



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

You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh rather, serve one another humbly in love. For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself."
Galatians 5:13-14

We are America ~ 244 Years Strong

July 2, 1776, delegates from 12 of the 13 colonies voted for independence from Britain's Parliament and King George III. The 13th Colony, New York agreed July 9th. July 3rd a draft of the declaration was written. On July 4th, after 86 small revisions were made, Congress officially adopted the Declaration of Independence. The first organized celebration of Independence was celebrated on July 4, 1777, an all day celebration in Philadelphia, Pa. The evening events began and ended with 13 firework rockets being discharged in honor of the 13 original colonies. Fireworks continue to this day to be apart of this countries birthday celebration.
Happy Birthday America!

Yummy, Yummy Homemade Ice Cream

What you need:

3 pound empty coffee can
1 pound empty coffee can
1-1/2 cup whole milk
1 cup whipping cream
1/2 cup sugar
1/2 teaspoon vanilla
Optional ingredients:
Favorite toppings or flavors
such as: Chocolate chips,
candy pieces, fruit, etc...

Ice
8-10 teaspoons Rock salt
Duct tape
Serving 3
(Unless you really like ice cream-then maybe serving 1)



Step 1- Mix whole milk, whipping cream, sugar and vanilla in small coffee can.

Step 2- Tightly secure the lid on the coffee can with the duct tape. Shake contents vigorously.

Step 3- Place 1 pound can inside 3 pound can.

Step 4- Pack empty space between cans with ice cubes and rock salt.

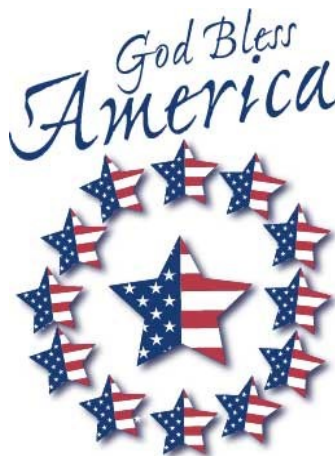
Step 5- Secure lid on 3 pound coffee can with duct tape.

Step 6- Roll the coffee can back and forth between a friend for 10 minutes.

Step 7- Remove lid from both cans. **Careful not get saltwater in can of ice cream.**

Step 8- Add optional topping ingredients to ice cream mixture. Secure lids on both cans.

Step 9- Continue to roll back and forth 10 minutes or until frozen



**** Or ****

2 quart zip-lock bags
1 gallon zip-lock bag
1/2 cup milk
1 tablespoon sugar
1/4 teaspoon vanilla
8 tablespoons rock salt
Ice
Place ingredients in a quart sized zip-lock bag (eliminate as much air as possible). Zip closed, Place the bag in a second quart-sized zip-lock bag. Zip closed. Place both bags in a gallon-sized zip-lock bag, fill the large bag with ice and rock salt. Zip closed. Shake for 20-25 minutes.
Serving size 1



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Upcoming Events:

- ☺ 4th of July holiday closures BKS will close @ noon on July 2, 2020
- ☺ BKS will re-open July 6th for regularly scheduled appointments.

Watch for details as they develop.

Inside this issue:

UV Safety	2
4th of July Safety	2
Fireworks Crafts	2
Family Fun- Play dough recipe	2
Use Play to Help Meet Milestones	3
Inspiration Quote	3
Contact Information	4
Staff News	4
Juvenile Arthritis Awareness	4
Eye Injury Prevention	4

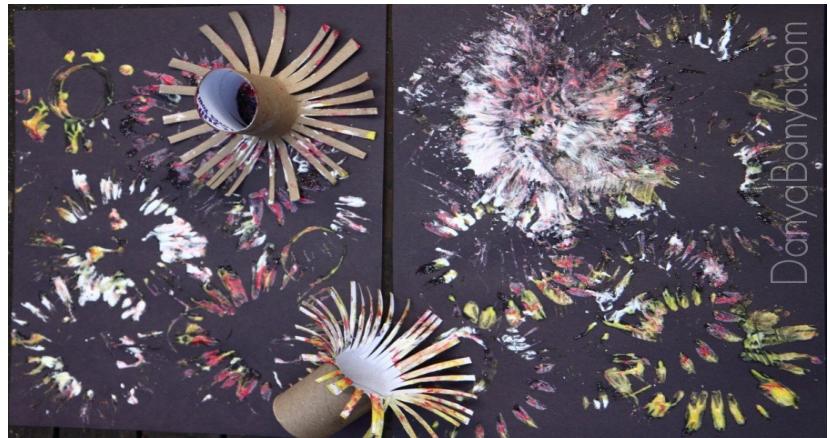


Take cover, lotion up, have fun

Your skin is your body's largest organ. It protects you against heat, sunlight, injury, and infection. The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes yet, some of us don't consider the necessity of protecting our skin. By using a layered approach for sun protection consisting of shade, clothing, a hat, sunglasses and sunscreen, we can significantly reduce our exposure and risk for skin cancer. According to the Centers for Disease Control, skin cancer is the most common cancer in the United States, however, most skin cancers are preventable. Every year, nearly five million people are treated for skin cancer at a cost of more than \$8 billion. There are about 72,000 new cases of which 9,000 are melanoma deaths, the deadliest form of skin cancer. Anyone can get skin cancer. USDA Forest Service.



Toilet Paper Roll Fireworks Craft



Supplies: empty toilet paper rolls, scissors, assorted colors of paint, paper plate, paper or poster board to paint on. Cut the toilet paper rolls approximately 1/2- 1 inch strips in a variety of widths. Fold strips back, Apply a small amount of paints on a paper plate, dab the toilet paper roll strips in paint then place onto large paper and press. Repeat overlaying or blending colors to create a beautiful fireworks filled night sky.

Family Fun

Home-made Cloud Dough
(play-dough)

Ingredients:

1/2 c. lotion regular lotion
or baby lotion **

1 c. cornstarch also called
corn-flour

Food coloring (optional)

**using scented lotion will
add another sensory aspect
using the sense of smell.

Add 1/2 cup of lotion to a bowl.

Add 1-2 drops of the food color-
ing. Mix until combined.

Add 1 cup of cornstarch
and mix until combined.

On wax paper, knead mixture
until it's a dough-like
consistency. (you may want
to wear gloves to prevent
hand staining while blending
ingredients).

Repeat for each desirable color

*America was not built on
fear. America was built
on courage, on
imagination and an
unbeatable determination
to do the job at hand.*

-Harry S. Truman



Use Play to Help Meet Milestones

From birth, a baby will use play to explore the world around them and develop important life skills.

0-6 Months

- Show baby interesting objects such as a brightly colored mobile or toy
- Talk to baby often to familiarize baby with your voice, respond when they coo and babble
- Place baby in different positions so they can see the world from different angles
- Let baby bring objects to mouth to explore and experience new textures
- Vary facial expressions and gestures so baby has the opportunity to imitate them
- Use a mirror or favorite toy to help your baby engage in and enjoy Tummy Time



1-3 Years

- Allow child to spend time with objects and toys they enjoy
- Give child crayons or markers so they can practice scribbling
- Encourage child to interact with peers
- Help child explore their body through different movements, e.g. walking, jumping, and standing on one leg
- Provide opportunities to create make-believe situations with objects, e.g. pretending to drink out of empty cup
- Respond when child speaks, answer questions, and provide verbal encouragement



7-12 Months

- Play peek-a-boo
- Use a mirror to show faces to baby
- Provide baby with a safe environment to crawl and explore
- Place baby in a variety of positions such as on tummy, side, etc.
- Give baby opportunities to learn actions have effects, e.g. when they drop a toy and it falls to the ground
- Expose baby to a variety of age appropriate toys, e.g. balls, shape sorters, music toys, or common household items like pots and spoons



4-6 Years

- Provide opportunities for child to sing and dance
- Tell stories to child and ask them questions about what they remember
- Give child time and space to act out imaginary scenes, roles, and activities
- Allow child to move between make-believe games and reality e.g. playing house and helping you with chores
- Schedule time for child to interact with friends to practice socializing and building friendships
- Encourage child to try a variety of movements, e.g. hopping, swinging, climbing, and doing somersaults



www.Pathways.org

"A Thousand Times a Day I will Begin Again."

"If I should fall a thousand times a day, a thousand times a day I will begin again, with new awareness of my weakness, promising God, with a peaceful heart, to amend my life. I will never think of God as if He were of our condition and grows weary of our wavering, weakness, and negligence. Rather, I will think of what is truly characteristic of Him and what He prizes most highly, that is, His goodness and mercy, knowing that He is a loving Father who understands our weakness, is patient with us, and forgives us."

Venerable Bruno Lanteri, spiritual counsels

A Little Humor

What did one flag say to the other flag?



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*Nunc Coepi
"Now I Begin"*

STAFF NEWS-

Until we meet again...

We would like wish Kim Har-Even, OTR great success in all that she does as she takes leave of BKS.

We wish you all a fun-filled
4th of July weekend.

Be Safe

Be Strong

Be Blessed



Answer to June's Joke:

What did the hamburger name it's baby?
Patty



July Awareness Month

Juvenile Arthritis Awareness-

an estimated 300,000 children in the United States face the everyday challenges of living with juvenile arthritis (JA) and related diseases.

Juvenile Idiopathic Arthritis (JIA) - Considered the most common form of childhood arthritis. JIA includes 6 sub-types: oligoarthritis, polyarthritis, systemic, enthesitis-related, juvenile psoriatic arthritis or undifferentiated.

Juvenile Dermatomyositis- An inflammatory disease, causes muscle weakness and a skin rash on the eyelids and knuckles.

Juvenile Lupus- An autoimmune disease. The most common form is systemic lupus erythematosus or SLE. Lupus can affect the joints, skin, kidneys, blood and other parts of the body.

Juvenile Scleroderma- literally means "hard skin" describes a group of conditions that can cause the skin to tighten and harden.

Kawasaki Disease- can cause blood vessel inflammation that can lead to heart complications.

Mixed Connective Tissue Disease- may include features of arthritis, lupus dermatomyositis and scleroderma, and is associated with very high levels of a particular antinuclear antibody called anti-RNP.

Fibromyalgia- the chronic pain syndrome is an arthritis-related condition which can cause stiffness and aching, fatigue, disrupted sleep and other symptoms. More common in girls. Seldom diagnosed before puberty.

Eye Injury Prevention

