



Behavioral Initiatives

Quality ABA Professionals

WELCOME 2021!!!

We hope everyone's Holidays were filled with warmth and cheer. This January marks the beginning of a new year and offers an exciting opportunity for a fresh start. However, ringing in the start of a new year is also a moment to acknowledge and reflect on the past year.

With all the changes that 2020 inflicted on us, our BI family handled it with the utmost poise and professionalism. Our kiddos have done so well in practicing Covid-19 Safety Measures like mask-wearing, and social distancing and our staff has done a great job at enforcing these new measures while continuing to provide quality ABA services to our kiddos.

2020 was also a year of a lot of fun memories here at BI. We hosted some great activities and events for our kiddos and staff like Spooky Week and our Holiday Spirit Week. We had our first field day and published our first newsletter. Just this past month, we organized our first Toy and Food Drive. Thanks to your donations, we were able to donate over fifty toys to two great organizations, Kids In Distress and The Bougainvilla House, and donated over fifty cans of food to



the Food Pantry of Broward just in time for the holiday season. Here are some of our favorite pictures from 2020 to look back on. Thank you for a great year. We cannot wait to see what 2021 has in store for us!



BI Superstars of the Month



Fernanda Vasquez

Fernanda has increased her tacting repertoire drastically and has now begun to communicate using 2-3 word utterances. She has also begun participating in the day program and has excelled during circle time! Keep up the great work Fernanda! We are so proud of you!

Ring in the New Year

As we usher in 2021, many of us are focusing on New Year's Resolutions and goals. May we suggest you take part in the practice of self-care. Self-care describes a conscious act one takes in order to promote their own physical, mental, and

Types of Self-Care

Physical  Sleep Stretching Walking Exercise Nutrition Yoga	Emotional  Stress Management Coping Skills Compassion Therapy Journaling	Social  Boundaries Support System Positive Social Media Communication Friends	Spiritual  Time Alone Meditation Prayer Nature Sacred Space
Personal  Hobbies Creativity Goals Identity Authenticity	Space  Safety Healthy Environment Stability Clean Space	Financial  Saving Budgeting Money Management Paying Bills Boundaries	Work  Time Management Work Boundaries Breaks

BlessingManifesting

emotional health. All the stress relief activities in the world won't help if you aren't taking care of yourself. Let's toast to being present now and discovering tips on how to move forward and start the new year off fresh, clean, and positive.