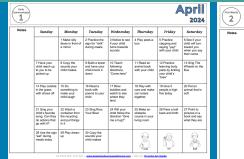
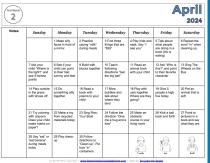


ECI Monthly news & updates

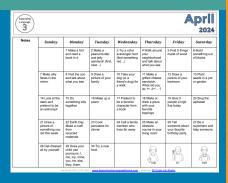
April|2024



Early Communicator Calendar



First Words Calendar



Expanding Language Calendar

Tried & True Tips from a Therapist

by Sarah Hermes, OTR

Get a Grip!

Hand Strengthening Through Play



Hand strengthening is an important part of developing your child's fine motor skills. Strong hand muscles enable children to grasp objects securely, manipulate toys effectively, and engage in activities to support their cognitive and motor development.

Strong hand muscles lay the foundation for future fine motor skills that are crucial for

independence with self-care tasks, such as buttoning clothes and tying shoelaces. From simple tasks like picking up small objects to more complex activities such as scribbling with crayons and stacking blocks, hand strength plays a pivotal role in allowing for exploration and learning experiences.

Resistive hand activities are activities that provide resistance against your child's hands, which helps to develop hand strength. Resistive hand activities are also integral for providing proprioceptive sensory input to children. Proprioception refers to the body's ability to sense its position, movement, and force exertion. When children engage in resistive hand activities, such as squeezing Playdoh, participating in animal walks, or using pop tubes, they experience resistance against their hand muscles, joints, and tendons. This resistance sends sensory signals to the brain, helping your child develop a better understanding of their hand's position and movement in space.

Some examples of resistive hand activities that can be used to build hand strength and provide proprioceptive sensory input are:

- Tearing or crumpling paper
 - Click **here** for an Earth Day torn paper craft idea.
- Rolling dough and using cookie cutters
 - Get FREE playdough mats here.





- Mega blocks and Duplo blocks
- Tongs and tweezers
 - This **idea** combines the above two objects for hand strengthening.
- Mr. Potato Head
- Spray bottles and sponges
 - The weather is warming up! Here are three techniques to <u>paint</u> with spray bottles. Work on hand strength and end up with an original work of art!
- Pulling tape, stickers, or Velcro
 - Send your child on a rescue mission while building strength!

The ideas mentioned here are just some ways to increase hand strength and fine motor skills in your child. There are so many FUN ways to build these foundational skills. Get creative! If you have any questions or need guidance,

feel free to reach out to your ECI team.

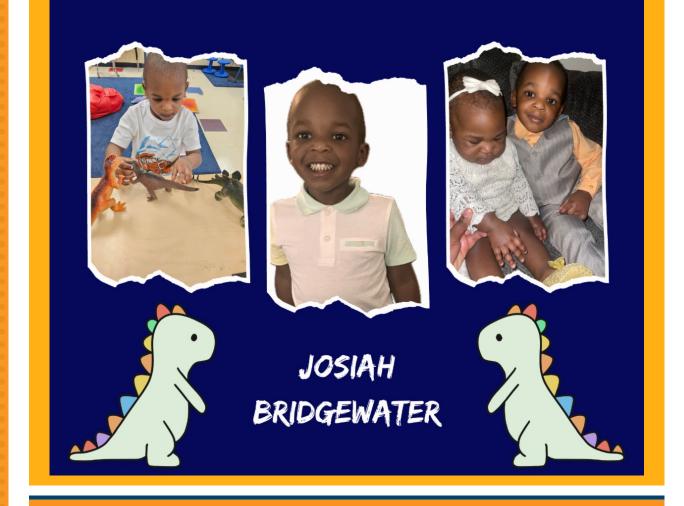
Spotlight Story - Josiah Bridgewater

by Alanna Bridgewater

Our family moved from Virginia to San Antonio in 2022. At that time Josiah's speech started to regress which really concerned us. When we were introduced to Easter Seals my son could only say 2-3 words at the age of 2. Now he has progressed to a point where I cannot count the many words he knows.

His speech therapist Becky and EIS Juli were so attentive, caring, and patient. They showed immense care during each session. They not only helped my son but they helped me by giving me tools, techniques, and advice on how to keep him progressing. When Josiah showed signs of Autism they kindly expressed their concerns and provided sessions with Jenny, one of the occupational therapists. She was with us briefly before Josiah aged out of the program but gave so much guidance in such a short time.

Each therapist showed me how much they cared by the effort they continued to put forth three times a week. Even when he got older they helped me transition to another program through NISD. The love and effort shown to my family and me by Ms. Becky, Ms. Juli, and Ms. Jenny and Easter Seals will always be appreciated.



In Need of Future Spotlight Families



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!

April Awareness Observations



Month-Long

- American Cancer Society Month
- Autism
- Child Abuse Prevention Month
- Community Service Month
- Hypoxic Ischemic Encephalopathy (HIE)
- Irritable Bowel Syndrome (IBS)
- Limb Loss
- Oral Health Month

• Volunteer Appreciation Month

Days

- April 2 World Autism Awareness Day
- April 4 Auditory Processing Disorder
- April 6 Bohring-Opitz Syndrome
- April 7 World Health Day
- cal Disorder (FND) (International)
- April 16 National Stress
- April 17 World Hemophilia Day (UN)
- April 22 Earth Day
- April 25 World Meningitis Day
- April 29 Make-A-Wish Day



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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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