



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

Choices, Choices, Choices

Dear families,
Please be assured of our support as you begin navigating difficult decisions for your children and families' in regards to returning to school. Sometimes we have different answers to the same question that are equally valid.

"Fair is not everyone getting the same thing, fair is everyone getting what they need."-Rick Riordan.
This is not always



easy to understand and opens wide the opportunity for judgement and conflict. At this time, and always, let us consider we are ALL doing the best we can given the most current information, and our individual circumstances. May you feel peace about your choice.

FAMILY FUN MONTH

Love your family. Spend time, be kind & serve one another. Make no room for regrets. Tomorrow is not promised & today is short. Unknown

At a time we are sort of "forced" to spend time with our families, let's have family revival. Instead of regretting and resenting these unsure times, wouldn't it be great to heal wounded hearts,

communicate positively with one another, learn something new about the people you love. Let us cherish every moment and create simple, imaginative and memorable experiences that will get us through these odd, slow times and carry us along when the swift waves of life toss us back into a hectic world.

Take time this month to rekindle love, laugh 'til your belly hurts, connect with distant relatives or long lost friends, play games, make amends, recall old memories and smile, embrace traditions, sit together and just be. Cherish these moments that while they maybe hard they are also precious.

Teach me to do
Your will, for You
are my God. Let
your good Spirit lead
me on level ground
Psalm 143:10



Volume 1 Issue 3
August 2020

Upcoming Events:

- ☺ Prayer group
- ☺ Ground breaking news- more info as it becomes available
- ☺ VBS- still pending

Inside this issue:

Making Objective Decisions	2
National Wellness Month	2
Take precautions to Stay Healthy	2
Calm Down Strategies for Everyone	3
Adventure Awaits at BKS	3
Contact info	4
Staff News	4
Spinal Muscular Atrophy	4
Happiness Happens Month	4

Making Objective Decisions

(some concepts adapted from 7 Strategies for Making Objective Decisions by Jayson Demers)

- 1) Are you Biased- what experiences or emotions are driving your decisions? Identify and process any emotions (anger, fear, worry, etc.) that further complicate making a decision.
- 2) Limit the factors- choose 3 or 4 factors that are most important to your decision. (Factors may include: safety, finances, convenience, support system, health, your time, anything that that may be drastically altered due to your decision). It is overwhelming to consider every possible reason or scenario of why you should or should not choose a particular option. Pick the ones that most effect your family's well-being.
- 3) Make a PROs & CONs List- for each option you are considering list all the positive reasons in one column. In a separate column list all the reasons the option is a bad idea. Remember even though something is positive it may not outweigh a negative aspect.
- 4) Plus or Minus- give each reason a value on a scale of 1-5 . 1 least important - 5 most important. Let the numbers provide an objective view of your choices.
- 5) What would you say?- Imagine you were helping a friend make the very same decision under the exact circumstances. How would you advise your friend? Be as open-minded, honest, patient and kind to yourself as you would be with your friend.
- 6) Best and Worst- what is the best result for each choice you must decide between? The worst consequence of each choice? Can you live with the outcome?
- 7) Follow the peace- after considering the merits of each option- Which choice gives you the most peace?
- 8) Don't look back- once you have made your choice consider that you have chosen rightly.
- 9) Move on- go forward with a positive attitude to do what needs to be done to put your decision into action.

NATIONAL WELLNESS MONTH

Focus on self-care, managing stress and promoting healthy routines. Create wholesome habits in your lifestyle all month long and see how much better you feel!

There are numerous ways to make those small changes, too.

- Increase your water intake.
- Add more fruits and veggies to your meals.
- Monitor your sleep and make adjustments for better sleep habits
- Dance, walk, cycle, do aerobics, swim
- Pray and meditate.
- Smile, laugh, sing

New discoveries will depend on how you make your students (children) imagine the impossible, not by showing them what's possible.

Unknown



Take precautions to stay healthy.

If your child has a fever, please, do not come to therapy. We respectfully ask you to call and let us know. Then keep us updated on their health.

If face to face therapy is not possible or you have health concerns about your child attending in person, virtual sessions are still available. We are committed to make therapy safe and eager to assist you in making it attainable for your child. Please contact our staff so we can work out details for services.

Calm Down Strategies— Something for Everyone

Blow Bubbles
Chew gum or a chewy toy
Work a puzzle
Use a fidget
Use a weighted lap blanket
Wear a weighted vest
Use stretchy resistance
Crawl through sensory tunnel
Wear noise reducing ear muffs
Suck on hard candy
Diffuse essential oils
Listen to calming music
Listen to audiobooks
Do stretches
Lay or bounce on ball
Sing ABCs
Build with blocks
Go for a run
Swing
Pet a cat or dog
Draw with chalk
Go for a walk
Go to a quiet place
Paint a picture
Do a maze, dot to dot or word search
Read a book
Count slowly forward and backward
Ask for a hug
Sip a glass of water
Wrap up in a blanket
Hang upside down
Close your eyes

Hum or sing a song
Deep breathing exercises
Go for a bike ride
Draw a picture
Play hopscotch
Jump on a trampoline
Climb a tree
Play an instrument
Do heavy work activities (push/pull games)
Dance
Skip
Do a cartwheel
Take a bubble bath
Drink a smoothie through a straw
Make silly faces in the mirror
Drink a warm beverage
Watch sand fall in an hour glass
Look at a lava lamp
Watch fish in an aquarium
Rip tissue paper
Bend or twist pipe cleaners
Have a snack
Pop bubble wrap
Play with playdough, silly putty or slime
Look at a photo collection
Blow a pinwheel
Squeeze a stress ball
Hug or squeeze a pillow
Wear an eye mask
Listen to nature sounds
Spin a top



Get a massage
Make a craft
Play cards
Use scented hand lotion
Wear sunglasses
Light scented candles
Journal your thoughts
Color a picture
Play shadow puppets
Blow a feather
Blow a pom-pom with a straw
Take bath in Epsom salt
Ask for a break
Push against a wall
Play in a sensory bin
Blow bubbles in a cup of water
Crash into a crash pad or pile of pillows and blankets
Suck on ice
Do joint compression
Brush hair or skin
Smell scratch and sniff stickers
Turn off lights
Play eye spy
Braid you hair

Adventure Awaits At BKS....

Building Kidsteps has some exciting new adventures on the horizon. It has always been our dream to be a place that challenges our "kids, that gives hope to families, opportunities to grow, learn and love. It is our desire that you have found at least some of that here.

As we continue to place our trust in God, we look forward to offering more opportunities for learning, growing, healing, respite and generally helping others and ourselves to become all we are created to be.

First we would like to invite you to join a prayer group where we will spend time praying for our children, our spouses, our families, urgent needs, and outright miracles.

A Little Humor

What do elves learn in school?





4208 Retama Circle
Victoria, Texas 77901

Phone: (361) 578-2257

Fax: (361) 578-2260

Email: buildingkidsteps@gmail.com

Facebook – Building Kid Steps
<http://www.buildingkidsteps.com>

Nunc Coepi

"Now I Begin"

STAFF NEWS-

Until we meet again...

We would like to thank Quency Torrez for helping us out this summer and wish her well as she will be attending Blinn College.

We also wish Bridgit Wood & Emily Malinovsky the best as they return to college.

Congratulations....

Sevanah Campos, she officially received her license and will begin working with us as a Speech Therapist Assistant.

We are waiting patiently with joy in our hearts to meet Baby Salazar in a few weeks.

Now Hiring:

Pediatric Speech Language Pathologist- CCC

See Mandi for details

Answer to July's Joke:

What did one flag say to the other flag?

Nothing. It just waved!



Reminders:

Mask are required in the building for anyone over 10 years of age. We highly encourage even the younger children that are able to wear one.

It's Hurricane Season- Please note: updates are posted on our Facebook and website. We love our families and pray you stay safe and aware.

SPINAL MUSCULAR ATROPHY AWARENESS MONTH

SMA is a motor neuron disease characterized by the "wasting away" of nerve cells, called motor neurons, in the spinal cord. It is the leading genetic cause of death in babies under the age of two. It affects families of all ethnic backgrounds, often with no prior history of the disease. In the U.S., 1 in every 6-10,000 people develops the disease. 1 in 50 is a carrier. All levels of SMA require varying degrees of treatment, involving some combination of medication, technology, and therapy. The good news is that many children and adults with SMA lead full, productive lives, with the proper treatment and physical therapy.

For more info visit www.curesma.org

Happiness Happens Month

In 2000, the Secret Society of Happy People expanded the celebration to Happiness Happens Month in August. Happiness is a choice. Remembering happiness does not mean you are problem free. That kind of life doesn't exist. As the Stoics of Ancient Greece observed, happiness is all about the quality of your thoughts. Happiness is not a destination, but rather a life-long pursuit. Joy can be anywhere at any time.

"Folks are usually about as happy as they make their minds up to be."
— Abraham Lincoln