



Parent Newsletter

The Care Group Christmas Party!

December 10, 2009
For patients & their families

4:00 pm - 7:00 pm
@ The Care Group
9220 Kirby

Come have some holiday fun with us!

Crafts, games, prizes
Special Appearance by
SANTA CLAUS!

TAKE A LOOK AT THESE WEBSITES:

◦ Thearcofgreaterhouston.com

Resource guide with local, state and national resources such as parents groups and local events. Call at 713-957-1600

◦ Familytofamilynetwork.org

Parent-led information, education & support groups for families of kids with disabilities.

CHALLENGER BASEBALL SPRING 2010

For kids with physical or mental challenges
Ages 5-18

Registration:
Nov 1st through Dec 31st

Fee: 20.00 per player

Fee covers jersey, socks, cap, trophies, team equipment & a great end of season party for the whole family!

Seven games played from March through May 2010

All games @ 2:00 pm

Volunteers needed! Managers, coaches, team parents & baseball buddies

See website
www.westull.org

PLAY, PLAY, PLAY!

The holidays mean more time with family! Take advantage of this extra time and play with your child. Play promotes learning, development, growth & health.

Here are some tips:

- You are the best plaything that your child can have! Let them climb over you, make up silly songs, draw silly faces or read books together.
- Incorporate play into everyday activities: bath time, mealtime, while driving in the car or doing the laundry. The possibilities are endless!
- Reassure your child that mistakes are "ok". Play is not about being perfect! Let them know that they don't have to get it right all the time.
- Ask your therapist about appropriate toys to tell Santa to bring to your children.

PARENT SUPPORT GROUP!

"The Rehab World with Autism"
Presented by
Paula Kurday, SLP
Friday, January 8, 2010
7:00 pm
The Care Group
9220 Kirby
Childcare provided.

Give the Gift of Freedom!

It's easy with Freedom Concepts Bikes and Chairs!

These amazing adaptive bikes and chairs are used by kids all over the country, along with kids right here @ The Care Group.

For more information access the website @ www.freedomconcepts.com or talk to your therapist today!

Parent Resource House Call Doctors of Texas

House Call Doctors is a unique community-based service devoted to care & treatment of patients in their homes. Pts are visited at home by an experienced and competent provider. Pts do not have to be homebound to qualify for services. For more information or to schedule an appointment call:

281-412-4434

Easy to Eat Holiday Cheer

Holidays eating is as much about family as it is about food! Don't let those who have difficulty swallowing feel left out. www.MDA.org/publications has an online cookbook: Meals for Easy Swallowing. Here is a recipe:

Sweet Potatoes Berried Treasure Puffs

1 lb. can of sweet potatoes drained	1/2 tsp salt
1 can of crushed pineapple (8 3/4 oz., drained)	Dash pepper
1 egg	1/4 tsp. ground nutmeg
2 tbsps. melted butter	1 cup cranberry sauce

Whip together. Swirl in 1/2 cup cranberry sauce. Spoon into 8 greased ramekins. Top each with 1 tbsp. cranberry sauce. Bake at 375° F for 40 minutes. Enjoy!

