



December 2020 Edition

In this newsletter, I highlight International Day of People with Disabilities. I included this United Nations recognized awareness day to honor everyone who has a disability or loves someone who does. It's important to remember that many disabilities are "invisible," such as mental illness, visual impairments, and hearing impairments.

Let me know who or what inspires you! Drop me a line at jenni@jennibasch.com. If you aren't already receiving this newsletter in your email, please join my list at jennibasch.com.

Have you heard of CURE Epilepsy?



CURE Epilepsy's mission is to find a cure for epilepsy, by promoting and funding patient-focused research. Their organization has raised over \$70 million to fund research and other programs. In addition, CURE Epilepsy has given over \$4 million to investigators to research infantile spasms (a particularly difficult to treat epilepsy). December 1 – 7 is infantile spasms awareness week!

Some of **CURE Epilepsy's** initiatives:

- Research
- The *Seizing Life* podcast led by the amazing Kelly Cervantes
- Innovative Programs
- Annual Events

Click [here](#) for more information.

December 3rd is International Day of People with Disabilities!



INTERNATIONAL DAY OF
PEOPLE WITH DISABILITIES

Did You Know?

- According to the WHO World Report on Disability, 15% of the world's population are living with a disability.
- The 2020 theme "Not all Disabilities are Visible" focuses on understanding that not all disabilities are immediately apparent.
- December 3rd is more than just an annual event; it's an international movement to advocate for the rights of people with disabilities.
- You could help by donating, volunteering your time, or spreading the word about International Day of People with Disabilities.



For more information about the International Day of People with Disabilities, check out this website for resources and useful information:

<https://idpwd.org/>

Awesome Product Alert!

So here's a great product for kids to learn their letters and numbers: **Just Smarty Interactive Alphabet Wall Chart**. This interactive toy allows children to practice letters and numbers using songs, interactive quizzes, and word association. Instead of using rote flashcards, let your children try this wall toy. Plus, it doesn't take up space on the floor. Let me know if you try it!

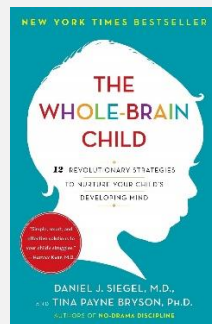
You can find it [here](#)



Book of the Month

The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind by Daniel J. Siegel and Tina Payne Bryson offers 12 key strategies to foster a child's brain development. Using neuroscientific principles, the authors provide tips and tools for cultivating healthy emotional and intellectual development in children. This is a great resource!

Siegel and Payne Bryson's Book:



Get it [here](#)

Inspiring Stuff!

A Day In Our Shoes, a website that provides tools to help parents advocate during school meetings, provides a list of toys and dolls with disabilities. I love that more companies are understanding how powerful such representation is for people with disabilities and their families. It's one thing to imagine your child's doll uses AFOs or a wheelchair. It's another to actually play with a doll that has leg braces or uses a wheelchair.



Check out the post:

<https://adayinourshoes.com/dolls-with-disabilities/>

I hope this newsletter provided useful and inspiring information. Keep healthy and drop me a line if you have questions or comments.

Until next time,
Jenni Basch