

Ja'Miya's Journey Continues



Difficult moments in our lives often leave lasting memories, especially when they happen to us. We first introduced you to Ja'Miya back in 2019 when she and her mom, Clovetta, shared their journey with cerebral palsy (CP). Ja'Miya's development came to a screeching halt when she was four months old after a near-drowning accident that led to a diagnosis of CP. It meant many milestones we take for granted, things like learning to use her hands, talk, or eat on her own were disrupted. Over the past several years a lot has changed in Ja'Miya's life, and she has made incredible progress! She is now nine years old, walking without any support, and wants to become a doctor when she grows up. Watch the new video of Ja'Miya's progress here:

(include video graphic with link to existing Ja'Miya page: <https://larabida.org/jamiya>)

This Month on Social

Meet Maggie



As a result of being born premature, 18-month old Maggie experiences some developmental delays. To address these concerns, Maggie receives Early Intervention (EI) services through La Rabida's Child and Family Connections (CFC). Maggie works with her care team on a weekly basis to grow stronger and stronger during physical therapy. "Maggie has significantly improved. She is making huge strides towards improving her fine and gross motor skills. We have seen a lot of improvements there," shared Maggie's mom, Christy.

National Pediatrician Day



In honor of National Pediatrician Day on Friday, January 28th we'd like to thank the amazing team of physicians who help transform the lives of our kids each and every day. With their thoughtful care and expertise in the complex obstacles that our patients face, La Rabida's team of dedicated doctors go above and beyond to help our patients reach their goals – both inside and outside of the hospital's halls. Thank you for all that you do!

MLK Day



Every January La Rabida takes the time to celebrate the life of Reverend Dr. Martin Luther King Jr. and honor the work of so many who fight, and have fought, for civil rights. This year, our staff came together to give back to our community through a food drive supporting Ordinary People International, an organization whose mission is to enrich the quality of life for those in need and contribute to the health and vitality of the community.

The Benefits of Infant Massage Beyond Just Relaxation



La Rabida is focused on treating the whole child this includes both their physical and social-emotional needs. Infant massage is one of the many tools that our care team uses to not only support a patient's physical needs but also promote bonding between the child and their parent.

Through different strokes and techniques, infant massage can improve things like colic, constipation, muscle stiffness, digestion, and gas. "There are specific massage strokes that are for each part of the body," explains Kirstin Zaloum, Infant Development Specialist at La Rabida. "There are certain strokes to help with blood flow, get the body moving, and help the child relax."

In the hospital setting, infant massage is also used to help a child build a positive experience with touch. "Many of our patients have long histories of hospitalization and, as a result, don't enjoy the experience of being touched," explains Kirstin. "If a child doesn't tolerate touch because of their history, you can usually do something like resting hands on their arms or their legs or their chest. That helps them get used to touch. Then we might gradually move on to a stroke once they are ready."

Infant massage is a tool that our team teaches parents and caregivers. "The thing I love the most about infant massage is the relationship that it builds between the caregiver and the child. It is such a beautiful bonding moment," shares Kirstin. "Their bare hand is touching their child's skin and that's facilitating bonding and attachment. You're looking at the child, looking into their eyes, reading their cues, you're smiling, you're singing – it's such a beautiful interaction." Infant massage also gives parents techniques to comfort and calm their child in times of stress or discomfort.

While infant is in the name, this tool is beneficial to our older patients too. "The great thing about infant massage is that you can modify it for each patient's needs," says Kirstin. "I can usually find a reason to do infant massage with any of our inpatients. I've done it with a 16-year-old, a 7-year-old, infants – we can find benefits for everyone."

Infant massage has been incredibly beneficial for La Rabida passenger, Mikela, and her mom, Matiana. "I learned to do the massages from her therapist. Her therapist does it on a doll and I do the same to Mikela," said Matiana. "I enjoy it because it is a time where we can bond. I give her massages on her stomach, legs, face, arms, and back while I sing her songs. I can see her expressions and how calm and relaxed she gets while I do it. I can always see the smile in Mikela's face."

The key to success with infant massage is to take the child's lead and allow them to be in control. According to Kirstin, "kids want to be in charge just like adults do. Not all kids tolerate touch in the same ways and that's okay. They are in charge and we adapt to them. They want to be independent and through massage, we can facilitate that independence."

Help Us Help Our Patients

At La Rabida Children's Hospital, our mission is simple: we're dedicated to improving the quality of life for each of our patients who live with complex conditions, disabilities, and chronic illnesses. We treat patients regardless of their family's financial circumstances. We are able to do this because of the support of individuals like you. Help support our mission today by visiting <https://larabida.org/donate>

DONATE TODAY

2020 - 2021 Annual Report

125 Years of Raising Possibilities

2021 La Rabida Annual Report



Dear Friends,

This year we celebrated the 125th anniversary of the founding of La Rabida Children's Hospital. For 125 years, La Rabida has provided care for the most vulnerable children in Chicago. And just like in generations past, we have delivered on that mission while also managing through a pandemic.

Our History

1893
At the end of Chicago's World Columbian Exposition in 1893, the Spanish Government asked that the replica of the La Rabida Monastery become a sanitarium for the children of Chicago.



La Rabida is focused on treating the whole child this includes both their physical and social-emotional needs. Over the last year, we faced obstacles our community never saw coming. Despite these challenges, we also found resilience and continued to work each and every day to provide the best quality of care to our patients. We were able to do this with your help. Because of the contributions and investments made in our mission over the last year, La Rabida has changed the lives of children and families across Chicago. Take a look at our 2020-2021 annual report here to see just how your support made a lasting impact.

Celebrating Valentine's Day with WSHE



La Rabida is focused on treating the whole child this includes both their physical and social-emotional needs. Our friends at SHE 100.3 are showering La Rabida with love again this Valentine's Day through their annual card drive! Now through February 4th, you can craft a handmade Valentine's Day through our friends at the S.S. La Rabida. For more information, please visit <https://wshechicago.com/event/valentines-day-cards-for-kids>.