Tots to Teens
therapy services

TOTS TALK

UPDATES

- **The month's newsletter will be highlighting Backpack safety**

- **Spinal Muscular Atrophy (SMA) Awareness Month. SMA is a genetic disease that affects the nerve cells controlling muscles, leading to muscle weakness and wasting.**

- **Exciting things are happening at Tots to Teens! Check us out on Facebook and Instagram to stay connected.**
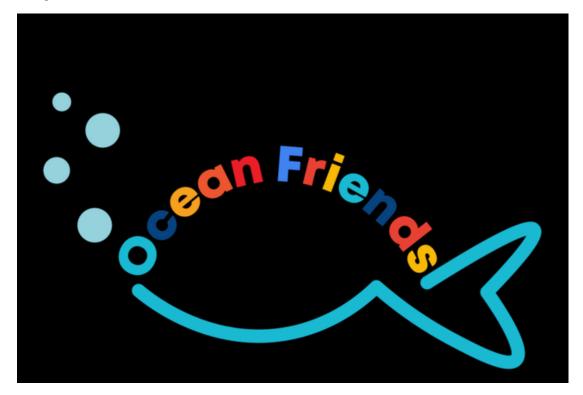
Ocean Friends is on its way

Tots To Teens is diving into our new electronic medical record platform, Ocean Friends in August. We are so excited to have you come join this new adventure which will make scheduling, communication, and accessing important information easier than ever for our families.

- View and manage your child's schedule with ease
- Receive important clinic updates & appointment reminders
- Access documents, billing info, and more—all in one place!

Take the plunge with us!

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.

Tots to Teens is Growing

Welcome Sofi

Sofi received my Master of Science in Occupational Therapy from Gannon University in Erie, PA. I've always had a passion for working with children, which led me to discover and fall in love with occupational therapy. I especially enjoy collaborating with caregivers and children to support their growth and success. When I'm not at work, I love traveling, being outdoors, and spending time with my two dachshund puppies.

Kayla's Korner

Reminder:

- Tots to Teens is growing and we now have immediate openings for Speech, Occupational Therapy, and Physical Therapy services. Please complete our **intake** form to start the process.

- Need to change your child's schedule for the new school year? Now is the prefect time to contact email **frontdesk@totstoteenstherapy.com**

- If your child has a day off from school and you need to cancel, switch to a virtual visit, or would like to see if an earlier time is available for that day, please email **cancel@totstoteenstherapy.com**

- 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 Katie W, **authorizations@totstoteenstherapy.com** know if your insurance has changed. Failure to notify us of these changes can result in unexpected charges.

Free Screening Coupons !!

15 minute screenings for speech, physical, or occupational therapy.
If you know anyone that would like to come in for a free screening please contact the front desk.