



easterseals

Easter Seals

Rehabilitation Center

ECI Monthly news & updates

January|2023

January 2023							
Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Read a new book today. Sign 'book'.	2 Practice signing 'all done' after meals.	3 Put a point to pictures in books.	4 Notice what your child is interested in. Spend time talking about it.	5 Help your child point and say 'up'. Run a chair around the room. How many times?	6 Play 'Tickle me'. How does your child get you to play again?	7 Teach following the direction 'hold still' during diaper changes.	8 Take a bubble bath. Pop the bubbles. Pop pop pop.
9 Wear a silly hat today and point to show people.	10 Close your eyes and point to show people.	11 Sing Head Shoulders Knees and Toes.	12 Make animals sounds when reading books.	13 Ask your child 'How do they feel?' How do they respond?	14 Try a new flavor or texture of food today.	15 Wear a silly hat today. Show people and say 'hat!'.	16 Close your eyes and say 'hat!'.
17 How many body parts does your child point to? Learn 1 more.	18 Give a complement today. Clap - thumbs up!	19 Opposite day. Talk about hot and cold or up and down.	20 Opposite day. Talk about hot and cold or up and down.	21 Blip, warm. Blip dress up today.	22 Blip, warm. Blip dress up today.	23 How many body parts does your child point to? Learn 1 more.	24 Give a complement today. Clap - thumbs up!
25 Pop bubble wrap using hands. Say 'pop'.	26 Sign 'all done' after brushing your teeth.	27 Put their clothes on backward. Say 'up' or 'down'.	28 Practice blowing into a horn or kazoo.	29 Use pinching fingers to bubble wrap. Pop!	30 Sign on say 'All done' after brushing your teeth.	31 Put their clothes on backward. Say 'up' or 'down'.	32 Jump on bubble wrap. 'I'm jumping!'.

Early Communicator Calendar

January 2023							
Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Read a new book today.	2 Practice saying 'all done' after meals.	3 Can your child drink from a straw? Try it.	4 Let your child peek a banana. Say 'banana'.	5 Pretend you're a first child and fly around the living room.	6 Play 'Tickle me'. Help your child say 'again?'.	7 Practice dressing. Put socks on and let your child fix.	8 Take a bubble bath. Pop the bubbles. Pop pop pop.
9 Wear a silly hat today. Show people and say 'hat!'.	10 Close your eyes and say 'hat!'.	11 Sing Head Shoulders Knees and Toes.	12 Make animals sounds when reading books.	13 Ask your child 'How do they feel?' How do they respond?	14 Try a new flavor or texture of food today.	15 Wear a silly hat today. Show people and say 'hat!'.	16 Close your eyes and say 'hat!'.
17 How many body parts does your child point to? Learn 1 more.	18 Give a complement today. Clap - thumbs up!	19 Opposite day. Talk about hot and cold or up and down.	20 Opposite day. Talk about hot and cold or up and down.	21 Blip, warm. Blip dress up today.	22 Blip, warm. Blip dress up today.	23 How many body parts does your child point to? Learn 1 more.	24 Give a complement today. Clap - thumbs up!
25 Pop bubble wrap using hands. Say 'pop'.	26 Sign 'all done' after brushing your teeth.	27 Put their clothes on backward. Say 'up' or 'down'.	28 Practice blowing into a horn or kazoo.	29 Use pinching fingers to bubble wrap. Pop!	30 Sign on say 'All done' after brushing your teeth.	31 Put their clothes on backward. Say 'up' or 'down'.	32 Jump on bubble wrap. 'I'm jumping!'.

First Words Calendar

January 2023							
Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Read a new book today.	2 Say 'I'm done' after meals.	3 Can your child drink from a straw? Try it.	4 Let your child try cutting a banana with a butter knife.	5 Pretend you're a bird or plane and fly around the living room.	6 Play 'Tickle me'. Help your child say 'again?'.	7 Practice dressing. Put socks on and let your child fix.	8 Take a bubble bath. Pop the bubbles. Pop pop pop.
9 Wear a silly hat today. Show people and say 'hat!'.	10 Close your eyes and say 'hat!'.	11 Sing Head Shoulders Knees and Toes.	12 Make animals sounds when reading books.	13 Ask your child 'How do they feel?' How do they respond?	14 Try a new flavor or texture of food today.	15 Wear a silly hat today. Show people and say 'hat!'.	16 Close your eyes and say 'hat!'.
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Expanding Language Calendar

Tried & True Tips from a Therapist

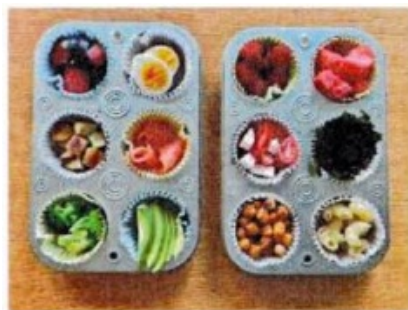
New Year, New Ways to Use Things Around the House

Looking for innovative ways to kick off the New Year and arrange a child friendly environment that provides many opportunities for learning and encourages those developmental skills? Look no further! With a little creativity, things around your home can transform into wonderful experiences for your little ones.

These ideas are from an article by Nicole Milchman, M. ED. Click [here](#) for access to the full article, *Fun with Cardboard!*, as well as a collection of writings on how to turn ordinary items into tools to encourage play and development.

- Food Play
- Feed the Shark

- Giant Shape Match
- Make a Puzzle



If you have a muffin tin handy, you can transform snacks and meals into a grand adventure!

Make trying new foods a treat by offering them in a fun way with different colors and textures in the compartments.

There are tons of things that can be done with muffin tins to promote sorting, matching, fine motor, sensory play, and language skills.

Check out this color sorting activity [here](#).

[Here](#) are 20 Cool Muffin Tin Activities!



Spotlight Story - John Valdez

About six months ago, little John Valdez was referred to Easter Seals ECI by his physicians

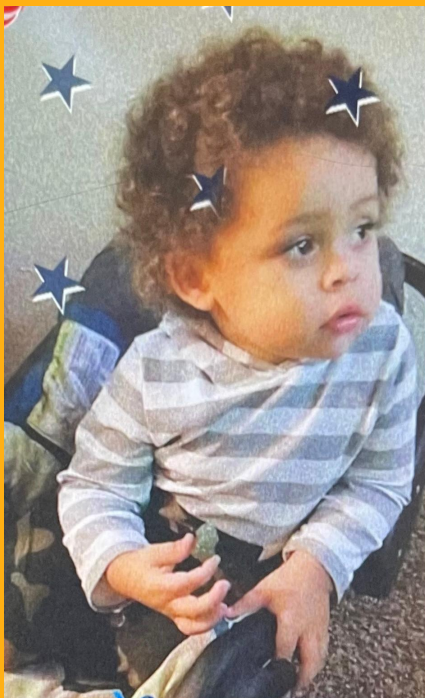


at University Hospital's Robert B. Green clinic. John is two years old and is receiving early intervention services with Ms. Cheryl for case management Ms. Bridget, speech, Ms. Mira, occupational therapy, and Ms. Marisol, specialized skills training. Together, the team and John's family are working to improve his communication and play skills. Mercedes, John's mom, says, "he's learning!"

Currently John points, uses gestures, or pulls an adult in the direction of what he wants. The ECI team is working with John and his family on strategies that will help John have more success in getting his wants and needs communicated. "We are starting to hear more sounds and more vocalizations. We want him to be able to tell us what he wants and needs," Mercedes said.

John's favorite things to do are to play with his basketball, Mr. Potato Head, stacking blocks, and his farm puzzle. He also loves to wrestle with his dad.

Mercedes says the best part about ECI is having the team to work with. "It's helpful! It helps him, it helps me, and I get to learn more about my son and meet people."





HOLIDAY CHEER



The Easter Seals ECI Holiday Cheer program provides assistance to families enrolled in our ECI program that have been identified by their ECI team as needing help with gifts. These families do not receive help through any other programs such as Elf Louise or Blue Santa. The program started out small about 16 years ago and was completely supported by Easter Seals staff. As the program grew over the years, community partners, such as HEB, local clubs, and individual donors, have graciously provided the support needed to help the program become what it is today.

This year, the Easter Seals Holiday Cheer program served 40 families totaling 85 children.



This year's cheer was made possible by generous donations from HEB Partners, Robyn's Tennis Friends, the Clark Aristocats, Easter Seals Family & Friends, and Easter Seals Staff. Many thanks to all who make Holiday Cheer possible.

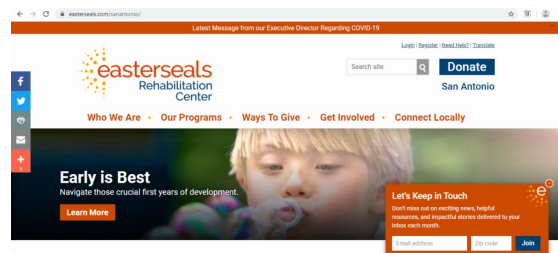


Ring in the New Year

The J.P. Morgan Chase Securities Department started off 2023 with a gesture of goodwill in the form of a food donation to the pantry here at Easter Seals. Many thanks to Peter Olivo and his team for their generosity.

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:

[Winter Arts & Crafts for 2-year-olds](#)

[Winter Board Books](#)

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.

In Need of February and March 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!](#)

January Awareness Observations



Month-Long

- Glaucoma
- National Mentoring Month
- Volunteer Blood Donor Month

Days

- January 1 - Global Family Day
- January 1 - World Day of Peace
- January 4 - World Braille Day
- January 15 - Intestinal Malrotation and Volvulus
- January 30 - CTE (Chronic Traumatic Encephalopathy)

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Easter Seals Rehabilitation Center
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