

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

### SCHOOL OUT DAYS

There are several scheduled school out days in March. Please check your child's school calendar and make plans for them to attend TKC!

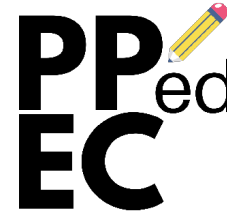
### TRANSPORTATION

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

### Traumatic Brain Injury Trust Fund

The TBI Trust Fund was established to provide flexible funding and support to those with brain injuries. The fund supports supplemental community-based efforts to meet the special needs of each individual with a brain injury.

Benefits are limited to \$15,000 per person per year, with a lifetime maximum of \$60,000. The program is not designed to provide intensive treatment or long-term support. However, the cost for case management services does not count against the person's annual or lifetime benefit cap.

Contact the Traumatic Brain Injury Trust Fund toll-free at (855) 816-9577 or (502) 564-6930.

[LEARN MORE](#)

### Brain Injury Alliance of Kentucky (BIAK)

BIAK seeks to share its philosophy, experience and skills with survivors, family members, students, caregivers, administrators, health professionals, legislators, the lay community and all those who desire to make a difference in the life of individuals with brain injuries and their families.

BIAK links survivors of brain injury and their families to support from others with similar experience; provides them with education and information about living and coping with brain injury; assists them in locating resources for financial assistance; and seeks to connect people with sources of emotional support.

[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.