

A monthly publication providing the latest information on The Kidz Club's Prescribed Pediatric Extended Care services and education.

NUTRITION | PROGRAMMING | PPEC EDUCATION | THERAPY



REMINDERS/ANNOUNCEMENTS

SPRING BREAK

Spring break is this month, and we can't wait to spend quality time with all of our amazing kids!

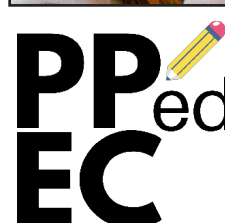
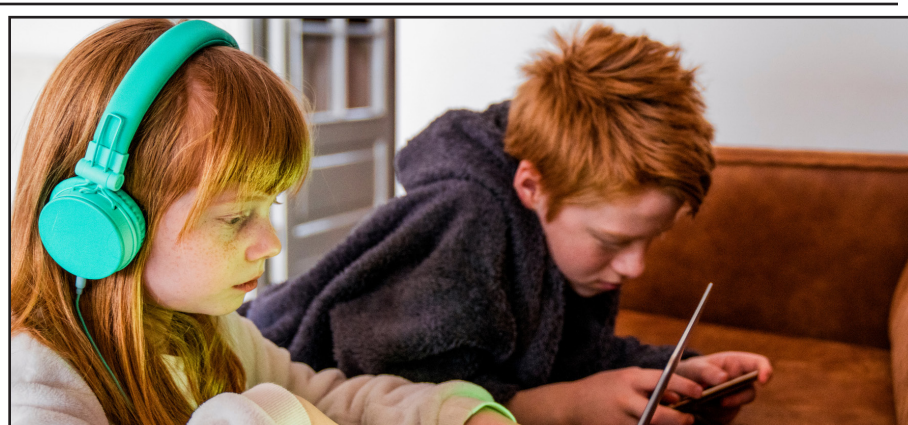
TRANSPORTATION

We proudly offer free transportation for every child as part of our services! If you'd like to add your child to a transportation route, reach out to your center's leadership team today!

SATURDAY SERVICES

Saturday PPEC services give parents and guardians the time they need to take care of important errands like grocery shopping, household tasks, or simply taking a well-deserved break—while knowing their child is in a safe, supportive environment. Extra care for your child, extra support for you!

Saturday services are a great way for school-age kids to continue their PPEC care while staying connected with friends and get familiar with new staff. Regular visits help maintain progress, ensure continuity of care, and make transitions smoother when attending for longer periods.



PPEC ed. PPEC Education

Internet Safety Tips for Children and Teens

According to 2024 data, children face many online risks, including cyberbullying, exposure to harmful content, and online predators. Teaching children about digital risks and how to avoid them is key to helping them make safe online choices. Parents and caregivers should start conversations early, keeping communication open so children feel supported in sharing concerns.

PARENTS/GUARDIANS SHOULD:

- Be familiar with the computer programs children are using
- Advise children against sharing personal information, photos, or videos
- Set up parental controls to manage app access and screen time
- Monitor your child's access to the Internet
- Place computer in a family room or other open common area in the house
- Have a designated area outside of child's bedroom to charge their phone overnight
- Do a periodic review of your child's cellphone, computer, emails and messages

It's never too early to start talking to children and teens about the risk they face online.

For additional resources click the links below.

[INTERNET SAFETY CHECKLIST](#)

[SAFETY TIPS](#)

[KNOW2PROTECT: TAKE ACTION](#)

[SOCIAL MEDIA TIPS](#)

Resource Spotlight

Brain Injury Florida

Brain Injury Florida's (BIF) purpose is to improve the quality of life for residents of the state of Florida who have sustained an acquired brain injury (from either traumatic or non-traumatic causes) by promoting effective awareness, education, outreach, treatment, prevention, advocacy, and support.

Brain Injury Florida is the only non-profit in the state of Florida solely serving individuals who have sustained brain injuries, their family members and the professionals who treat them. Our vision is to be the voice of brain injury in our community. Our mission is to improve the quality of life for those affected by brain injury.

We provide information about programs and services available in Florida—including social service agencies, healthcare agencies, physicians, counselors, rehabilitation facilities, disability benefits, etc. BIF works to provide timely information, assess client needs and present appropriate material to aid in making informed decisions.

BIF also has bicycle helmets that are distributed free to children in-need to help prevent brain injury that occurs from a fall or accident.

899,924

Floridians Living with Brain Injury

[LEARN MORE](#)

Programming Corner

At The Kidz Club, we take a holistic approach to the care of each child. Apart from skilled nursing, we also provide comprehensive programming. Programming refers to the intentional planning and organization of activities and experiences for children.

Fine Motor

Marshmallow Sculptures

Details

You will need:

- Large and small marshmallows
- Wooden toothpicks

A snowman or the house that the big bad wolf blew down – ask your child to create whatever they like, imagining their own stories about the sculptures they build. And when they're done, everyone can feast on the marshmallows!

Gross Motor

Floor is Lava!

Details

Encourage your child to assist you in creating an obstacle course in your living room by placing blankets, cushions, or even paper on the floor. Ask your child to hop from one to the next avoiding the "lava" (living room floor). Adding a story increases the fun (you're an adventurer looking for clues/dinosaurs are chasing you!), and kids love the idea of being on a quest and avoiding the lava!

This Month's Curriculum Theme: Stories

Try these activities at home

to support your child's learning this month

Nutrition



RECIPE CARD

Cheesy Ranch Corn

Ingredients

- 3 (15 oz.) canned corn kernels, drained and rinsed
- 1 cup plain Greek yogurt
- 1 tbsp ranch seasoning
- 1 lime, juiced
- 2 tbsp butter
- 1 cup shredded cheese

Directions

• Place corn and butter in a medium microwave-safe bowl. Microwave until butter fully melts and corn is hot, about 4 minutes. Remove from microwave and mix until corn is coated in butter.

• Add yogurt, ranch seasoning, lime juice, and cheese to bowl. Mix until well combined with corn.

• Place 2/3 cup of cheesy ranch corn in a cup or bowl. Can serve as is or paired with vegetables or whole grain cracker.

One serving provides 3/4 oz meat alternate and 1/2 cup vegetable.



Enjoy

[GET A PRINTABLE RECIPE CARD](#)

Therapy



MARCH IS NATIONAL BRAIN INJURY MONTH

Children recovering from a brain injury benefit from a structured, personalized approach to rehabilitation. Speech, physical, and occupational therapy all play a role in improving communication, mobility, and daily activities. For optimal recovery, it is crucial that children follow a structured, predictable routine and receive early, intensive intervention—ideally within the first year post-injury. Their rehabilitation plan should be tailored to their specific needs and environment, with frequent therapies multiple times per week. Adequate rest, proper nutrition, patience, and understanding are essential in supporting their progress. Regular check-ups with neurologists and other specialists ensure ongoing care and adaptation of their treatment plan. With the right support, children can regain essential skills and confidence in their daily lives.

SPEECH THERAPY

Use visual and tactile cues whenever possible to supplement communication, such as pictures, gestures, or written aids. Give clear, slow, simple instructions and encourage repetition across all contexts. If there are concerns regarding a change in eating skills, a child's SLP can set up a swallow study and accommodate their diet if necessary.

PHYSICAL THERAPY

Focus on balance and coordination exercises to encourage functional movement in a safe, supportive environment. Start with basic movements and then work towards incorporating skills into functional everyday tasks. A child's PT can order various equipment to help with functional mobility or positioning.

OCCUPATIONAL THERAPY

Incorporate sensory activities and fine motor practice whenever possible. Encourage repetition and guiding a child through their routine, fading out cues whenever possible to encourage increasing their independence. A child's OT will order adaptive equipment to help with this if necessary.