

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

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 famílíes,

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

The

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





Volume 1, Issue 1

June 2020

### Upcoming Events:

© 4th of July holiday closures to be announced

© VBS- to be announced

Watch for details as they develop.

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### 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 selfawareness. 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.

### ONS TO READ **100 REAS** naturalbeachliving.com

- Helps you learn new things
   Go on an adventure without leaving your house
   Expand your vocabulary
   Learn from someone else

- 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
- Lets you learn about new people
   Kills boredom

- 14. Helps increase emotional intelligent
  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 loarn a new skill
  28. Makes history easier to remember
  29. Helps problem solving skills
  30. It's fun
  31. 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 box in time
  40. Travel forward in time
  41. Develop empathy
  45. Gives you something to do
  46. Boosts brain power
  47. Helps you no a journey
  49. Relieves stress
  50. Temporarily escape reality

### 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.

- 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

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  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

- B3. Improve language skills
  B3. Improve language skills
  B4. Increases comprehension
  B5. Helps with story telling
  B6. Learn how the world works
  B7. Fuels your imagination
  B8. Makes you curious
  B9. 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 by yourself
  99. There are so many good books
  100. Because you can!

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

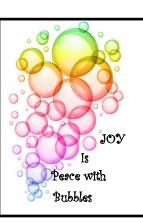
7 cups water

2 drops glycerin-

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

Mix, store in sealed container

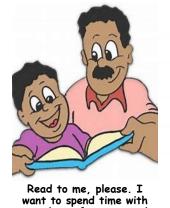
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Bubbles, Bubbles every where, Bubbles, bubbles in the air .....

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?



you, learn from you and make memories.

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 & TAPE MEASURE- WHAT IS THE LONGEST PIECE OF FURNITURE? SHORTEST? WIDEST? DEEPEST?	Build a fort	
Dance	<b>Make an obstacle course-</b> 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 suprise/supset	
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?	<b>Do a craft</b> use empty toilet paper tubes or other treasures from trash	
Cloud watch- what do you see?	Listen to calming music, close your eyes, breathe	
<b>Write letters</b> to a family member, a resident of a nursing home, children's hospital, the military	Make a pizza on English muffins	
Make a volcano	<b>DO THE HOKEY POKEY</b>	
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.



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"WHERE EVERY CHILD IS LABELED AN ACHIEVER."

## STAFF NEWS-

Until we meet again ...

We would like 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

#### \*\*

#### PEANUT BUTTER BANANA QUESADILLAS Author: Beth M

A single serving dessert at it's best! Whips up in minutes and has an opey-gooey sweet center with a crispy exterior

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

INGREDIENTS 18-inch whole wheat tortilla 2 Tbsp natural pearut butter 1/2 medium banana 1 Tbsp semi-sweet chocolate chips

 $\ensuremath{\mathsf{INSTRUCTIONS}}$  Spread the peanut butter over the surface of the tortilla.

Slice the barana 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