



June 2021 Edition

In this newsletter, I highlight Scoliosis Awareness Month. Scoliosis is a common condition that affects many children and teens. Thankfully, most cases are mild, but children with a curved spine do need careful monitoring while they grow and develop. June 8th happens to be National Best Friends Day so go spend some time with a best friend and enjoy your summer.

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 The National Council on Disability?



The National Council on Disability is a federal agency that advises the President, Congress, Federal entities, and other tribal communities and local governments on policies, programs, practices, and procedures that affect people with disabilities. In particular, the agency focuses on enhancing equal opportunities for everyone.

Some of the National Council on Disability's mandates:

- Convening stakeholders to acquire recommendations and action steps
- Gathering and analyzing data
- Engaging and influencing current debates and agendas
- Identifying and implementing solutions to issues and challenges

Click [here](#) for more information

June is Scoliosis Awareness Month!



Did You Know?

- Scoliosis is a sideways curve of the spine that measures more than 10 degrees on an x-ray.
- According to the Mayo Clinic, 3 % of US adolescents have scoliosis.
- Symptoms of scoliosis include uneven shoulders, uneven waist, one hip higher than the other, and one shoulder higher than the other.
- Some mild cases don't need treatment, but moderate to severe cases can require bracing and/or surgery.



For more information about Scoliosis, check out this website for resources and useful information:

<https://www.srs.org/>

Awesome Product Alert!

So here's a great way to help a child learn their letters. Check out the **Little Bud Kids Montessori Spin and Read Phonetic Reading Blocks**. This tactile learning material allows children to learn how to rhyme, create their own words, and manipulate objects. In addition the set contains a travel-size set of flashcards for learning letters on the go. Let me know if you try it!

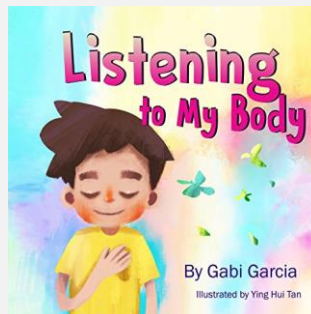
You can find it [here](#)



Book of the Month

Listening to My Body by Gabi Garcia is fabulous! This guidebook helps children understand the connection between their sensations and feelings so they can get better at figuring out what they need. Garcia has worked for twenty years as a school counselor. She wrote the book in order to help children build on their capacity to engage mindfully, self-regulate, and develop emotional resilience. Available in Spanish as *Escuchando a Mi Cuerpo*.

Gabi Garcia's Book:



Get it [here](#)

Inspiring Stuff!

Daniel Tiger's Neighborhood is already a fabulous television show on PBS Kids. But now I'm more excited than ever. The show is introducing an autistic character named Max. Max is sensitive to certain sounds, flashing lights, and uncomfortable fabrics, and can sometimes take him longer to get comfortable with new people and situations. Chris Loggins, supervising producer at Fred Rogers Productions, said that he wanted to help more children be represented and included on television.



Check out an article about *Daniel Tiger's Neighborhood* new character Max:

<https://www.disabilityscoop.com/2021/03/29/daniel-tigers-neighborhood-adds-character-with-autism/29265/>

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