

# easterseals




## Easter Seals

### Rehabilitation Center




# ECL Monthly

news & updates




October | 2022

2022 October							1 Early Communicator
Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
							1 Try a new food today
2 Put small objects in a colored plastic bag. Should the bag be a rat?	3 Show your child the sign "Please" during a snack	4 Practice early gestures. Will your child reach to be picked up?	5 Look at family photos. Does your child attend to pictures?	6 Try on silly hats or shoes	7 Point to things with a flashlight. Will they turn to look?	8 Do your child 1000s (and) 1000s. Will it be if they try to get into it?	
9 Watch football together and practice clapping	10 Pull a toy out from the bottom of the toy box to explore	11 Play Peek-a-Boo	12 Practice scooping and pouring with water or dried beans.	13 Use stuffed animals to see body parts like nose and ears. Read "Kiss Iummy"	14 Let your child explore a pumpkin	15 Does your child understand when you say "Ready to eat?"	
16 Take a walk. Point to any cars you see. "Car!"	17 Explore play dough. Will they use their finger to squish it?	18 Will your child know what when they don't wear something like shoes or a hat?	19 Talk out loud about what you are doing. "Now I'm washing my feet"	20 Use of objects. Will your child know the features of fall leaves? Hat or animals?	21 Have someone ask your child "How many?" Will they look for you?	22 Let your child explore the texture of fall leaves	
23 Watch football together. High-five and low-five. What are they today?	24 Sing The Spider Spider Spider. Explore the messy words.	25 Let your child eat fat foods like popcorn, warm apples and cinnamon	26 Carve a pumpkin. Explore the messy words inside	27 Read a touch and feel book.	28 Blow bubbles. Can your child blow fast?	29 Play in front of a mirror.	

Early Communicator Calendar

2022 October							2 First Words
Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
							1 Look for people and animals eating in books.
2 Put coins in a piggy bank. Say "in"	3 Practice signing "please" during a snack	4 Have a scavenger hunt outside. Look for fall things like pumpkins.	5 Practice "yes". Point to photos of your child and ask "Who's that?"	6 Try on silly hats or shoes in front of a mirror.	7 Turn of the lights and point to things with a flashlight. What do you see?	8 Play tag. Say "Chase me"	
9 Watch football together. Practice action words	10 Play with stuffed animals. Will they copy your actions?	11 Put objects in a bag. Can you guess what they are by feeling them?	12 Make a sock monkey. Practice measuring and pouring	13 Put stickers on your body parts like hands and feet	14 Have a zipper hunt in the grocery store. Look for zippers and com.	15 Point to pictures of your favorite foods in grocery ads	
16 Take a walk. Look for cars in your neighborhood	17 Play play dough. Can your child make a pumpkin?	18 Say the word "hot" when you see great decorations	19 Organize your clothes. Talk about names of clothing	20 Follow directions. Brush your hair.	21 Name the part of a jack-o'-lantern's face.	22 Let your child explore the texture of fall leaves. Jump in them	
23 Watch football together. High-five and low-five. What are they today?	24 Sing The Big Spine. Explore the messy words inside	25 Make stamp art using yogurt and an apple cut in half	26 Carve a pumpkin. Explore the messy words inside	27 Read a book about cats.	28 Have your child help sweep outside. "Help Me"	29 Play in front of a mirror. Practice saying "me"	

First Words Calendar

2022 October							3 Expanding Language
Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
							1 Have your child "read" their favorite book.
2 Talk about money. Count as you put pennies in a piggy bank.	3 Will your child use please in a phrase? "More please."	4 Have a scavenger hunt outside. Look for fall things like pumpkins.	5 Practice "no". Point to photos of your child and ask "Who's that?"	6 Try on silly hats or shoes in front of a mirror.	7 Turn of the lights and point to things with a flashlight. What do you see?	8 Play Simon Says. Run around the house, jump then sit down!	
9 Watch football together. Practice action words	10 Play with stuffed animals	11 Put objects in a bag. Can you guess what they are by feeling them?	12 Make a sock monkey. Practice measuring and pouring	13 Put stickers on your body parts like hands and feet	14 Have a zipper hunt in the grocery store. Look for zippers and com.	15 Point to pictures of your favorite foods in grocery ads	
16 Take a walk. Look for cars in your neighborhood	17 Play play dough. Can your child make a pumpkin?	18 Say the word "hot" when you see great decorations	19 Organize your clothes. Talk about names of clothing	20 Follow directions. Brush your hair.	21 Name the part of a jack-o'-lantern's face.	22 Let your child explore the texture of fall leaves. Jump in them	
23 Watch football together. High-five and low-five. What are they today?	24 Sing The Big Spine. Explore the messy words inside	25 Make stamp art using yogurt and an apple cut in half	26 Carve a pumpkin. Explore the messy words inside	27 Read a book about cats.	28 Have your child help sweep outside. "Help Me"	29 Play in front of a mirror. Practice saying "me"	

Expanding Language Calendar

## Tried & True Tips from a Therapist

by Robin Diamond, MA Ed, EIS, SC

Parents, Enjoy Storytime Routines Daily with your Children: Ways to Promote Literacy and Language in the Home



Many parents feel that if a book has words then they need to be reading those words to their kids. The truth is, long stories can be overwhelming to little ones and parents should just sit and talk about the pictures to their children. It is true stories can be fun, too, so a little bit of both will prompt a fun daily routine that will foster a love of books in your children.

There are books out there for everything from a child's first day of daycare to bringing a new sibling into the world. This book list will help you understand ways to better assist your child with language and literacy and it will act as a

guide to educate you on the different kinds of books out there for them. I suggest checking books out at your local library.

Let your child pick a book by holding two up and having them choose one as this promotes language. If you have more than one child, let each pick one book. Sit with them and point to the pictures in the book while labeling what your child is looking at. If the page has a big spider, label it. Tell them it is scary, say "ouch" and just have fun. Looking at books and print around the home will provide meaningful experiences and foster language learning and a love for books and print.



Developing a love for books starts from day one. Sitting with your children to label what they see over and over again in these amazing books will help them learn actions, animals, and things beyond their imagination. Children learn language through hearing words over and over again, so pointing to the fish while labeling it, and asking them where the fish is to see if they know what it is will help you know if they have learned vocabulary through these wonderful pictures.

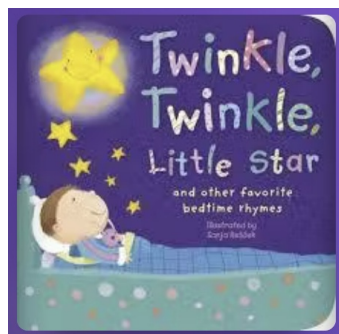


Kids learn by repetition. Repetitive books are fun, too. Soon your child will start singing or saying the repetitive words with you. Some suggestions for repetitive language in books are *Brown Bear, Brown Bear, What Do You See?* and *There Was an Old Lady Who Swallowed a Fly*. There are even books of popular nursery rhymes and songs such as *Row Row Row Your Boat*, *The Wheels on the Bus*, and *Twinkle Twinkle Little Star*.

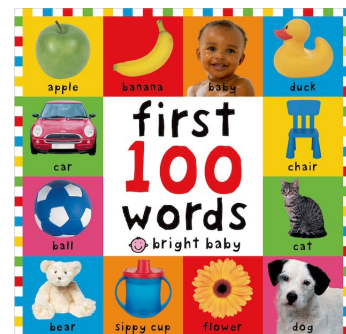
Simple board books for learning language are a fun activity and there are books with one picture per page. Touch and feel books offer inviting textures for little ones to explore. The *First 100* series uses real pictures and objects for your little ones to learn. The possibilities are endless so next time you are debating whether to pick up that book and show it to your child, just grab it, TALK, and have fun. I know you will enjoy the quality time together and will be even happier when they talk and point to pictures and imitate what you say.



Click [here](#) for books with repetitive and predictive text.



Click [here](#) for nursery rhyme and song books.



Click [here](#) for all the books in the *First 100* series.

# Spotlight Story - Amaris Efeovbokhan



by Esther Gyambibi

Amaris was born at 31 weeks and 1 day. She was referred to Early Childhood Intervention immediately after she left the NICU at two months old. As of today, Amaris is a 14-month-old toddler meeting all her milestones and bringing joy to everyone she meets.

Being a first-time mom to a preemie was not only terrifying but overwhelming. There were concerns of the lack of weight gain and developmental delays until age two. I had no idea how to care for a baby let alone a tiny preemie. I'm grateful to have met Debbie and Julie through ECI. They gave me all the

guidance, tools and encouragement needed for Amaris to thrive.

Julie gave me a lot of direction and information on breastfeeding, table food nutrition, lip and tongue ties. Debbie always had great ideas on how to stimulate Amaris through toys and hand gestures. Both ladies were heaven sent.

I truly believe if not for ECI, I would not have gained the confidence and knowledge to care for Amaris and Amaris would not have met all her developmental milestones as rapidly as she did. Thank you, Debbie, Julie, and the entire ECI program for all that you do. You guys are earth angels. Amaris wouldn't be glamorous without you all!

Thank You!







## ***Valero Benefit for Children***

Easter Seals ECI received a charitable grant of \$10,000 from the Valero Benefit for Children this year, thanks to the Valero Texas Open golf tournament and associated events.

"Valero continues to make a significant difference for children and families with their recent announcement of \$1.5 million in grants awarded to 58 charities in our community. The grants were made possible through the proceeds raised during the 2022 Valero Texas Open. I am happy to announce that the Easter Seals ECI program is one of the 58 charities receiving funding and want to thank Valero for this year's award," said Linda Tapia, Executive Director, Easter Seals Rehabilitation Center. "Since our ECI program is only partially funded by state and federal funds, we depend on the generosity of corporate partners like Valero to help us have funds needed to serve infants and toddlers ages birth up to 3 years enrolled in the program. Thank you Valero for your ongoing support of the Easter Seals ECI program through the Valero BFC Grant program."

Due to the incredible generosity of Valero's business partners, donors and sponsors, more than \$22 million in net proceeds from the Valero Texas Open will be distributed to agencies across the United States, supporting the work of hundreds of charity partners like Easter Seals ECI.

**Family Engagement  
Sensory-Friendly Santa Event**

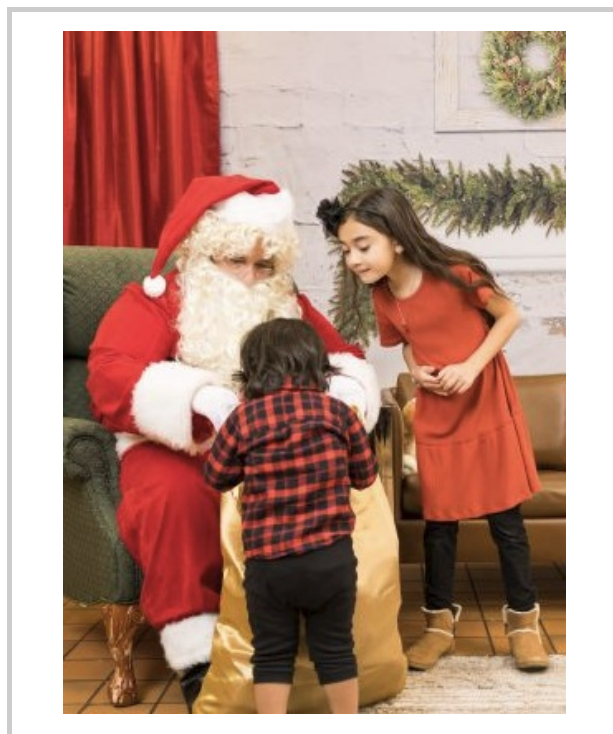


Looking for a family-friendly, safe and understanding environment to have photos with Santa taken? Join us on November 5th here at Easter Seals! We will have Sonia Freeman joining us once again with **Aria Productions**. The event is **\$20 per family** payable at the door the day of the event. Registration is required so we can prepare the best experience for all attending. Space is limited, registration will be done on a first come, first served basis, and sessions **will sell out**.

Please reach out to **Amy Chavez** if you have any questions.



**Learn More &  
Register**



**Looking for November and December Stars!**

We'd love to share your child's  
ECI journey!



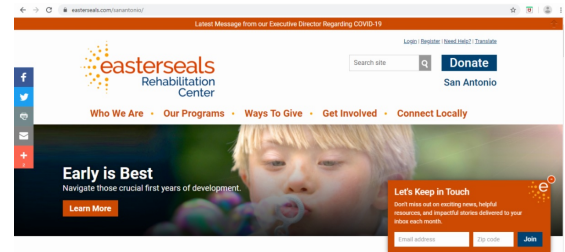
Is Your Child The  
*next*  
**E C I**  
*SuperStar?*

If you'd like to be featured in the  
**"ECI Spotlight Story"**  
segment, click below.

I'm a SuperStar!

## 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.

## October Awareness Observations

October is Physical Therapy Awareness Month We are very grateful for our physical therapy department and all they do!



### Month-Long

- Breast Cancer
- Bullying Prevention Month
- Dental Hygiene Month
- Depression Education
- Disability Employment
- Diversity
- Domestic Violence
- Down Syndrome
- Dwarfism
- Dysautonomia
- Eczema
- Emotional Intelligence
- Fire Prevention Month
- Hunger
- Infant Loss and Miscarriage
- Lupus



- Pharmacy Month
- Physical Therapy Month
- Pregnancy and Infant Loss
- Raynaud's
- Rett Syndrome
- Selective Mutism
- Spina Bifida
- Spina bifida awareness month

### Days

- October 5 - World Day of Bullying Prevention
- October 9 - PANDAS / PANS
- October 10 - World Hospice and Palliative Care Day
- October 10 - World Mental Health Day
- October 13 - Metastatic Breast Cancer
- October 14 - Global Food Protein Enterocolitis Syndrome (FPIES) Day
- October 15 - World Blind Day / World Sight Day
- October 15 - Blind Americans Equality Day
- October 15 - Pregnancy and Infant Loss Remembrance Day
- October 16 - World Food Day - (UN)
- October 22 - Phelan-McDermid Syndrome - International Day of Awareness
- October 22 - International Stuttering
- October 23 - Kabuki Syndrome
- October 25 - Spina Bifida
- October 25 - Hydrocephalus Day
- October 25 - 31 - International Epidermolysis Bullosa Awareness Week
- October 29 - World Stroke Day



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.

Easter Seals Rehabilitation Center | 2203 Babcock Road, San Antonio, TX 78229

[Unsubscribe amy.chavez@easterseals-satx.org](#)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by amy.chavez@easterseals-satx.org powered by



Try email marketing for free today!