



Tots to Teens
therapy services

TOTS TALK

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UPDATES

- The month's newsletter will be highlighting Back to School Tips.
- Book Festival in DC August 24th.
- Exciting things are happening at Tots to Teens. Check us out on Facebook and Instagram to stay connected.



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.



Summer Picnic





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National Book Festival

The 2024 National Book Festival will be held in the nation's capital at the Walter E. Washington Convention Center on Saturday, August 24, from 9 a.m. to 8 p.m. (doors open at 8:30 a.m.). The event is free and open to the public. A selection of programs will be livestreamed online and videos of all programs will be available shortly after the Festival.

Some authors to look for:



Elementary/Middle School

- James Bird, - "No Place Like Home "
- Jonathan Todd - "Timid,"
- Vera Brosgol - "Plain Jane and the Mermaid,"
- Kazu Kibuishi - "Waverider," the final novel in the Amulet series, discuss their fantasy adventure graphic novels.
- Peter Brown - "The Wild Robot Protects," the third title in the "Wild Robot" series
- Pablo Cartaya - "Curveball"
- Hena Khan - "We Are Big Time"
- J.C. Cervantes - "The Daggers of Ire" Zetta Elliott, author of "The War of the Witches"
- Ernest Cline- "Ready Player One," and "Bridge to Bat City"
- Barbara Dee - "Unstuck"
- Susan Haas and Lexi Haas, mother-daughter author duo - "The Year of the Buttered Cat: A Mostly True Story,"
- Anna Lapera, - "Mani Semilla Finds Her Quetzal Voice"
- Sherri Winston - "Shark Teeth"

Picture Books

Steve Asbell - "Flap Your Hands: A Celebration of Stimming"

Stephanie Seales, - "My Daddy Is a Cowboy,"

Max Greenfield - "Good Night Thoughts," a sweetly funny bedtime book about anxiety and being present.

Oliver Jeffers and Sam Winston - "The Dictionary Story,"

Meg Medina - "No More Señora Mimí,"

Adam Rubin and illustrator Liniers - "The Truth About the Couch."



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GRADUATIONS



GOODBYES



Ms. Kaitlyn - Although we are sad to see Ms Kaitlyn go, we are so excited for her as she becomes Mrs LaVille. We wish Kaitlyn and Xander the very best as they start their new life in Charleston, SC.

Christina's Corner

Reminders:

- All session payments and copayments are now due at the time of service. Prepayment can be made using the link on our website or you can pay at the front desk.
- Please remember to let Christina W. at **accounts@totstoteenstherapy.com** know if there are changes to your account. This includes Address and Insurance. Failure to notify us of these changes can result in an unexpected charges.