

easterseals

Easter Seals

Rehabilitation Center

ECI Monthly news & updates

March|2022

2022 March You won 1						
Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1 Ask, Do you want to play? Do they understand and get excited?	2 Read a book with a strong female character. (International Women's Day)	3 Play the park today. Across America Day	4 Introduce your child to a game or toy you find to be more sounds when moving.	5 Explore something from nature, like feathers. "Oh soft!"	6 Read a book or do an activity that has a strong female character. (International Women's Day)
	7 Play with your child's sign. Point them out and say "tooth".	8 Read a book with a strong female character. (International Women's Day)	9 Play with your child's sign. Point them out and say "tooth".	10 Sing Old MacDonald had a Farm. Ask your child to make more sounds when moving.	11 Play with your child's sign. Point them out and say "tooth".	12 Look for colors in books. Can your child say "red" or "blue" or "green"?
	13 Teach your child to say or sign "I sorry".	14 Play with your child's sign. Point them out and say "tooth".	15 Will your child look for their shoes when I'm gone?	16 Act out having stuffed animals say "I'm sorry".	17 Talk about clothes and wear something green today.	18 Give your child a bowl and spoon to practice eating green today.
	20 Play with a toy cover or puppet. Will they "roo" or "cow"?	21 Read your child a book about recycling materials.	22 Make a toy out of recycled materials.	23 Can your child take or pour to picture in books?	24 Paint with water outside using a paintbrush.	25 Can your child blow? Try blowing bubbles or a feather.
	27 Warn byc bike to people in your community.	28 Have a car wash. Do they prefer cookies or uncooked?	29 What's your favorite? Do they prefer cookies or uncooked?	30 Take a walk outside. Look for signs of spring (animals, flowers, leaves).	31 Sing your child's favorite song to people in your community.	32 Ask your child about community helpers using their questions.

Early Communicator Calendar

2022 March You won 2						
Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1 Ask, Do you want to play? Do they understand and get excited?	2 Read a book with a strong female character. (International Women's Day)	3 Play the park today. Across America Day	4 Introduce your child to a game or toy you find to be more sounds when moving.	5 Explore something from nature, like feathers. "Oh soft!"	6 Read a book or do an activity that has a strong female character. (International Women's Day)
	7 Play with your child's sign. Point them out and say "tooth".	8 Read a book with a strong female character. (International Women's Day)	9 Play with your child's sign. Point them out and say "tooth".	10 Sing Old MacDonald had a Farm. Ask your child to make more sounds when moving.	11 Play with your child's sign. Point them out and say "tooth".	12 Look for colors in books. Can your child say "red" or "blue" or "green"?
	13 Teach your child to say or sign "I sorry".	14 Play with your child's sign. Point them out and say "tooth".	15 Will your child look for their shoes when I'm gone?	16 Act out having stuffed animals say "I'm sorry".	17 Talk about clothes and wear something green today.	18 Give your child a bowl and spoon to practice eating green today.
	20 Play with a toy cover or puppet. Will they "roo" or "cow"?	21 Read your child a book about recycling materials.	22 Make a toy out of recycled materials.	23 Can your child take or pour to picture in books?	24 Paint with water outside using a paintbrush.	25 Can your child blow? Try blowing bubbles or a feather.
	27 Warn byc bike to people in your community.	28 Have a car wash. Do they prefer cookies or uncooked?	29 What's your favorite? Do they prefer cookies or uncooked?	30 Take a walk outside. Look for signs of spring (animals, flowers, leaves).	31 Sing your child's favorite song to people in your community.	32 Ask your child about community helpers using their questions.

First Words Calendar

2022 March You won 3						
Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1 Ask, Do you want to play? Do they understand and get excited?	2 Read a book with a strong female character. (International Women's Day)	3 Play the park today. Across America Day	4 Introduce your child to a game or toy you find to be more sounds when moving.	5 Explore something from nature, like feathers. "Oh soft!"	6 Read a book or do an activity that has a strong female character. (International Women's Day)
	7 Play with your child's sign. Point them out and say "tooth".	8 Read a book with a strong female character. (International Women's Day)	9 Play with your child's sign. Point them out and say "tooth".	10 Sing Old MacDonald had a Farm. Ask your child to make more sounds when moving.	11 Play with your child's sign. Point them out and say "tooth".	12 Look for colors in books. Can your child say "red" or "blue" or "green"?
	13 Teach your child to say or sign "I sorry".	14 Play with your child's sign. Point them out and say "tooth".	15 Will your child look for their shoes when I'm gone?	16 Act out having stuffed animals say "I'm sorry".	17 Talk about clothes and wear something green today.	18 Give your child a bowl and spoon to practice eating green today.
	20 Play with a toy cover or puppet. Will they "roo" or "cow"?	21 Read your child a book about recycling materials.	22 Make a toy out of recycled materials.	23 Can your child take or pour to picture in books?	24 Paint with water outside using a paintbrush.	25 Can your child blow? Try blowing bubbles or a feather.
	27 Warn byc bike to people in your community.	28 Have a car wash. Do they prefer cookies or uncooked?	29 What's your favorite? Do they prefer cookies or uncooked?	30 Take a walk outside. Look for signs of spring (animals, flowers, leaves).	31 Sing your child's favorite song to people in your community.	32 Ask your child about community helpers using their questions.

Expanding Language Calendar

Tried & True Tips from a Therapist

by Angela English, PT



Let's Talk Shoes

A common question from parents around the time their child is getting ready to walk is “Should I get my child shoes?” Shoes are a tool that we provide for kids to improve their balance, stability, and safety when walking outdoors- when the time is right. Children will need shoes after they are walking more than 75% of the time by themselves and they are leaving the house. Children need lots of time without shoes on to build strength in their intrinsic muscles- the muscles that are only in the foot. Practicing walking without shoes on is helpful to provide lots of sensory input and feedback during this time.

There are several reasons to get shoes for your child even if they aren't walking more than 75% of the time and leaving the house. Shoes become necessary if your child is extra loose in their joints with too much play in the joints in their feet. When children have excessive movement in the joints in their feet, it can cause what we call excessive pronation where the joints of the foot collapse, so the arch is on the surface. This position can affect a child's walking skills and their ability to build the necessary strength in their feet without shoes on. Another instance is when your child has been cruising and standing for 4-5 months yet has not progressed to independent walking. Shoes may be helpful if your child walks on their toes, and they are over 2 years old. Shoes will also add protection from stickers, rocks, etc that would be found on a playground. Last, as your child prepares for daycare or school, they need to be able to negotiate transitioning from position to position over the bulk and weight of a shoe.

What constitutes a good first shoe? A shoe that has traction, a large toe box to allow the forefoot to splay and let the toes move and work, a sturdy heel cup, and a solid closure across the ankle. Some examples include: Josmos, Stride Rite, Ikiki, Elephanten, and Surprize by Stride Rite to name a few.

There are other considerations regarding shoes. Some children require orthotic support (bracing) to help them walk or maintain proper alignment if using equipment for positioning and mobility. If your child wears orthotics, they will require a shoe that is 1.5 to 2 times bigger than they would wear without the orthotic. There are many brands that offer ease of putting shoes on over orthotics. Some of these brands include: Billy Footwear Haring Essential High Top Sneaker, Chuck Taylor All Star Lift High Top Platform Sneakers (with zipper closure), or even just a Van's style shoe with solid closure at the ankle. Shoes are very important with orthotics as they provide the traction to allow for safe transfers and walking as well as being a component of the orthotic that provides support to the top of the foot and ankle.



Best Shoes for AFOs and SMOs

Shoe Shopping with Orthotics-Tips from a Pediatric Orthotist

Shoes can be a useful tool in enhancing your child's mobility skills. When you allow your child to start wearing shoes, be sure to continue to give them lots of time out of the shoe to improve foot strength and maintain mobility. Feet are a collection of almost $\frac{1}{4}$ of the bones in the body and bony development is ongoing until about 7 years of age. The shoes we place on our kid's feet at an early age can greatly impact foot and overall development. If you have questions about your child's development, alignment, or shoes in general, speak with a pediatric physical therapist for more information.

Zappos Adaptive

The Zappos Adaptive program offers online shopping in the convenience of your home. They have access to multiple brands with free shipping and free returns. They also have single and different size shoes programs. To learn more about Zappos Adaptive, click [here](#).

Spotlight Story - The Kirby Boys



by Katelyn Kirby

Hey parents! Our epic relationship with the Easter Seals crew of therapists all began with my first son, Weston. I take a certain medication that is linked to possible developmental delays, and when it came to Weston turning 1, it was apparent that he did, indeed, fall into that category. He wasn't walking until 15 months, but where the real problem arose was with his speech. I relayed my worries to my pediatrician and he immediately gave me a referral to ECI.

This is when I met the lovely Miss Corin Minica, SLP! Our first meeting was scheduled the very day I gave birth to my second son, Slaid. I was on the way to the hospital asking to reschedule.

Once she came and started showing me all the tips and ways to work with Weston to improve his feeding and speech, she realized he was absolutely a sensory seeking little one. This is when my first amazing OTR, Stacey Hernandez, joined the crew of awesomeness! These two women took on Weston's delays and issues head on.

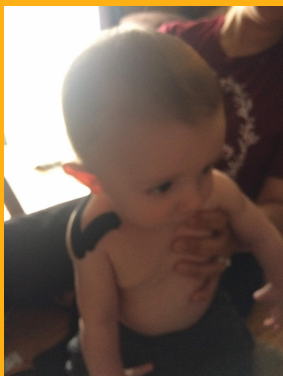
Within the first two weeks of baby Slaid being home,

it became apparent that he also was in need of help. He had a pretty significant case of torticollis going on, and just like Weston, latching issues and feeding issues. Bless both these women's hearts, they would each see both boys one appointment a week.



Once Weston realized how much things changed with the baby brother in the picture, he wanted nothing to do with him. If little Slaid touched West, he would absolutely flip. I was seeing such a change in West's personality. I felt like I was about to have a nervous breakdown. The hardest transition I've ever dealt with when it came to my wee ones was going from a solo kiddo to two of them. I was almost in tears asking for help from these women. I asked, "is it normal for me to feel like this? My kid is acting like a complete child from Hades, HEEEEELLPPP!" And they did. They helped me with of course the OT and speech, but also behaviors. They helped me understand that I wasn't breaking my kids. I was indeed "enough" as a mother, even though our house was no longer pristine clean and I was low key postpartum. That kind-hearted care saw me through some really hair-pulling times.

The boys were showing amazing improvements. Weston eventually turned three and aged out, but still needed extra hands on with his speech. Corin, who is also our family's case manager, had everything ready for me to enroll him and get him evaluated for ECSE at our elementary school. She and Stacey saw him throughout his entire transition.



Then the only one in need was Slaid. His torticollis was non-existent after Stacey's super knowledge of particular massages and kinesio taping. I will forever be grateful for her hands in helping my 2 older babies.

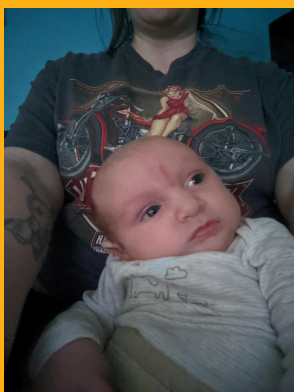
At this point in time, I gave birth to my third little guy, Drayvan. For our family, it was as if each little one needed more care and help than the previous baby. Baby Dray had a particularly difficult transition from his belly home to our out-in-the-open realm. His little body and muscles were so incredibly tight that he made the letter "C" without trying. I was video messaging already with Corin during Drays month-long stay at the NICU and basically had everyone on speed dial for when he got released. Corin was back to seeing our chaotic crew two times a week. Slaid graduated about six months after Dray's arrival!

Baby Dray's run was just beginning. Corin caught that he was aspirating on his bottled breastmilk. I mean before the pediatricians, before the developmental doctor, before EVERYONE! She wrote a letter requesting him

to see a GI doctor and my son's pediatrician promptly replied with a referral. There we were, not too long after her discovery, doing a swallow study and then seeing the best GI in town. Dray also has horrible reflux and urology issues. Not to mention back-to-back ear infections. The poor baby needed three surgeries by the age of one.



Corin then brought in Miss Dianna Solis, OTR, to work with Dray and also Rachel Staffel, DPT. With this power trio of marvelousness, Dray was then also improving just as beautifully as his older brothers. He just graduated from PT, has officially straightened out, and his muscles released slowly but surely to a much more relaxed and normal position. He's now on reflux medication and he's rockin' and rollin' like a normal little guy his age.



Although there is still a little more work to go with Dray, he is nowhere near the level of need that he was in at the beginning. All three of my older boys are thriving and doing so remarkably well. I have this life changing establishment, Easter Seals, to thank for that. This prayer answering team of **the most prodigious women** helped change my life and the lives of my babies. I couldn't have done anything remotely close to what they did for my little guys. I call Corin my family's angel on Earth, because that's

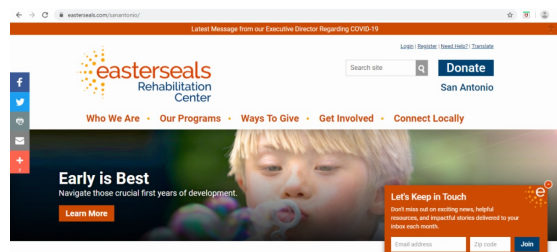
exactly what she is to me....to all of us. Each one of these women have so selflessly worked with all of our babies, during COVID, putting our families first. They're each an angel on Earth, and I will forever be so grateful for them all!

We are expecting our fourth and final super surprise baby here at the end of summer. You can put money on the fact that if anything is wonky, I'll be ninja dialing ECI. I wouldn't be the mother I am today, without their guidance.

Thank you so very much for everything!

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:

[St. Patrick's Day Activities for Toddlers](#)

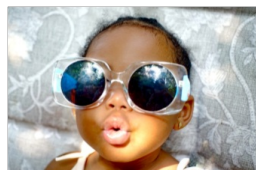
[Baby St. Patrick's Day Sensory Bin](#)

[Seeing Other People Wearing Masks-A Social Story \(English\)](#)

[Usa Mascara \(Spanish\)](#)

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.

Reminders



Is Your Child The
next
E C I
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
- Foot Health Month
- Multiple Sclerosis (MS)
- Nutrition Month
- Reading
- Social Workers Month
- Trisomy
- Women's History Month
-

Days

- March 1 - International Wheelchair Day
- March 8 - International Women's Day
- March 16 - Brain Injury
- March 18 - National Trisomy 18

Awareness Day

- March 20 - International Day of Happiness
- March 21 - World Down Syndrome Day
-
- March 24 - World Tuberculosis 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)



2203 Babcock Road
San Antonio, TX 78229

phone: 210.614.3911
fax: 210.625.3162



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.