



## Special Needs Easter Fun

Spring is finally upon us! Fortunately, the groundhog did not see his shadow this year which means spring will be coming early this year! For Texas, this means a few blissful weeks before the triple-digit weather is upon us. There is so much to look forward to during this beautiful season: pretty little flowers blossoming, the smell of fresh spring air, and more daylight to allow for outdoor activities such as walks and picnics (P.S. Don't forget to turn your clocks forward on March 13, 2016).

Easter also falls in March this year! What an exciting holiday it is, especially for the kids! Hiding and hunting eggs can be a fun indoor or outdoor event. Plus, from a therapeutic perspective, Easter festivities incorporate so many fine and gross motor skills for children to exercise. First they are able to unleash their creativity by carefully coloring and decorating eggs, all while integrating fine-motor skills. Then they are able to walk, run, skip, hop, squat, crawl, and climb while searching for the hidden eggs (talk about some serious gross-motor involvement).

An Easter egg hunt can be fun and exciting, however it can also be overwhelming and overstimulating for some children. This is why we want to take a moment to remind parents that there are often many other options in our communities to involve all children in the Easter fun!

Here are a few organizations that are hosting events in the DFW and Austin area to ensure

that your child will enjoy this wonderful holiday without any unwanted stress:

- Easter Egg Hunt and Resource Fair at The Ballfields at Craig Ranch in McKinney on March 26, 2016.

RSVP at [www.especiallyneeded.org](http://www.especiallyneeded.org)

- Play for All Special Needs Egg Hunt at Play for All Abilities Park in Round Rock on Saturday, March 19, 2016.

See [www.RoundRockRecreation.com](http://www.RoundRockRecreation.com) for more information.

- Caring Bunny Photo Sessions - Austin Caring Bunny provides a subdued and welcoming environment for children with special needs and their families. These are free events, but you must register to attend.

Click here to RSVP for the event at Lakeline Mall - Sunday, March 6, 9:30 – 11:30 a.m.  
[www.eventbrite.com/e/caring-bunny-tickets-21464653356](http://www.eventbrite.com/e/caring-bunny-tickets-21464653356)

Click here to RSVP for the event at Barton Creek Square Mall — Sunday, March 13, 10:30 a.m. – 12

[www.eventbrite.com/e/caring-bunny-tickets-21494219790](http://www.eventbrite.com/e/caring-bunny-tickets-21494219790)

**We hope you enjoy this spring season and have a Happy Easter!**

- Ashley Reneau, PT, DPT - Physical Therapist

## News & Events

- **Happy Easter to you and your family!** May this special day be blessed with joy and happiness.

- **March for Respect is coming up!**

March 26 - Garden Park  
1902 Main St. Dallas, TX 75201  
Activities begin at 9:00 a.m.; the March begins at 10:00 a.m.  
<http://marchforrespect.org/>

- **Caregivers and Grief Recovery Seminar** - Free seminar is being

provided to any caregivers of children and parents who have suffered the loss of a child.  
March 19 - 10 a.m. - 12 p.m.  
Texas Scottish Rite Hospital for Children. Register at  
[www.brokendollsnonprofit.com](http://www.brokendollsnonprofit.com)  
or call 469-454-4648

- **Dallas Children's Theater - Sensory Friendly Puppet Show: Hansel and Gretel**

March 4 - April 3 at 4:30 p.m.  
Rosewood Center for Family Arts -  
5938 Skillman St. Dallas, TX 75231  
[www.dct.org/sensory](http://www.dct.org/sensory)

- **Everyone, please join us in welcoming our new office team members!**

Corporate Office

Agar Hernandez  
HR Assistant

Dallas Office

Taylor Glidewell, PT, DPT  
Physical Therapist

Austin Office

Liza Felici, M.S., CCC-SLP  
Speech Language Pathologist

## Resources

### • **VIVA Pediatrics Resources**

In an effort to help our families, we constantly strive to provide them with relevant and helpful resources and information. Visit our resources page online at: [www.vivaped.com/resources](http://www.vivaped.com/resources)

For current events and opportunities, also visit us on Facebook. [www.facebook.com/VIVAPeds](http://www.facebook.com/VIVAPeds)

### • **Care Starter App**

The Connections App is a complete resource guide for families of kids, teens and adults with special needs. Their goal is to help you find providers, organizations and other resources in your community to help you along your path of care. Download the CareStarter App now! [www.carestarter.co/connectionsapp](http://www.carestarter.co/connectionsapp)



### • **The Parker Lee Project**

The Parker Lee Project is a non-profit organization dedicated to helping families of children with medical needs obtain the supplies/equipment, education, and support they need. While most supplies are covered by insurance, some are not or not enough supply is provided. If you have a need for medical supplies or have supplies to donate please visit their website at [www.theparkerleeproject.org](http://www.theparkerleeproject.org)

### • **Thrive Magazine**

Need Resources for your child with special needs? Thrive Magazine shares resources and stories of other families in the DFW area who are living and thriving with special needs. [www.dfwchild.com/thrive/directory](http://www.dfwchild.com/thrive/directory)



## Get Healthy with Giggles

Properly securing your child in the car with the appropriate car seat, booster, or safety belt can save their life. The CDC website states car seat use reduces the risk for death to infants (aged <1 year) by 71%; and to toddlers (aged 1–4 years) by 54% in passenger vehicles. Those are big numbers.

Visit [www.cdc.gov/motorvehiclesafety/cps](http://www.cdc.gov/motorvehiclesafety/cps) for a detailed description and examples of proper car seat use.

**If you would like your car seat inspected, visit [www.safercar.gov/cpsApp/cps/index.htm](http://www.safercar.gov/cpsApp/cps/index.htm) for a list of places near you.**

- Tyler McDaniel, RN, BSN

## Food for Thought



### Easy Piesy Shepperd's Pie

#### Ingredients

Ground Beef  
1 red onion (chopped)  
2 Sweet potatoes (chopped)  
3 Cloves (or 2 tablespoons) garlic (minced)  
2 tsp salt  
2 tsp pepper  
3 tablespoons of olive oil

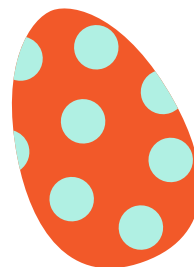
#### Directions:

Sauté olive oil, beef, onion, garlic & potatoes until cooked

Top cooked items with diced avocados, diced tomatoes, raw spinach and cheese

Enjoy!

Why did the Easter Egg hide?



Because he was a little chicken.



Just for Giggles!