\$85 Value)

throughout the month. Winners will be notified by phone and are listed on the website. All proceeds from this fundraiser directly benefit the ECI program.

Thank you to our 2024 Donors.

Click [here](#) to zoom in on the calendar.

Buy Now!

DREAMING OF SUMMER!

SeaWorld San Antonio Package: Four (4) SeaWorld San Antonio one-day admission tickets (\$94.99 each), Four (4) Aquatica San Antonio one-day admission tickets (\$64.99 each), Four (4) Unlimited Quick Queue & Reserved Seating vouchers (\$24.99 each), Two (2) Preferred Parking vouchers (\$42 each), Souvenirs/Gift Bag (\$110); TOTAL VALUE \$934.

Spots will be sold beginning February 1, 2024 and stop when all spots are claimed or March 31, 2024, whichever comes first. Spots are \$25.00 each. ONLY 60 spots are available. Winner will be drawn when all spots are claimed or April 1, 2024, whichever comes first.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60



Early Childhood Intervention

Easter Seals ECI Program Dreaming of Summer Drawing \$25.00 donation per Spot
Easter Seals Rehabilitation Center 2203 Babcock Road, San Antonio,
TX 78229 210.614.3911

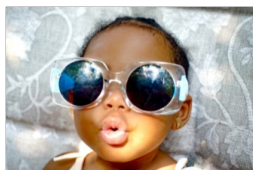
Martin Ruegner / Getty

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[Claim a Spot!](#)

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 Awareness Observations



Month-Long

- American Red Cross Month
- Cerebral Palsy
- Developmental Disabilities Month
- Nutrition Month
- Reading
- Social Workers Month
- Trisomy

Days

- March 1 - International Wheelchair Day
- March 6 - World Lymphedema Day
- March 16 - Brain Injury (Global)
- March 18 - National Trisomy 18 Awareness Day
- March 20 - International Day of Happiness
- March 21 - World Down Syndrome 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)



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San Antonio, TX 78229

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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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