



# easterseals




## Easter Seals




### Rehabilitation Center




# ECL Monthly

news & updates

May 2023

2023 May						
Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Saturday
		1 Read a new book today. Sign 'book'.	2 Practice signing 'off' and 'on' after meals.	3 Put or point to pictures in books.	4 Notice what your child is interested in. Signed 'yes'.	5 Play 'Tickle me!' How does your child get you to play again?
7 Teach following the direction 'This way' using paper airplanes.	8 Try a new flavor or texture of food today.	9 Know 'Hi' is a polite excuse to turn the lights 'off'.	10 Follow directions to turn the lights 'off'.	11 Make choices between two items at snack.	12 Sing your favorite song in front of a mirror. 'On your nose'.	13 Put stickers on body parts. 'On your nose'.
14 Give 'Mom' hugs and kisses. Sign 'Mom'.	15 Wear a silly hat today and point to show people.	16 Close your eyes and smell your breakfast this morning.	17 Sing head shoulders knees and toes.	18 Make animal sounds when reading books.	19 Ask your child 'Do you want to eat?' How do they respond?	20 Find some rocks outside. Put them 'in' a bucket.
21 Can your child follow directions to give someone a hug?	22 How many body parts does your child point to?	23 Give a contentment huddle. Gesture 'Huddle up'.	24 Give a contentment huddle. Gesture 'Huddle up'.	25 Opposite day. Talk about hot and cold or up and down.	26 Show your child 'Do you want to eat?' How do they respond?	27 Can you help make the bed. Put pillows 'on' the bed.
28 Practice blowing into a horn or kazoo.	29 Pop bubbles using hands. Say 'Uh oh' or 'No'.	30 Sign 'Ta' after bumping your teeth.	31 Put their clothes on backward. Say 'Uh oh' or 'No'.			

2023 May						
Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1 Read a Mother Goose Nursery Rhyme.	2 Make silly faces in the mirror together.	3 Collect and feel textured objects and talk about how they feel.	4 Sing Twinkle Little Star.	5 Pretend to go on an astronaut or find books about them.	6 Play with stars. Make them 'go'. Use the sign.
7 Make choices between two items at snack.	8 'Hop' 'hop' 'hop' like a frog today.	9 Make a card for someone (maybe a teacher).	10 Play on a riding toy. Talk about going 'fast' and 'slow'.	11 Blow bubbles and let them pop on your feet.	12 Clean up your toys while saying 'Put them in'.	13 Read a book about flowers.
14 Give 'Mom' hugs and kisses. Sign 'Mom'.	15 Practical fun taking by pointing a car back and forth.	16 Play outside under a tree. Say 'Yes'.	17 Make drawings when undressing the dishwasher. Ex. 'Del the spoons'.	18 Wash the dishes together. Practice 'Wash'.	19 Get your feet wet. Fill a container with water or make puddles.	20 Find a playground. Observe what you child is interested in.
21 Sing the 'Hokey Pokey'! Practice in and out.	22 Make a musical instrument from recycled materials.	23 What's for dinner? Practice stirring today.	24 Go on a scavenger hunt outside. 'Go' find a leaf.	25 Look for bugs around your community.	26 Read a book with the mom and babies in it.	27 Roll a ball down the stairs. Ready. Set. 'Go'!
28 Can you put your socks on by yourself? Try it.	29 Turn a coin into a drum and make some music.	30 Watch the plants together. Talk about wet and dry.	31 Go outside, close your eyes and talk about what you hear.			

2023 May						
Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1 Read a Mother Goose Nursery Rhyme.	2 Make silly faces. Tell me what to do (ex. Make a sad face).	3 Collect and feel textured objects and talk about how they feel.	4 Sing Twinkle Little Star.	5 Pretend to be an astronaut or find books about them.	6 Play with stars. Where are they going?
7 Tell me what you want for snack. 'I want...'	8 'Hop' 'hop' 'hop' like a frog today.	9 Make a card for someone (maybe a teacher).	10 Play on a riding toy. Talk about going 'fast' and 'slow'.	11 Blow bubbles and sort them on them.	12 Clean up your toys. Sort them into groups (cars, animals...)	13 Read a book about flowers.
14 Give 'Mom' hugs and kisses. Sign 'I love you'.	15 Play with cars. Drive them some place far away.	16 Play outside in or under a tree. What does it look like?	17 Review drawings when undressing the dishwasher. Ex. Get the spoons.	18 Wash the dishes together. Tell me how to do it.	19 Get your feet wet. Fill a container with water or make puddles.	20 Play at a playground today. Tell someone about it later.
21 Sing the 'Hokey Pokey'! Practice in and out.	22 Make a musical instrument from recycled materials.	23 What's for dinner? Follow directions to help out.	24 Go on a scavenger hunt outside. Describe what you found.	25 Look for bugs around your community.	26 Read a book with the mom and babies in it.	27 Test some kicking a ball back and forth.
28 Get dressed by yourself.	29 Turn a pan into a drum and make some music.	30 Water the plants together. Talk about wet and dry.	31 Go outside, close your eyes and talk about what you hear.			

Early Communicator Calendar

First Words Calendar

Expanding Language Calendar

# Tried & True Tips from a Therapist

by Amanda Pepito, MA, CCC-SLP

## The Drive to Thrive: Understanding the Failure to Thrive Diagnosis



As a parent, hearing the words “Failure to Thrive” can be difficult to process and understand. Receiving this diagnosis for your child, does not mean that you have failed as a parent. Rather, it means you are taking the necessary steps to ensure the healthiest outcome for your child.

We all naturally want our children to thrive, grow and live a healthy life. This does not change when given this diagnosis. There are many professionals out there eagerly waiting to join your team and help your family thrive.

**What is failure to thrive?** This diagnosis is given when a child’s weight or rate of weight gain is significantly lower than those of same-aged peers. This may affect the child meeting their overall developmental milestones. It can be due to underlying medical conditions, lack of food intake or absorption, and/or increased calorie need for growth.



**How can your team help you?** We will listen to your concerns and help you come up with a plan to include strategies to facilitate your child’s growth and development. We will assist you in finding the underlying reason for the passive growth.

**Who is this team?** Your team, first and foremost, is led by you, the parent. You know your child best and should feel comfortable advocating for their needs. Trust your instincts and be open-minded. Your pediatrician will monitor the health, nutrition and growth of your child. Other

## Possible Reasons for Poor Weight Gain in Children

- ◆ Medical
- ◆ Sensory Processing
- ◆ Oral-Motor Skills
- ◆ Routines and/or Typical Picky Eating Phases
- ◆ Anxiety

specialized medical professionals may join your pediatrician in helping to determine any underlying medical factors leading to the reduced weight gain. Your ECI team of therapists, which could include a speech therapist, occupational therapist, counselor, physical therapist and/or early intervention specialist will be on hand to help promote the growth

and overall development of your child.

Remember, you are amazing and doing the very best for your child and they will thrive with your support.

## Spotlight Story - Mia Garcia



by Pilar Luque Garcia

Our daughter Mia was born at 30 weeks with severe IUGR [intrauterine growth restriction] and weighed only 800 grams [1 pound, 12 ounces].

After 3 long months in the hospital, she finally came home. Being first time parents to a preemie terrifying and overwhelming.

Unfortunately shortly after coming home, Mia developed a severe feeding aversion and chronic constipation. Due to this Mia started falling behind in the growth curves, so her pediatrician referred Mia to a GI doctor. I also asked her if she could give us a referral to ECI for further evaluation, because Mia was not hitting her monthly milestones. In August of 2021 our family's journey with ECI began.

Erika has helped our daughter Mia tremendously with her feeding issues. It has been a long road but together we have overcome many obstacles including her severe feeding aversion to bottles. We recently had a party to celebrate that Mia finally reached 20 pounds and decided to call it "The 20 Pound Party"!!

Taz also played a very important role as her occupational therapist and helped her to achieve many milestones, along with her

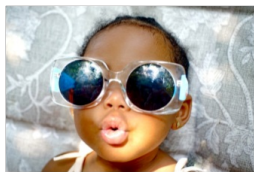
physical therapists, Mia was able to sit, stand, crawl and eventually walk.

They all have become part of our family and we will forever be grateful for Erika, Taz, Cheryl, her case manager and the entire ECI program for all that you have done for our daughter Mia.

### Feeding therapy party!



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.

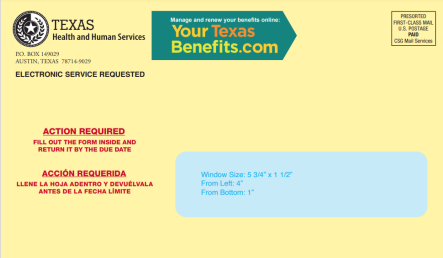
I'm a SuperStar!

### Reminders

Easter Seals Rehabilitation Center will be closed **May 29, 2023** in observance of Memorial



Day.



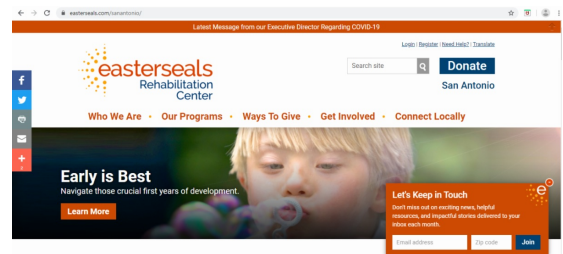
## Continuous Medicaid Coverage Ending

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.

## May Awareness Observations

# Better Hearing and Speech Month 2023

Each May, Better Hearing & Speech Month (BHSM) provides an opportunity to raise awareness about communication disorders and the role of ASHA members in providing



life-altering treatment.  
For 2023, the theme is "Building a Strong Foundation".

**Thank you to all of our  
wonderful speech  
therapists!**

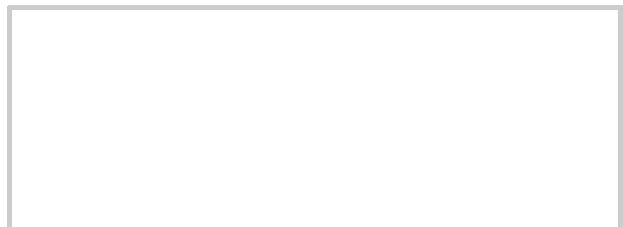
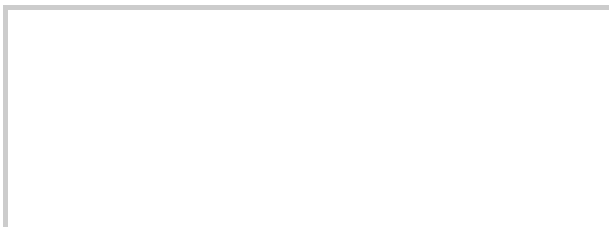


### **Month-Long**

- Allergy/Asthma
- Better Sleep Month
- Better Speech and Hearing Month
- Brain Tumor
- Cystic fibrosis
- Celiac Awareness Month
- Ehlers-Danlos syndrome (EDS)
- Foster Care Month
- Guide Dog Month
- Huntington's Disease
- Lyme Disease
- Mental Health Month
- Mobility
- Tourette Syndrome Awareness Month
- Stroke

### **Days**

- May 5 - Cri du Chat Syndrome Day ([www.fivepminus.org](http://www.fivepminus.org))
- May 5 - National Childhood Stroke
- May 5 - World Asthma Day
- May 7 - National Children's Mental Health
- May 6 - International Awareness Day for Osteogenesis Imperfecta (Brittle Bones)
- May 12 - International Nurse's Day
- May 12 - International Awareness Day for Chronic Immunological and Neurological Diseases (CIND)
- May 14 - Childhood Speech Apraxia
- May 15 - International Mucopolysaccharidoses (MPS)
- May 15 - International Day of Families-
- May 17 - Worldwide Neurofibromatosis
- May 20 - World AiArthritis Day (Was: World Autoimmune Arthritis Day (WAAD))
- May 25 - World Thyroid Day





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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.

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