



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

The Story of the Goose

When you see geese flying along in "V" formation, you might consider what science has discovered as to why they fly that way. As each bird flaps its wings, it creates an uplift for the bird immediately following. By flying in "V" formation, the whole flock adds at least 71 percent greater flying range than if each bird flew on its own. People who share a common direction and sense of community can get where they are going more quickly and easily because they are traveling on the thrust of one another.

When a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone — and quickly gets back into formation to take advantage of the lifting power of the bird in front. If we have as much sense as a goose, we will stay in formation with those people who are headed the same way we are.

When the head goose gets tired, it rotates back in the wing and another goose flies point. It is sensible to take turns doing demanding jobs, whether with people or with geese flying south. Geese honk from behind to encourage those up front to keep up their speed.

What messages do we give when we honk from behind? Finally — and this is important — when a goose gets sick or is wounded by gunshot, and falls out of formation, two other geese fall out with that goose and follow it down to lend help and protection. They stay with the fallen goose until it is able to fly or until it dies, and only then do they launch out on their own, or with another formation to catch up with their group.

If we have the sense of a goose, we will stand by each other like that.

Author Unknown



Family Fall Fun

Some ideas to refresh your home and spirits before the winter sets in.

Open the windows and welcome cool breezes to blow in crisp, cleansing breaths of air.

Enjoy an apple treat: baked apples, apple pie, warm cider on a brisk night,

Go for a walk or bike ride in the park.

Toss a ball in the yard.

Eat supper outside.

Stay a little longer and stargaze.

Go camping-even if it's in the backyard.

Start a gratitude list-write down one thing each day you are grateful for, continue until Thanksgiving or beyond.

Watch a movie outdoors.

Go to the beach-even if it's too cold to swim.

Watch the sunset.

Watch the sunrise.

Bake leaf-shaped cookies.

Call an old friend.

Take a book or homework outdoors.

Watch the geese fly south.



To every thing there is a season, and a time to every purpose under the heaven.

Ecc 3:1



Volume 1 Issue 4

September 2020

Upcoming Events:

☺ **CLOSED** Labor Day
Sept. 7th

☺ Prayer group

☺ Ground breaking news- more info as it becomes available

☺ VBS- still pending

Inside this issue:

National Preparedness Month 2

Preparedness Associated Content 2

Weather Aware-BKS alert platforms 2

Backpack safety awareness 3

Suicide Prevention 3

Contact information 4

Staff News 4

Reminders 4

Child Cancer Awareness month 4

National Preparedness Month

Make A Plan

Step 1 Discuss the questions below with your family, friends or household to start your emergency plan.

- + How will I receive emergency alerts and warnings?
- + What is my shelter plan?
- + What is my evacuation route?
- + What is my family/household communication plan?
- + Do I need to update my emergency preparedness kit?
- + Check with the Centers for Disease Control (CDC) and update my emergency plans due to Coronavirus.

Step 2 Consider specific needs in your household. Keep in mind some these factors when developing your plan:

- + Different ages of members within your household
- + Responsibilities for assisting others
- + Locations frequented
- + Dietary needs
- + Medical needs including prescriptions and equipment
- + Disabilities or access and functional needs including devices and equipment
- + Languages spoken
- + Cultural and religious considerations

Step 3 Fill out a Family Emergency Plan

Download and fill out a family emergency plan or use it as a guide to create your own. [Emergency Plan for Parents \(PDF\)](#)

Step 4 Practice your plan with your family/household

For access to ***Preparedness Associated Content*** forms below go to-

<https://www.ready.gov/plan>

[Family Emergency Communication Guide \(PDF\)](#)

[Family Communication Plan Fillable Card \(PDF\)](#)

[Emergency Plan for Families or \(PDF\)](#)

[Emergency Plan for Kids or \(PDF\)](#)

[Emergency Plan for Commuters \(PDF\)](#)

[Pet Owners \(PDF\)](#)

[Family Emergency Communication Planning Document \(PDF\)](#)

[Family Emergency Communication Plan Wallet Cards \(PDF\)](#)

[Know Your Alerts and Warnings \(PDF\)](#)

[Protect Critical Documents and Valuables \(PDF\)](#)

[Document and Insure Your Property \(PDF\)](#)

[Emergency Financial First Aid Kit \(PDF\)](#)



"Nature gives to every time and season unique beauty; from morning to night, as from the cradle to the grave, it's just a succession of changes so soft and comfortable that we hardly notice the progress." — Charles Dickens



Please be ***weather aware*** during the height of hurricane season. Refer to Building Kidsteps policies, Facebook page, website and text alerts for closures or other important information during times of inclement weather.



1, 2, 3's of Basic Backpack Wearing

1. Pack It

Utilize different compartments and pockets to distribute weight

- Heavier items closer to the back center of the backpack
- Lighter items in the front of the backpack
- Sharp items away from the back

Lighten the load so it is no more than 10% of your child's weight; heavy backpacks can cause falls and spinal damage.

2. Put It On

Pick up the backpack by **bending and lifting in the knees** instead of the waist to prevent back injury

"The selection of a backpack is a family affair. By joining together as a team, children will realize the importance of proper backpack wearing. It should be considered a fun family activity. The bottom line message is to have children begin to take more responsibility for their physical health."

—Dr. Karen Jacobs, Occupational Therapist and Ergonomist

3. Adjust & Carry

Always use **both shoulder straps** to prevent injury

Adjust the **sternum strap**

Secure the **hip belt**

The backpack should rest snugly against the back.

Watch for **warning signs** that the backpack is too heavy, including:

- **Difficulty** when putting on or taking off the backpack
- **Pain** when wearing the backpack
- **Tingling** or numbness in the arms or legs
- **Red strap marks** over the anterior part of the shoulders
- Any change in side-to-side **posture** while wearing the backpack

Adjust the shoulder and waist straps so that the pack fits comfortably.

To ensure a proper fit, make sure the backpack does not extend past your child's shoulders, or below the top of the hip bones.

An excerpt from the AOTA- American Occupational Therapy Association .

<https://www.aota.org/Conference-Events/Backpack-Safety-Awareness-Day/Handouts.aspx>

<https://www.aota.org/~media/Corporate/Files/Backpack/meet-your-backpack-8-2014.pdf>



SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH

If you need to talk or are concerned about someone, please call [1.800.273.TALK \(8255\)](tel:1800273TALK)



If you are struggling with depression or stress, if you are overwhelmed *please* reach out for help. You are important and loved by so many. Don't let troubled times define you or direct you down a path of no return. Seasons of our lives come and go. There is a time for grief but also a time of joy. Hang on for the joy.

Below please find links for help. Take care of you.

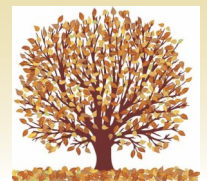
https://www.gulfbend.org/poc/center_index.php?cn=9

<https://texassuicideprevention.org/>

<https://www.aas365.org/>

A Little Humor

what's the least favorite month of a tree?





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Nunc Coepi

"Now I Begin"

STAFF NEWS-

Until we meet again...

We would like to wish Millie the best and many, many blessings in her new beginnings as she moves to be near her fiancée and a life of love in her subsequent marriage.

We will continue to be blessed with the employment of Kasey but from afar as she moves out of The Great State of Texas but will continue to provide remote speech therapy. God bless you as you embrace the best of both worlds.

Congratulations....

Our hearts are full as we welcome Liliana Isabel born 8/14/2020 daughter of our precious Dariela and Miguel Salazar. We pray God's love and grace be with your family.

Answer to August Joke:

What do elves learn in school?

The Elfa-bet



Reminders:

We will be closed on September 7th in observance of Labor Day. Please make sure you have spoken with the office staff regarding altered schedules. Have a safe, relaxing and fruitful holiday.

Childhood Cancer Awareness Month

Cancer Statistics

- ◇ Cancer is diagnosed each year in about 175,000 children ages 14 and under worldwide.
- ◇ Cancer is the leading cause of death by disease past infancy for U.S. children.
- ◇ However, thanks to better therapies, more than 80% of U.S. childhood cancer patients now become long-term survivors.
- ◇ Survival rates can vary depending on the type of cancer.
- ◇ About 420,000 childhood cancer survivors live in the U.S., with many more around the world.

Treatments invented at St. Jude have helped push the overall childhood cancer survival rate from 20 percent to more than 80 percent since the hospital opened more than 50 years ago. St. Jude won't stop until no child dies from cancer. St. Jude freely shares the discoveries it makes, and every child saved at St. Jude means doctors and scientists worldwide can use that knowledge to save thousands more children.

We pray with gratitude for those who have been healed, healing for all children afflicted with cancer and peace for their families. May those who have passed away from cancer rest in peace.

St. Jude pray us. St. Peregrine pray for us.