

Hello Valerie;

I am finally finding the time to give you our report. We are doing REALLY well. We are so thankful for your care and generosity. I think of you practically every other day and pray for you often.

Jane loves her exercises and in fact asks for them. We have only missed one day of doing them since we came to you 4 weeks ago and on three other days got through 50 to 75% of our program instead of 100%. Jane took her PM massage ball to bed with her the first few days and kissed it and wanted to take it to Sunday school.

So what are our amazing “firsts” since we started the program ?!

- 1) A six mile bike ride totally initiated by Jane, at dusk and finished in the dark, without one stitch of whining or complaining about fatigue and without one single stop for rest. This was note worthy because this little gal of mine is athletic, and a “body” person built of pure muscle, but much to Mom’s frustration did not seem to be naturally drawn to biking and would complain and act worn out after barely a block on family bike rides leaving the two of us to poke along with Daddy way out ahead. She also has been a bit afraid of the dark in the past (and still is).
- 2) Jane told me about 2 weeks ago that she really doesn’t mind printing now (pencil grip is not consistently corrected yet), her only problem now is that her thoughts come so fast it is hard to keep up writing them down.’ She thinks she is going to like cursive much better.
- 3) We were in a rush after school to get ready for some guests, and Jane had dumped all her stuff on the floor and come into the kitchen and was starting to help me. I gave Jane a three part set of instructions only once which she successfully carried out and then came back down stairs in reasonable time and spontaneously resumed setting the table. My previous experience and expectation would have been to follow her upstairs ½ hour later to find her playing with something - not having carried out the instructions and having completely forgotten that there was an urgent task to resume. We have not completely conquered the challenge of efficient morning readiness but I can see hope on the horizon.
- 4) While quietly relaxed and carrying out our HANDLE exercises one evening, sitting facing each other on the bed, Jane made self-initiated, sustained eye contact with me while we talked. It was a wonderful and surprising moment because after all these years I had almost forgotten that eye contact was missing and that it is delightful. My daughter has beautiful eyes and I felt that I was speaking quietly into her soul without a veil at that moment.
- 5) Jane is grinding her teeth MUCH less at night now
- 6) Jane is kicking her feet and writhing around MUCH less in bed

I was pondering all this eye contact, vestibular, and “reflux” stuff one night and remembering that one of my frequent frustrations in trying to get Jane to sleep as a little one is that she would NOT shut her eyes. I can remember putting my hands over her eyes in desperation some times, hoping she would sleep before I keeled over exhausted or gave up on the whole sleeping enterprise out of frustration. Well, I asked her about it and she says she feels “weird” with her eyes shut – “she feels like her eyes are going this way and that way and that she feels really dizzy”. Has to be some vestibular issues here. Go figure – I wouldn’t welcome sleep or a nap under those circumstances either.