



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

The LORD appeared to us in the past, saying:
"I have loved you with an everlasting love;
I have drawn you with unfailing kindness.

Jeremiah 31:3

Dear Family,

Here we are in the month of Love. Awwww, did you know there are many types of love and even a Language of Love. The Ancient Greeks classified love into 8 varieties. From dangerous, unhealthy obsessive love to the unconditional, lay down your life for a friend, Jesus kind of love called Agape. There is giggly, butterflies in your stomach, playful love called Ludus. This type of love is fleeting often leading to Eros, romantic, passionate love it burns hot but if not kindled won't last forever. The beautiful love of family and strong bonds of kinship is appropriately called familiar love. And isn't it wonderful? Perhaps these days the most rare and yet most hoped for is enduring love. The kind that began as childhood sweethearts and grew over the years through compromise, respect and mutual regard for each others happiness. Pragma love, the kind of love you see demonstrated in the elderly who after decades of marriage still hold hands and look into each others eyes when they say I love you. The most misleading love is Philautic, self-love. This is not the narcissistic, conceded, the whole world revolves around me self-love we may see today. Instead, it is compassion and forgiveness for yourself, permission to take care of yourself & love yourself so that you can love others. The affectionate, platonic love we have for our friends, our co-workers and you, our BKS family and friends. is called Philia. During this month of love and all the year through may you give and receive all the love your heart can manage.

P.S. Come back next month and learn the Language of Love. LWM



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Upcoming Events:

- ☺ Prayer group-pending
- ☺ VBS- still pending
- ☺ Remodeling
- ☺ Demolition/ Reconstruction

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AMERICAN HEART MONTH

Love your heart- Take good care of it.
Heart issues do not have age limits.
Do you have risk factors for heart disease?

- 1) Obesity
- 2) Physical inactivity
- 3) High blood pressure
- 4) Cigarette smoking
- 5) High cholesterol
- 6) Diabetes

<https://millionhearts.hhs.gov/>

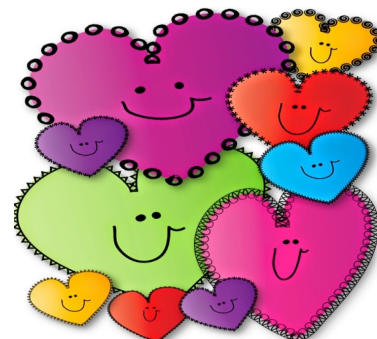
NATIONAL CHILDREN'S DENTAL HEALTH MONTH

Brushing Teeth-

- ◆ Make it a habit, stick to a schedule even if it's not always convenient, you will be glad you did. A few tantrums are better than a lifetime of dental issues, pain and expenses.

** Did you know dental health (or lack of) can affect your overall health**

- ◆ Make yourself a living example- children like to do what their parents do.
- ◆ Make it their choice- the color or style of tooth brush, the flavor of toothpaste.
- ◆ Make it fun - Songs, reading, teeth brushing puppets may be helpful entertainment.



February 6th Give Kids a Smile Day

How about a challenge?

Smile at every kid you pass, every time
you pass them no matter what day it is.



NATIONAL SELF-CHECK MONTH

Self Check early disease detection prevention. Protect yourself & loved ones.

Self Chec, a 501(c)(3) organization, Promotes the importance of proactive prevention, early detection and wellness care of chronic diseases, so they can reduce their odds of getting sick in the first place.

For more information go to: <https://selfchec.org>

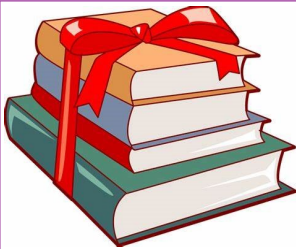
Healthy Snacks, Healthy You...with all the awareness of health issues this month nice to know they acknowledge Snack Food too. Here are some ideas from the National Snack Food Month calendar.

Mixed nuts * Pepper slices to dip in guacamole * Dark chocolate with almonds
* Greek yogurt with granola, oats, and/or mixed berries * Healthy beef jerky *
Protein shake or fruit smoothie * Apple slices, carrots, or celery dipped in
peanut butter * Cherry tomatoes with mozzarella and basil * Cottage cheese
(with any toppings, or as a salad dressing replacement) * Cucumber (or any
veggies) dipped in hummus * Any fruits and veggies * Hard-boiled eggs

*"You've gotta dance
like there's nobody
watching,
Love like you'll never
be hurt,
Sing like there's
nobody listening,
And live like it's
heaven on earth."*
William W. Purkey

Creative Romance

It's February (Already?!). Wait what! Yes, truly and I must admit I was appalled that the local grocery store was putting out Valentine candy *before* Christmas but here we are preparing for gestures of love to be given to our spouse, kids, family, and friends. Perhaps a little creative romance is in order this year. Can't go out? How about a movie night at home, stock up on show candy from the family store, pop the corn, put the kids to bed, throw the cushions on the floor and tune in to a date night movie from years gone by. Or light the candles, turn on some oldies but goodies, sit back and reminisce about the good 'ol days. Make a heart of stones by the entrance to the house, bet it will melt someone's heart. Do an activity your loved one enjoys, even if you may not particularly care for it- they'll know you care for them. Cook together, bake a pie (with a ♥ in the crust), set the table, bring flowers-even if they are made of tissue paper. Write a letter or a poem. Read a book together, do a craft. Did you start a new hobby this year? Share it with your loved one. Your gestures need not be big or loud or expensive when it comes from the heart. Just let the ones you love hear it from you.



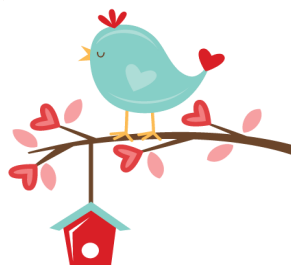
Library Lover's Month

If you could travel any where, to any time period, would you? Who would you like to meet? What would you like to know? Have you ever considered time traveling in your imagination. Travel the world, find a treasure, make new friends and never leave town. Excitement awaits you at the library. Find information to support your new hobby or fan your flame of loving to learn. Libraries have more than books too. Fun for the kids- story time, craft afternoons, DVDs-videos/ games, music CDs, audio-books, genealogy, research support, electronic resources, monthly events. Most communities have a local library. Check it out, you maybe missing out on the adventure of a lifetime.

[Public Library | Victoria, TX \(victoriapubliclibrary.org\)](http://victoriapubliclibrary.org)

How twet is this! It's National Bird Feeding Month.....

Bird watching & feeding is a popular *hobby*. While it's a year around hobby there are great opportunities to see a variety of birds in the winter. the library to check out identification or plans for your carpentry skills to recipe to make feeders.



How about a trip to a book on bird a bird house then put use building or find a Enjoy the view.

[Easy and Eco-friendly Bird Feeders to Make with Kids \(runwildmychild.com\)](http://runwildmychild.com)

[7 Easy DIY Bird Feeders For Kids To Make \(momtastic.com\)](http://momtastic.com)

A Little Humor

What do you call 2 birds in Love?





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*Nunc Coepi
"Now I Begin"*



STAFF NEWS-

We're doing well. Hope you are too.



Answer to January's Joke:

What do you get when you cross
Frosty with a baker?
Frosty the Dough-man.

NOTICES

****Please be advised we have a *No leave policy* ****

It is our goal to provide a safe and productive environment for our clients and we need your help.

Families, you are asked to stay on the premises while your child is receiving services. In the event you *must* leave for a short time, please inform a staff member and return at least 10 minutes prior to the end of the appointment.

Please be respectful of the staff's need to clean the treatment areas and the next client's appointment

TEEN DATING VIOLENCE AWARENESS MONTH

If you need information regarding Teen Dating Violence:

24/7 Hotline info @ 1-866-331-9474 or

National Teen Dating Abuse Helpline | Youth.gov

Let the Kids Cook. Chill with the kids in the kitchen. It's a good time for baking family fun. A great opportunity to practice reading as they follow the instructions of a recipe. Teach fractions while measuring the ingredients. Practice fine motor scooping and stirring, a pinch of this, a dash of that. Coordination in pouring, washing used dishes, drying and stacking. Examine the concepts of more or less, large and small. Experience sequencing-first, then... mix, pour, bake, enjoy. Take pride in a job well done. Try something new: A-Z cooking- Apple to Zucchini, Dessert to Pot Pie, Yum! Yum! It's National Pie Month with dinner and dessert. What's your family's favorite pie? Fruit-cherry, blueberry, peach cobbler even? Pecan? Coconut or banana cream or key lime from the frig? Meringue, Crumbles or crust? Warm with ice cream or all by itself? What a great way to share the love-the gift of family, time and good food. Bon appetite.