



# 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



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### Upcoming Events:

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

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# 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.

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*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?





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*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](http://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