



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

"The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace." Numbers 6:24-26

Dear family,  
Hope you are all safe and recovering from the historical Texas snowy Valentine. We were all challenged to test our survival skills, patience and love for one another. Valentine turned out to be quite a creative family event this year. What are some things you learned about yourself? Your family? Your abilities to thrive in adversity? What would you do differently? How well did you express your love for one another during your time together? As mentioned in last month's letter, there are 5 Love Languages as explained by Dr. Gary Chapman. His work with couples brought an understanding of how we relate in love to one another. The main idea is we're all different – and that's okay. The problems we have in relationships sometimes simply come from not understanding each other fully, especially in the area of love. (This concept does not have to be limited to couples it can help relationships between parent and child, or friends as well.)

Often times we show love in the ways we like to receive it but if the receiver of your affection speaks a different "language" your intent may not be fully appreciated. Wouldn't it be great to understand what your love is telling you? And just as joyful that your beloved clearly gets the messages of love you give them. It certainly makes difficult times a bit easier to navigate. The point of learning the love languages is to identify both the way you give and want to receive love. Conflict happens when you want to feel loved in a certain way but your loved one doesn't know what that is and shows you love in a way they understand as love.

So what language do you speak? How about your loved one? Do you speak more than 1 Love Language?

## 1. Words of Affirmation

Some people want to hear "I love you" or other positive compliments. And if they don't hear it, then they might feel unloved.

## 2. Acts of Service

Doing nice things for other people is called an "act of service." changing someone's oil, cleaning the house, or other kind deed-doing things to help that make the other person happy is what this one is about.

## 3. Receiving Gifts

Some people value giving and receiving gifts, and some do not. So, if you measure your partner's love by how many gifts you are given, then your love language is "receiving gifts."

## 4. Quality Time

Other people measure the quality of their love by how much time their significant other wants to spend with them. If they don't get enough "together time," then they might feel unloved.

## 5. Physical Touch

Some individuals associate love with physical touch. **{Of course appropriate touch according to the relationship}** hand-holding, Hugs, cuddling, even having your hair brushed.

Speak Love LWM

Resource: [Books - The 5 Love Languages®](#)



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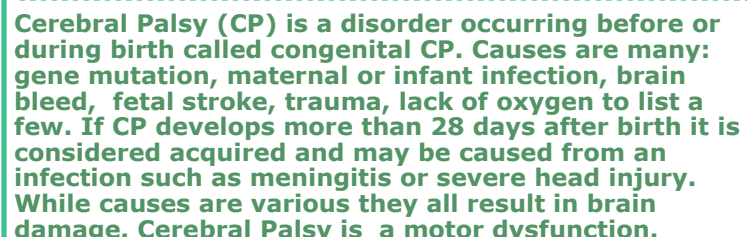
## Upcoming Events:

- ☺ SPRING BREAK 15-19
- ☺ Prayer group-pending
- ☺ VBS- still pending
- ☺ Remodeling
- ☺ Demolition/Reconstruction

## Inside this issue:

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**Muscle tone may range from hypo (low) tone or hyper (spastic)- high tone with exaggerated reflexes, or rigidity- high tone with normal reflexes.**

**The location of the insult in the brain determines the involvement. (see image below).**

**As with all brain injuries, every person presents with unique and diverse needs, Some are mildly affected and require minimal intervention and others have severe and profound dysfunction requiring a multitude of services and support.**

**We at Building Kid Steps consider it a privilege to serve all our clients in whatever capacity to assist them in becoming the best version of themselves by maximizing their abilities.**

## Resources:

[11 Things to Know about Cerebral Palsy | CDC](#)

Cerebral palsy - Symptoms and causes - Mayo Clinic

There are two types of brain injuries. Traumatic Brain Injury (TBI) occurs when the brain is damaged from an external force such as a motor vehicle wreck, fall, domestic violence sports injury, or other external injury. Non-traumatic brain injury is acquired from an internal source of injury such as lack of oxygen, poisoning, stroke, a hereditary condition, disease, or some other internal medical condition.

- ▶ TBIs and non-TBIs can affect anyone at anytime. No two brain injuries are the same.
- ▶ The area of insult and amount of damage, response time of care, and mechanism of injury, predisposition of the individual and number of occurrences all play vital roles in the significance and outcome of the injury.

- ▶ The Department of Defense suggest the following acronym to identify possible concussions and recommend early treatment.

- ▶ *H* – headaches or vomiting

**E** - ears ringing

- A - amnesia, altered consciousness or loss of consciousness

**D** - double vision and/or dizziness

⬆ *S* – something is wrong, or not quite right





## National Trisomy Awareness Month

Most people have 23 pairs of chromosomes, some have a condition that causes extra partial or full chromosomes in their cells. Those extra chromosomes can cause a range of health problems, learning difficulties as well as delays in physical development. Some may cause few, if any, symptoms. Others can lead to severe defects that make life—or even the pregnancy—unsustainable.

Down syndrome Trisomy 21, the most common genetic disorder known to affect nearly one of every 800 births worldwide.

Below are a list of several other Trisomy Syndromes (see the link for further detail)

Edwards Syndrome (Trisomy 18)

Patau Syndrome (Trisomy 13)

Warkany Syndrome (Trisomy 8)

Trisomy 16

Trisomy 22

Trisomy 9

Klinefelter Syndrome (XXY Syndrome)

[9 Rare Genetic Trisomies Beyond Down Syndrome \(verywellhealth.com\)](https://www.verywellhealth.com/9-rare-genetic-trisomies-beyond-down-syndrome/)

[March Is Trisomy Awareness Month | NICHD - Eunice Kennedy Shriver National Institute of Child Health and Human Development \(nih.gov\)](https://www.nichd.nih.gov/health/monitoring/awareness/march-is-trisomy-awareness-month)

## Umbrellas/ Parasols

As we learned last month, preparedness is necessary for improved comfort and in some cases survival. How appropriate with April showers in the next month, this month brings a thought to umbrellas. Wow! What history.

Parasols first appeared in Egypt over 3000 years ago, initially used by nobility and royalty for protection from the sun.

Waterproofing using leather was invented by the Chinese in the 11th century, also used by nobility and royalty.

The Egyptian style made it's way to Greece and Roman to be used by wealthy females. The male population felt it was feminine and beneath them to use.

The fall of the Roman Empire ended this practice for 1000 years. The Renaissance in Italy, France and England brought about a return of the practice of using a parasol. (Late 16th Century)

Umbrellas have had many transformations both in style and usage over thousands of years and yet have sustained their primary function to protect us from the elements. Stay dry my friends. Check out umbrella history for more interesting info.



## Caffeine Awareness

Good news... According to a study by the Linus Pauling Institute at Oregon State University researchers summarize that 3-4 cups equivalent to 300-400 milligrams of caffeine per day offer few health risks. The Mayo Clinic concurs. However, you are encouraged to consider all sources of caffeine when you count your milligrams. Don't forget to include Sodas, tea, Chocolate/cocoa, Guarana/energy drinks, coffee— hot or cold, in cooking or desserts like coffee ice cream, tiramisu, cappuccino cookies, mocha truffle cheesecake, etc... Elevated levels of caffeine can cause increased blood pressure, and stomach acid, jitters, sweat, sleepless nights.



## A Little Humor

What would you get if you crossed a leprechaun with a Texan?





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*Nunc Coepi  
"Now I Begin"*



#### St Patrick

It is believed St. Patrick, the Patron Saint of Ireland, was born in Britain (not Ireland) late 4th century. At age 16 he was kidnapped by Irish raiders and sold as a slave to a Celtic priest in Northern Ireland. He worked 6 years as a shepherd then escaped back to Britain. Later he returned to Ireland as a Christian missionary. The Shamrock, a three-leaf clover was considered a sacred plant has been associated with Ireland for centuries. It was called the "seamroy" by the Celts symbolizing the arrival of spring. Legend has it St. Patrick used the plant as a visual guide when explaining the Holy Trinity. By the 17th century, the shamrock had become a symbol of emerging Irish nationalism.

The first known St. Patrick's Day was observed March 17, 1631, marking the anniversary of the death of St. Patrick in the 5th century.

## STAFF NEWS-

We wish Sarah God's blessings as she begins a new adventure. Thank you for your service. & love

We are excited to welcome Jordan Rogers, COTA to our Occupational Therapy team and the BKS family



### Birthday Wishes & Blessings

Cynthia 1/10  
Mandi 1/16  
Jordan R 2/11  
Dariela 2/19  
Jordan B 2/27  
Elizabeth 2/29  
Linda 3/20



### Answer to February's Joke:

What do you call 2 birds in Love?  
**Tweet-hearts**

## NOTICES SPRING BREAK

March 15-19

**BKS will be closed the 18th & 19th**  
*Please let the staff know if your child will be attending therapy during Spring Break*



### ECPTOTE

Executive Council of Physical Therapy and  
Occupational Therapy Examiners

Due to increased telehealth services over the last year, the Texas Board of Physical Therapy has adopted an amendment requiring therapist to provide the board's contact information to telehealth clients in the event they have a complaint regarding non-compliance with the Texas Physical Therapy Practice Act or want to verify a therapist's credentials. The amendment goes into effect March 1, 2021. Realizing that at this time, and with much gratitude we are not practicing as much telehealth as much as before, we want to be pro-active and provide you the information now in the unfortunate event we should have to return to telehealth. This is the same Information available in the clinic it just is not as readily available via technology sessions.

Complaints regarding non-compliance with the Texas Physical Therapy Practice Act can be directed to Texas Board of Physical Therapy Examiners, 333 Guadalupe Suite 2-510, Austin, Texas 78701, [www.ptot.texas.gov](http://www.ptot.texas.gov),

800-821-3205 (toll free, for complaints only) or 512-305-6900.

<https://www.ptot.texas.gov/page/look-up-a-license>