

easterseals








Easter Seals

Rehabilitation Center








ECL Monthly

news & updates








May 2024

 May 2024						
Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
						
5 Hold your child's hand and say "go". Run a short distance. Will they point to go?	6 Play "Eggs and Ickle". Does your child get you to play again?	7 Teach following the direction "hold still" during paper changes.	8 Try a new flavor of food today.	9 When "to" is a police officer today.	10 Follow directions to turn the lights "off".	11 Make choices during lunch. "Milk or water?"
12 Give "Mom" hugs and kisses. Sign "Mom".	13 Put stickers on body parts. Sign "Mom".	14 Sing your favorite song in front of a mirror.	15 Sing your silly hat song and point to show people.	16 Close your eyes and pretend to read your newspaper 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 Talk out loud about what you're doing when giving a hug. Touch the neck.	23 How many body parts does your child point to?	24 Give a compliment today. Clap - Thumbs up!	25 Opposite day. Talk about hot and cold or up and down.
26 Show your child how to make the bed. Put pillows "on" the bed.	27 Can you help make the bed. Put pillows "on" the bed.					

Early Communicator Calendar

 May 2024						
Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
						
	4 Notice what your child is interested in. Spend time talking about it.	5 Pretend to be an astronaut or find books about them.	6 Play with toys. Make choices between two items at snack.	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).
12 Give "Mom" hugs and kisses. Sign "Mom".	13 Read a book about flowers.	14 Clean up your toys when saying "Put them in". Use the sign.	15 Practice hand taking by pushing a car back and forth.	16 Play outside under a tree. Say "tree".	17 Follow the directions when emptying the dishwasher. Get the sponges.	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 stringing today.	24 Go on a scavenger hunt outside. "Go" find a leaf.	25 Look for bugs around your community.
26 Read a book with nouns 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 part 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.	

First Words Calendar

 May 2024						
Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
						
5 Pretend to be an astronaut or find books about them.	6 Play with trains. 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 let them pop on your feet.
12 Give "Mom" hugs and kisses. Say, "I love you".	13 Read a book about flowers.	14 Clean up your toys. Sort them into groups (cars, animals...).	15 Play with cars. Drive them some place far away.	16 Play outside in or under a tree. What does it look like?	17 Follow directions when emptying the dishwasher. Get the sponges.	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? Practice stringing today.	24 Go on a scavenger hunt outside. "Go" find a leaf.	25 Look for bugs around your community.
26 Read a book with nouns and babies in it.	27 Take turns kicking a ball back and forth.	28 Get dressed by yourself.	29 Turn a part 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.	

Expanding Language Calendar



Down the Rabbit Hole- Spring Family Engagement Event

We had a wonderful time at the inaugural spring Family Engagement event. Families joined us for a day of practicing developmental skills in a real world setting. One of our goals with the Family Engagement Series is for our enrolled children to have experiences that are comfortable and meaningful to them, just like their peers. To make this happen, it's crucial that families with children of different abilities have a supportive community where they feel accepted and included. A couple of our board members, Mr. Jim Hamer and Mrs. Patty Nations, also stopped by to meet some families and join in the fun.





The Family Engagement Series events are attended by volunteers from the community, including organizations like SASO (Student Athletes Serving Others), the UTHSCSA, and various school groups. This time, we had volunteers from the UTSA Pre-PA Society, Health Careers High School, SASO, the PTS Program at Concorde Career College, and the UTHSCSA School of Nursing. We always have Easter Seals staff and their family members who volunteer and support us at these events too. The Family Engagement Series provides a great opportunity for our families to interact with these volunteers and work together towards creating awareness and understanding within our communities for inclusivity and accessibility. This is highly important as it helps to promote a sense of inclusivity and accessibility for all.



These Family Engagement events wouldn't be possible without the generous support of HEB, who gave this series a \$5000 grant this year. We were also just awarded a \$500 grant from SASO this past week. This grant is special, as SASO just started volunteering at our events in October at the Trick-or-Treat event, but recognized quickly how important these events are. This year, SASO awarded three \$500 grants to nonprofits where their members had

volunteered. The Easter Seals ECI Family Engagement Series was one of the three chosen.



Tried & True Tips from a Therapist

Feeding & Swallowing Milestones: Birth to Three Years Old

Birth to 3 Months

What can my baby do?

- ✓ Holds head up when supported.^{12, 14}
- ✓ Turns head towards nipple and opens mouth.⁷

How does my baby eat and drink?

- ✓ Latches to nipple.^{10, 11}
- ✓ Sucks and swallows.^{10, 11}

What should my baby be eating and drinking?

- ✓ Human milk and/or formula (IDDSI Level 0).¹³

ASHA (American Speech-Language-Hearing Association) released these feeding and swallowing milestone checklists for National Speech-Language Hearing Month. These milestones cover feeding and swallowing development in children.

Children's nutritional needs change as they grow and may be different from other children their age. It's important to check with your child's pediatrician for feeding recommendations that are specific to your child's needs.

Each child develops uniquely even within the same family, and may meet certain milestones earlier or later than others. If your child does not meet

many of the milestones within their age range, reach out to your ECI team.

4 to 6 Months

What can my baby do?

- ✓ Brings hands to the breast or bottle.¹⁴
- ✓ Pats breast or bottle.¹⁴
- ✓ Brings hands or toys to mouth.¹⁴
- ✓ Starts to sit up in cradle position and holds breast or bottle during feeding.¹⁴
- ✓ Sits supported in highchair with straps and when reclined.¹⁴

How does my baby eat and drink?

- ✓ Opens mouth for spoon.¹⁴
- ✓ Uses tongue to move food to back of mouth for swallowing.¹⁴

What should my baby be eating and drinking?

- ✓ Human milk and/or formula (IDDSI Level 0).¹³
- ✓ Infant cereal mixed with breast milk or formula* (IDDSI Level 3).¹³
- ✓ Smooth baby foods (purees) with no lumps or chunks (IDDSI Level 4).⁹

*Consult with pediatrician regarding appropriate infant cereals.

For a complete set of checklists through age 3 and to find out what you can do to help your child meet these milestones, visit the [ASHA website](#).

Thank You *fore* Being a Friend!



The 7th Annual Easter Seals Calendar Raffle was a HUGE success with over **1000 tickets sold!**

Thank you to everyone who supported our ECI program through the purchase of raffle tickets and Dreaming of Summer package spots. We are extremely grateful to all the donors who made the amazing prizes possible. We could not do this without you. View the complete list of

2024 Donors.

Congratulations to all the winners. To view the complete list of **WINNERS** click here.

All proceeds from both raffles were put into our *Champions fore Charity* campaign. We raised \$17,825.00 this year and we will be receiving a 7%

incentive which is another \$1,247.75.

We look forward to more great raffles and another successful **Champions fore Charity** campaign next year. We truly thank you all for your support.



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 27, 2024** in observance of Memorial 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.

May Awareness Observations

NATIONAL SPEECH-LANGUAGE-HEARING MONTH



Month-Long

- Allergy/Asthma
- Better Sleep Month
- National Speech-Language-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)
- May 5 - National Childhood Stroke

- May 5 - World Asthma Day
- May 6 - International Awareness Day for Osteogenesis Imperfecta (Brittle Bones)
- May 7 - National Children's Mental Health
- 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
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Texas Health and Human Services.

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