



Tots to Teens
therapy services

VOL. 4 DECEMBER 2021

TOTS TALK

NEW UPDATES AND CURRENT EVENTS

**Prince William Clinic
Opening!**
12581 Milstead Way
Suite 302
Woodbridge, VA 22192

As COVID restrictions are evolving, we are continually reassessing and adjusting our policies in accordance with the governor's orders. At this time, our waiting room continues to be closed in Stafford.

We are also continuing to take daily temperatures, ask our COVID screening questions and are implementing extra cleaning measures. Thank you for your cooperation!

DECEMBER 2021

- December is an EXCITING month for Tots to Teens! We are EXTREMELY close to opening our new location...we can not wait for you all to check it out! We plan on offering walk through time slots to help your kiddos transition to the new environment. Be on the look out for these times in your email!



**Prince William
Parkway and Hoadly
Intersection!**



- As we reflect on this past year of growth and change for Tots to Teens, we can not express enough how thankful we are for each and every one of YOU! Thank you for trusting your children with our care. We feel incredibly blessed to have all of you as part of our Tots Family. We are looking forward to another amazing year serving you and our community in 2022!





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Winter is Coming!

Car Seat Safety

AAP recommendations for keeping warm and SAFE during the winter months:

1. STRAP, Then WRAP

Avoid putting any bulky clothing such as winter jackets and snowsuits before strapping your child in. Strap them into the car seat wearing only thin clothing and then wrap them in a winter blanket or you can put their coat on backwards.

2. Keep extremities warm

Hats, gloves/mittens, leggings, long underwear and warm socks with boots are a great way to keep your kids warm without compromising their safety.

3. Infant car seat

Infant car seats can be stored indoors when you're not using to keep it at room temperature. This will reduce the amount of body heat your child loses when you place them in it. Car seat covers should only go ON TOP of the seat. Ensuring that the baby's face is uncovered to avoid dangerous rebreathing of exhaled air

4. Do the harness pinch test

When your child is wearing several layers of clothing, they may look tightly strapped into their seat, when in fact there is extra space between the fluffy padding inside your child's coat. This is dangerous during the force of a crash because it can flatten the padding and creates extra space for your child to be "thrown" from their seat. If you're able to pinch the material of the harness straps between your fingers, they need to be tightened. You should only be able to slip one finger between the straps and your child's chest. The buckle should be secured slightly between or at the child's shoulders.

5. Keep an emergency bag in your car

Pack a bag that contains spare clothes, hats, gloves, blankets, water and non-perishable snacks in case of an emergency.





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Winter is Coming! Car Seat Safety



Correct

Incorrect

After Coat
Compression

The Car Seat Lady's Magic Coat Tricks



Bulky Coat On...
Straps Too LOOSE



Dressed in Layers
& Straps Snug



Bulky Coat Worn
OVER Snug Straps



THECARSEATLADY.COM



Unzip THIN Jacket
Pull Jacket Away
from Straps at Chest & Hips
Get Straps SNUG
Zip Jacket OVER SNUG Straps

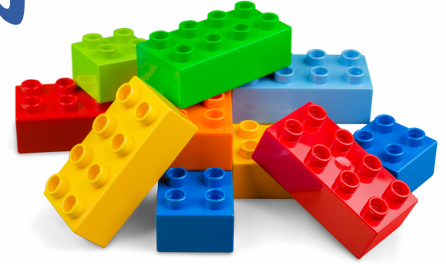




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Top 10 Criteria for Choosing a Good Store Bought Toy

By: Cari Ebert, MS CCC-SLP



- 1) Select toys without batteries- The more the toy does, the less the child does. Battery operated toys limit creativity and imagination. We want the child to provide the power, the imagination and the sound effects.
- 2) Look for toys that encourage active play instead of passive entertainment. Not "What does the toy do for the child, but rather what does the child do to the toy?"
- 3) Choose simple toys that can be used in a variety of ways. These toys are more likely to grow with the child.
- 4) Select toys that are safe and durable. We want toys that are constructed well and will hold up to lots of use.
- 5) Select toys that are interesting to your child, but expose him to new toys as well.
- 6) Seek out toys that are made from natural materials. Children need a break from cold, hard plastic toys.
- 7) Choose toys that can be easily manipulated. We want the child to be successful during play time while challenging his abilities just enough.
- 8) Look for toys that allow the child to learn naturally through exploration and encourage problem solving. Avoid toys that force feed academics.
- 9) Select toys that spark the child's imagination. Generic toys without characters from movies or cartoons are best!
- 10) Choose toys that are interesting to adult too. Helps foster cross-generational play.



"The more the child has to use his own mind and body during playtime, the more he will benefit from play!"





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Stocking Stuffer Ideas

for Speech and Motor Development

BUBBLES



PLAYDOUGH



KINETIC SAND



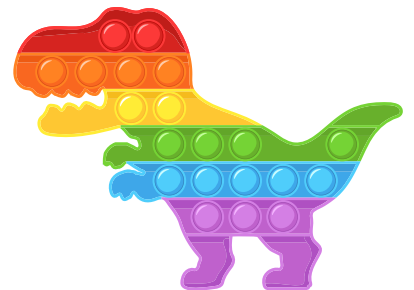
SIDE WALK CHALK

CRAYONS



FIDGETS

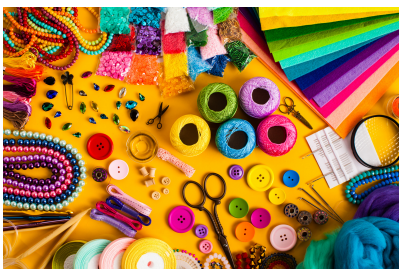
POP TOYS



BOOKS

SENSORY BIN FILLERS

CRAFT SUPPLIES





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*As we approach the holidays,
remember that your child....*

*Needs you to help protect their boundaries

*Can choose not to sit on a strangers lap to get a picture for "memories if they are uncomfortable

*Should have a choice on how they greet relatives
(wave, thumbs up, fist bump, hug)

*Doesn't have to love or behave at all of the holiday
events you take them to

*May act out from being over stimulated

*May need downtime

