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## The Snap-Clap, Chit-Chat, Pitter Patter Newsletter

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As a father has  
compassion for  
his children, so  
the Lord has  
compassion for  
those who fear  
him. Psalm 03:13

### We are here

Dear families,

We hope you will enjoy our monthly news-letter. We will share information regarding details of the clinic's upcoming events, educational information, resource links, a little humor, games, craft ideas,

support, inspiration, fun stuff and anything else we think will make your life a little better for sharing it with us.

If there is something specifically related to your child and family's well-being, let us know. We will do our

best to find out the answer for you.  
We are here for you.

**FATHER**  
**KIND** trust  
nurturing friend  
**WISDOM**  
family man **LO**  
thoughtful **VE**  
**STRONG** patient

### Someone to Love

Father's day is this month. Sunday June 21. We take this occasion to celebrate all men who provide a male role model for the young people in their life- fathers, stepfathers grandpas, brothers, uncles, friends or care-givers, in whatever capacity you love your children have a fabulous day. You should know that

you are worthy. You are essential to the spirit of your family. You are more than the choices you make. You are more valuable than the world can afford- you are priceless. Times such as these provide an opportunity to grow in perseverance and self-awareness. May you conclude in the words

of Winnie the Pooh, "You're braver than you believe, stronger than you seem and smarter than you think."

As we continue to be challenged, let us embrace the little ways of mercy and grace, kindness, love and appreciation for all the things we do have, especially- someone to love.



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#### Upcoming Events:

- ☺ 4th of July holiday closures to be announced
- ☺ VBS- to be announced

Watch for details as they develop.

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# 100 REASONS TO READ

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Read to me, please. I want to spend time with you, learn from you and make memories.

1. Helps you learn new things
2. Go on an adventure without leaving your house
3. Expand your vocabulary
4. Learn from someone else
5. Sharpens your brain
6. Helps you grow
7. Relaxes you
8. You can try different genres
9. Helps your spelling
10. Makes you happier
11. Increases worldview
12. Helps you dream big
13. Makes you think
14. Helps increase emotional intelligence
15. Lets you learn about new people
16. Kills boredom
17. Shows you a new perspective
18. Challenges your perspective
19. Helps improve your writing
20. Shows you what's possible
21. Helps you focus
22. Improves conversational skills
23. Inspires you
24. Makes you a better leader
25. Gives you fresh ideas
26. Increases attention span
27. Helps you learn a new skill
28. Makes history easier to remember
29. Helps problem solving skills
30. It's fun
31. Helps spend time off electronics
32. Increases reading speed
33. Teaches you fun facts
34. Inexpensive
35. Helps you appreciate new things
36. To explore new places
37. You get to visit the library more
38. Encourages you to think
39. Travel back in time
40. Travel forward in time
41. Travel to a new world!
42. Increases concentration
43. Helps with development
44. Develop empathy
45. Gives you something to do
46. Boosts brain power
47. Helps you in school
48. Takes you on a journey
49. Relieves stress
50. Temporarily escape reality
51. Variety of options
52. Keeps your brain busy
53. Can be great for bonding time
54. Helps you speak better
55. Improves critical thinking
56. Helps you feel smarter
57. Learn something new
58. Great for all age ranges
59. Easily portable
60. Helps you sleep before bed
61. Find inspiration
62. Helps your grammar
63. Improves your brain
64. Builds self confidence
65. Inspires you to try something new
66. Brightens your day
67. Shows you more than the movie
68. Learn about your country's history
69. Gives you something to think about
70. Makes you wonder
71. Experience another culture
72. Keeps you busy
73. Builds self esteem
74. It's entertaining
75. Stimulate your brain
76. Great for self improvement
77. Helps your communication
78. Can make you feel any emotion
79. Gives you something to discuss
80. Makes you feel good
81. Can help you meet new people
82. You can do it anywhere
83. Improve language skills
84. Increases comprehension
85. Helps with story telling
86. Learn how the world works
87. Fuels your imagination
88. Makes you curious
89. Improves your memory
90. Learn more about language
91. Read at your own pace
92. Challenges you
93. Boosts creativity
94. Helps you tell stories better
95. Gives you something to talk about
96. You can read aloud
97. You can read with a friend
98. You can read by yourself
99. There are so many good books
100. Because you can!

## Craft for Dad

Dad you rock- You are the corner stone of the family.

What is a cornerstone?

an important quality or feature on which a particular thing depends or is based

Mom. Here's a fun idea: Help your kiddos paint a rock for their daddy, stepdad or grandpa, brother, uncle, or friend to let him know how much he is appreciated for the strength and love he brings to the family.



My father gave me the greatest gift anyone could give another person, he believed in me.

Jim Valvano



## Family Fun

### Home-made Bubbles

1 cup Dawn soap

7 cups water

2 drops glycerin-

Found in the pharmacy department of grocery stores, Walmart, Walgreen/CVS (Optional)

Mix, store in sealed container



Bubbles, Bubbles every where,  
Bubbles, bubbles in the air.....

Have a little old-fashion fun with bubbles. They are a great motivation, use for visual tracking, tactile sensory input, motor planning and just plain fun (I carry a small bottle in my car and blow them out the sun roof when I'm sitting in road construction traffic- very relaxing

For a little twist on bubble play use strawberry baskets, a single straw (with one end cut on a slant), tape several straws together for small bubbles, Styrofoam cup with a hole poked in the end to blow bigger bubbles, for really big bubbles, a hula hoop in a kiddie pool with a layer of bubble juice (may want to add several more drops of glycerin to make stronger bubbles), be creative. What's the most original bubble "wand" you can find in ordinary items around the house?

Summer Fun	
Color	Do a puzzle
Form a pots & pans & garbage can family band- make homemade instruments, be creative	Take a nap
Try a new recipe	Read
USE A TAPE MEASURE- WHAT IS THE LONGEST PIECE OF FURNITURE? SHORTEST? WIDEST? DEEPEST?	Build a fort
Dance	Make an obstacle course- include: on, off, up, down, under, over, beside, spinning, rolling, jumping, hopping, balance
Scavenger hunt	Chalk drawings
Watch a movie	Freeze frame- play music, stop the music, freeze, repeat
Make up a story	Measure with a teaspoon, tablespoon, measuring cup
Feed the birds	CREATE WITH PLAYDOUGH
Play with bubbles	Beach ball volleyball
Paint the sidewalk with water-use paint brushes, spray bottle, squeeze bottle	Play a game
Do chores together- whistle while you work	Star-gaze
Have a picnic-inside or out	Scrapbook/ journal- the memories will be priceless one day
MAKE UP SILLY SONGS	Watch a sunrise/sunset
Go for a walk	Animal Charades- name an animal- everyone acts it out
I spy or Listen up- What do see? What do you hear?	Do a craft use empty toilet paper tubes or other treasures from trash
Cloud watch- what do you see?	Listen to calming music, close your eyes, breathe
Write letters to a family member, a resident of a nursing home, children's hospital, the military	Make a pizza on English muffins
Make a volcano	DO THE HOKEY POKEY
Play in the sprinkler	Strengthening exercises for arms, legs, tummy
Draw a picture	Water balloon games
Karaoke	Stretch
Make lemonade	Tell a joke, make up a riddle
LEARN SOMETHING NEW	Campout in the backyard or living room
Hop-scotch	Have a tea party

Summer Fun ideas are some suggestions to provide a variety of activities for your family's consideration. Some may not be at all appealing to your family. Some may need to be adapted to the ages and abilities of participants. There maybe some activities you do all the time or perhaps some you haven't thought about. Whatever you choose enjoy the process. There are no grades, no judgements, no pay raises or pay cuts at stake here- only opportunities for special moments and great memories. Enjoy. Be at peace.

A Little Humor

What did the  
hamburger name  
it's baby?





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"WHERE EVERY CHILD IS  
LABELED AN ACHIEVER."

## STAFF NEWS-

Until we meet again...

We would like to thank Tooba Tukdi for her contribution to Building Kidsteps and wish her great success as she begins a new adventure.

So glad you 're here..

We also welcome Bridgit Wood & Emily Malinovsky. They join our BKS family this summer as Speech Interns.

Congrats to Sevannah Campos as she joins us as our new Speech Assistant.

We also welcome Quency Torres who will be greeting you at the front desk.

## Men's Health Awareness Month

June is men's health awareness month. Dads and father figures, please

- Know your preventable risks
- Take steps to create healthful habits
- Schedule routine tests for early detection of disease
- Learn your genetic risk factors
- Exercise through play
  - Take a walk with your kiddos
  - Learn a dance
- Eat healthy. Eat fun
  - \*\*Check out the Peanut butter banana quesadillas recipe

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PEANUT BUTTER BANANA QUESADILLAS  
Author: Beth M  
A single serving dessert at it's best! Whips up in minutes and has an ooey-goey sweet center with a crispy exterior

Prep Time: 5 mins  
Cook Time: 5 mins  
Total Time: 10 mins

INGREDIENTS  
1 8-inch whole wheat tortilla  
2 Tbsp natural peanut butter  
1/2 medium banana  
1 Tbsp semi-sweet chocolate chips

INSTRUCTIONS  
Spread the peanut butter over the surface of the tortilla.

Slice the banana very thinly and then arrange the slices over half of the tortilla. Sprinkle the chocolate chips over the banana slices and then fold the tortilla in half.

Cook the quesadilla in a skillet over medium-low heat until golden brown and crispy on both sides.



Stay healthy for your family