



**Tots to Teens**  
therapy services

VOL. 9 August 2022

# TOTS TALK

## AUGUST 2022



### UPDATES

- Starting in August see your therapist reading your favorite back to school book.
- Parent's Corner will be featured in each newsletter. If you want anything featured please e-mail: [pr@totstoteenstherapy.com](mailto:pr@totstoteenstherapy.com)
- **Referral Program: Share your experience with Tots To Teens with your family and friends and receive a gift card for each referral.**
- Thank you for everyone that came to our summer interest groups. It was a huge success. We had fun launching rockets and navigating obstacle courses. Look at page 2 to see the highlights.
- School is starting soon! Please read some tips for helping our kids adjust to going back to school.

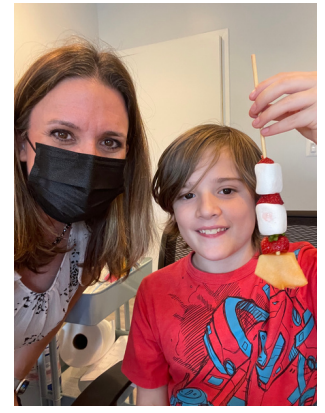
It is that time of year where the kids are going back to school! Here are some tips to help the transition of going back to school easier. Start preparing at home several weeks before school starts.

- 1) Schedule: Create a verbal or picture schedule for the before and after school routine. Start practicing these routines several weeks before school starts.
- 2) Behavior: Remember a change in routine and going back to school can cause behavior changes and sleep patterns.
- 3) Sleep: Establish a regular wake up and bed times that align with the school schedule. Getting enough sleep is critical for a child to be successful in school. See page 5 for more tips.
- 4) Transportation: How are your children getting to school walking, riding the bus, or riding in a car. If they are walking start taking daily walks to familiarize your children with the way they will get to and from school.
- 5) Lunches: Start practicing using their lunch boxes several weeks before school so they know how to open the containers and get familiar with the lunch foods.
- 6) Prepare: Go to the library and get some back-to-school books and start reading daily to get excited about the first day of school.
- 7) Strategies: Think about and plan for strategies that will help your child focus in the classroom. Do they need pencil grips, fidget toys, activity/motion breaks, etc.
- 8) Asking for help: Remember you don't need to wait until the first day of class to ask for help. Schools are open a few weeks before school starts to address any concerns you may have.
- 9) Backpack: Choose a backpack that fits your child. See page 3 for more tips on how to find the correct backpack for your child's size.



## SUMMER INTEREST GROUP PICTURES FROM ROCKET LAUNCHER AND GROSS MOTOR PLAY

We worked together as a team to accomplish gross motor tasks and defeat the Floor is Lava game. We used our fine motor skills and following direction skills to create rockets that we launched into the sky. We were able to explore and try new foods as we used our snacks to create rockets and volcanos. Thank you for all the participated!







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AOTA

The American Occupational Therapy Association, Inc.

## 1, 2, 3's of Basic Backpack Wearing



### 1 Pack It

### 3 Adjust & Carry



Utilize different compartments and pockets to distribute weight

- Heavier items closer to the back center of the backpack
- Lighter items in the front of the backpack
- Sharp items away from the back

lightest mid-weight heaviest

Lighten the load so it is no more than 10% of your child's weight; heavy backpacks can cause falls and spinal damage

10%

### 2 Put It On



Teach your child to pick up the backpack by **bending and lifting in the knees** instead of the waist to prevent back injury



Always use **both shoulder straps** to prevent injury

Adjust the **sternum strap**

Secure the **hip belt**

The backpack should **rest snugly** against the back



Watch for **warning signs** that the backpack is too heavy, including:

- **Difficulty** when putting on or taking off the backpack
- **Pain** when wearing the backpack
- **Tingling** or numbness in the arms or legs
- **Red strap marks** over the anterior part of the shoulders
- Any change in side to side **posture** while wearing the backpack

shoulders

hips

Adjust the shoulder and waist straps so that the pack fits comfortably.

To ensure a proper fit, make sure the backpack does not extend **past** your child's shoulders, or below the top of the hipbones.

"The selection of a backpack is a family affair. By joining together as a team children will realize the importance of proper backpack wearing. It should be considered a fun family activity. The bottom line message is to have children begin to take more responsibility for their physical health."

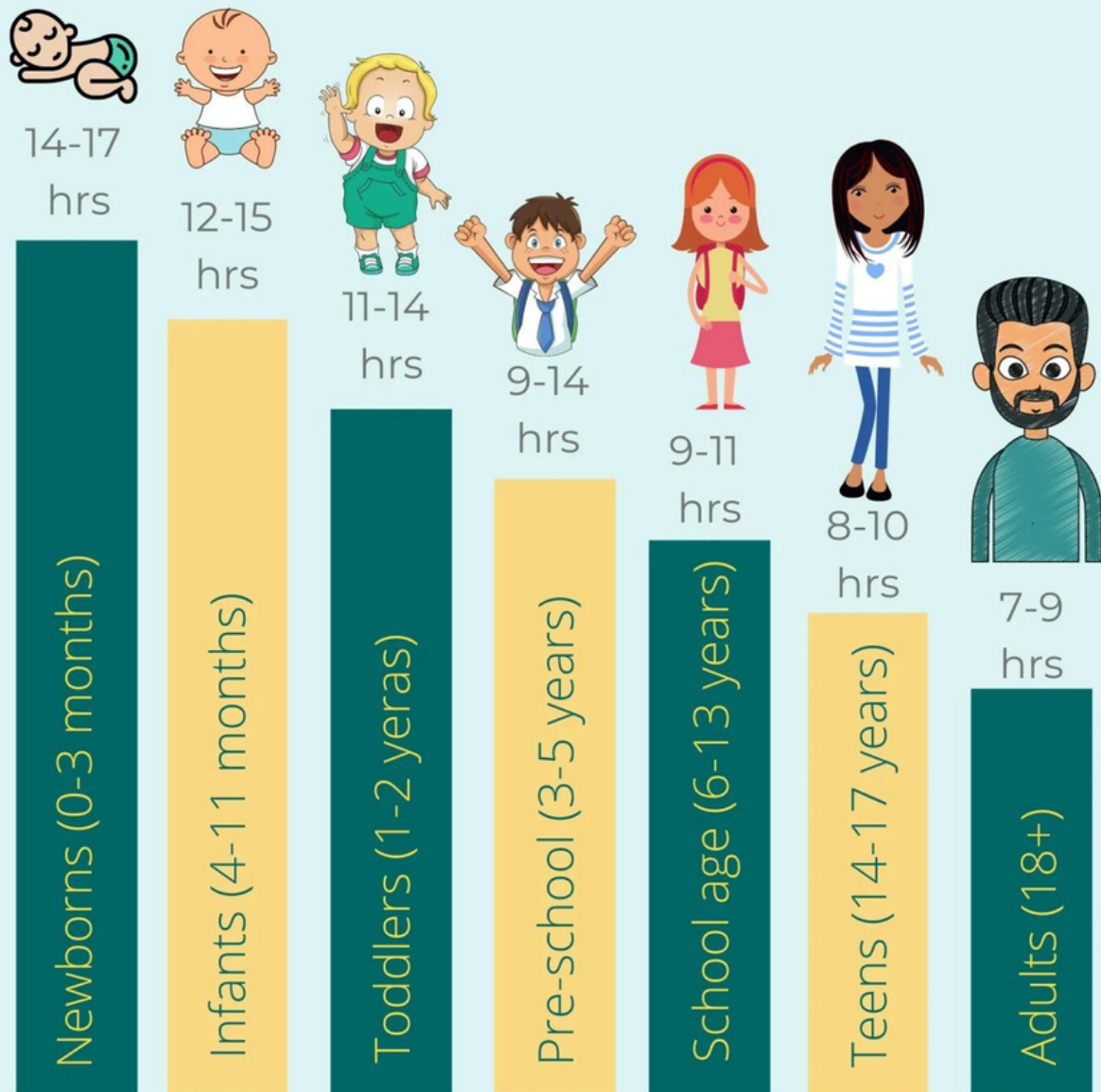
-Dr. Karen Jacobs, Occupational Therapist & Ergonomist



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EdPsychEd


# How much sleep do we really need?






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# Preschool-1st Grade




LEVEL  
**1**





# AUGUST

## SUMMER























### ACTIVITY-A-DAY





Indicates a  
Weekly Plan  
Printable  
Resource




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SUNDAY	MONDAY FINE MOTOR	TUESDAY SENSORY	WEDNESDAY VISUAL PERCEPTUAL/VMI	THURSDAY HANDWRITING	FRIDAY GROSS MOTOR	SATURDAY AROUND THE HOUSE
<b>&gt;&gt;&gt; WEEK 1</b>	1 Clothespins 	2 Ice Eggs 	3 Cut & Sort 	4 Summer Memories 	5 Swim	6 Put Away Groceries
<b>&gt;&gt;&gt; WEEK 2</b>	7	8 Rip Paper 	9 Chalk Spray 	10 Which is Different? 	11 A - Z Scavenger Hunt 	12 Animal Walks 
<b>&gt;&gt;&gt; WEEK 3</b>	14	15 Pipe Cleaner Animals 	16 Tactile Tray 	17 Tangram 	18 Print LC Letters 	19 Yoga 
<b>&gt;&gt;&gt; WEEK 4</b>	21	22 Dough Mat 	23 Water Play 	24 Summer Puzzle 	25 Print #'s 	26 Hike 
<b>&gt;&gt;&gt; WEEK 5</b>	28	29 Build with Legos 	30 Dough Mats 	31 Summer I Spy 		



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# Grade 2-4




LEVEL  
2




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## SUMMER























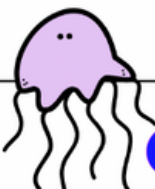
### ACTIVITY-A-DAY



Indicates a  
Weekly Plan  
Printable  
Resource




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SUNDAY	MONDAY FINE MOTOR	TUESDAY SENSORY	WEDNESDAY VISUAL PERCEPTUAL/VMI	THURSDAY HANDWRITING	FRIDAY GROSS MOTOR	SATURDAY AROUND THE HOUSE
 WEEK 1	1 Stack Coins! 	2 Ice Eggs 	3 Roll & Draw 	4 Summer Memories 	5 Swim	6 Put Groceries Away
7  WEEK 2	8 Hole Punch 	9 Chalk Spray	10 Let me Think!	11 A - Z Scavenger Hunt 	12 Animal Walks 	13 Make Bed
14  WEEK 3	15 Marshmallow Structures 	16 Tactile Tray	17 Cootie Catcher 	18 Write Letter 	19 Yoga 	20 Fold Laundry 
21  WEEK 4	22 Modeling Clay	23 Fruit Mix Dough	24 Puzzle Time 	25 Printing Practice 	26 Hike	27 Make Fruit Smoothie 
28  WEEK 5	29 Make a Pinwheel 	30 Trampoline	31 I Spy! 	 2022		




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# Grade 5 & Above




LEVEL  
3




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






## SUMMER

### ACTIVITY-A-DAY



Indicates a  
Weekly Plan  
Printable Resource



SUNDAY	MONDAY FINE MOTOR	TUESDAY EXECUTIVE FUNCTIONING	WEDNESDAY VISUAL PERCEPTUAL/VMI	THURSDAY HANDWRITING	FRIDAY GROSS MOTOR	SATURDAY AROUND THE
 WEEK 1	1 Make a Pinwheel 	2 Make a List: School Supplies 	3 Roll & Draw 	4 Summer Memories 	5 Swim	6 Fruit Kabobs
7  WEEK 2	8 Rangoli Coloring 	9 Map Skills 	10 Let me Think!	11 Make a Comic Strip 	12 Yoga 	13 Make a Sandwich 
14  WEEK 3	15 Marshmallow Structures 	16 Organize	17 Draw other Side 	18 Printing Practice 	19 Copy Me! 	20 Make a S'more
21  WEEK 4	22 Collage	23 Write a Letter 	24 Copy Grid Design 	25 A - Z Scavenger Hunt 	26 Hike	27 Make Fruit Smoothie 
28  WEEK 5	29 Stack Coins! 	30 Organize School Supplies	31 Find Differences 			

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# ***Parent's Corner***

Attention parents: If you want anything featured on this page of our newsletter, please e-mail:  
[pr@totstoteenstherapy.com](mailto:pr@totstoteenstherapy.com)

