



Tots to Teens
therapy services

TOTS TALK

VOL. 21 August 2023

Backpack Safety

Tips for Parents

Parents can help ensure their child's safety by doing the following:

- Encourage your child or teenager to tell you about any numbness, tingling, or discomfort in the arms or legs. These symptoms may indicate poor backpack fit or too much weight being carried. Do not ignore any back pain in a child or teenager.
- Watch your child put on and take off the backpack to see if it is a struggle. If the backpack seems too heavy, have your child remove some of the books and carry them in his or her arms to ease the load on the back..
- If your child has back pain that does not improve, consider buying a second set of textbooks to keep at home.

Choosing the Right Backpack

When choosing a backpack, look for one that is appropriate for the size of your child. In addition, look for some of the following features:

- Wide, padded shoulder straps
- Two shoulder straps
- Padded back
- Waist strap
- Lightweight backpack
- Rolling backpack



To prevent injury when using a backpack, do the following:

- Always use both shoulder straps when carrying the backpack.
- Tighten the straps to keep the load closer to the back.
- Organize the items inside so that heavier items are low and towards the center of the backpack.
- Pack light, removing items if the backpack is too heavy. Carry only those items that are required for the day and, if possible, leave unnecessary books at home or school.
- Lift properly by bending at the knees when picking up a backpack.
- Consider using a crossbody bag as a good alternative for carrying books and supplies.

UPDATES

- The month's newsletter will be highlighting Backpack safety and Back to School Tips.
- New Clinic opening in August. Keep a look out for information coming out this month
- Book Festival in DC August 12th.
- Exciting things are happening at Tots to Teens. Check us out on Facebook and Instagram to stay connected.





Tots to Teens
therapy services

Back To School - Tips for Parents

Whatever their age, many kids are apprehensive about starting school or going back to school. The good news is there's a lot you can do to ease their minds and help them get ready for a new school year.



- **Early to bed** – This won't happen overnight! A few weeks before school starts, get your child into the habit of going to bed earlier. Gentle winding-down activities such as bath time and reading before bed can help your child relax.
- **Re-establish a routine** – Establishing a consistent routine is important for kids. In the evening, this could include doing homework, playtime, brushing their teeth, having a bath, and reading before bed.
- **Encourage independence** – Children who play an active role in preparing for back to school – such as choosing and organizing school supplies and new clothes – are more likely to get excited about going back to school, which in turn eases their jitters. Involving your children in choosing and preparing healthy lunches or snacks. Or other age-appropriate tasks will help your child gain independence and confidence.
- **Talk about safety**– things like looking both ways before crossing the street, taking the same route every day if they are walking, familiarizing themselves with crosswalk rules, and being cautious in talking to strangers.
- **Limit screen time** – Back to school is the perfect opportunity to re-establish screen time limits. Have the whole family “unplug” in the evenings before bedtime. Choose a spot where everybody can charge their devices overnight. Use an alarm clock instead of a cellphone to wake up in the mornings.
- **Map it out** – If your child is starting at a new school, practice walking or driving to the bus stop or to the school building a week or two before school starts. You could even play in the school playground before school starts. Attend any available orientations and take an opportunity to tour the school before the first day. If you feel it is needed, drive your child (or walk with them) to school and pick them up on the first day. Get there early on the first day to cut down on unnecessary stress.



Tots to Teens
therapy services

Infant and Toddler Books

Infants will enjoy looking through wordless picture books, or books that have just a single word along with a big picture. But also try books that contain phrases or short sentences. It's important for infants to hear language. Nursery rhymes and verse books are good for this age, too.



Check out this resources we found for choosing books for you child.

www.parents.com/baby/development/intellectual/age-by-age-guide-to-reading-to-your-baby/

www.weetalkers.com/blog/choosing-books-for-babies-toddlers

National Book Festival

The National Book Festival will take place on Saturday, Aug. 12 from 9 a.m. to 8 p.m. at the Walter E. Washington Convention Center in Washington, D.C. Doors will open at 8:30 a.m. The festival is free and open to everyone, and ticketing is not required

Some authors to look for:

Elementary/Middle School

Daniel Nayeri - "The Many Assassinations of Samir, the Seller of Dreams."

Jamar Nicholas and Nisi Shawl - "Leon the Extraordinary" (Nicholas) and "Speculation" (Shawl).

Claribel A. Ortega second Witchlings book, "The Golden Frog Games."

R.J. Palacio and Erica S. Perl - "White Bird: A Novel."

Gary D. Schmidt - "The Labors of Hercules Beal."

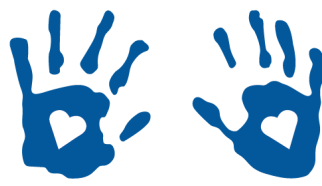
Sara Shepard - "Penny Draws a Best Friend."

Picture Books

Joy Harjo and Michaela Goade - "Remember,"

Grace Lin - "Once Upon a Book."

Doug Salati and Lane Smith - "Hot Dog" (Salati) and "Stickler Loves the World" (Smith).



Tots to Teens
therapy services

NEWEST MEMBERS OF OUR TEAM

Brittany Parker

Brittany is Tots newest Client Services /Front Desk Assistant. She will be providing her talents at the new Dumfries clinic once it is open.

Ce'zanne Khabbaz

Ce'zanne is one of our newest speech pathologists. She enjoys working in pediatrics and has experience in private clinics, elementary schools, and high schools. She has done research projects emphasizing the characteristics of African American English (AAE) in young children, and plans to continue her passion for research later in her career. In her free time, Ce'zanne enjoys hiking, baking, trying new foods, and spending time with her family.

Nicole Zimmerman

Nicole is also a speech pathologist and we are thrilled to have her join our team. Nicole began her career working in the school setting with students from the preschool age through high school. She has experience in the areas of articulation, receptive and expressive language, fluency, pragmatic aspects of communication, and Augmentative & Alternative Communication (AAC). In her free time, she enjoys hiking, being outside, and trying new coffee shops.

Christina's Corner

New Clinic Opening

Our new clinic located at 3850 Fettle Park Dr, Suite 103, Dumfries 22026 will open in **Mid August**.

Look for more information coming on through the month of August.

Exciting features of this new location include :

- First floor office (no stairs)
- Five treatment rooms
- Large sensory gym
- Dedicated teletherapy office
- Kitchenette with refrigerator for our feeding families