

TOTS TALK

VOL. 13 December 2022

DECEMBER 2022

CURRENT EVENTS

- Tots To Teens clinics will be closed Monday 12/26 and Friday 12/30 for the holidays.
- Tots To Teens wishes you and your family a wonderful holiday season!
- We are expanding our Prince William Clinic. Our new space should be open for therapy very soon.



TOTS TO TEENS
PRESENTS
CANDY LAND

December 19th-29th

Join us for a fun-filled 2 weeks of Candy Land!
Themed activities will target your child's therapy goals during their scheduled session.

Out of Town for Winter Break?
Email: cancel@totstoteenstherapy.com
to let us know and reschedule

Office Closed:
Monday 12/26
Friday 12/30

Where are Tot and Gingy today?



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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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





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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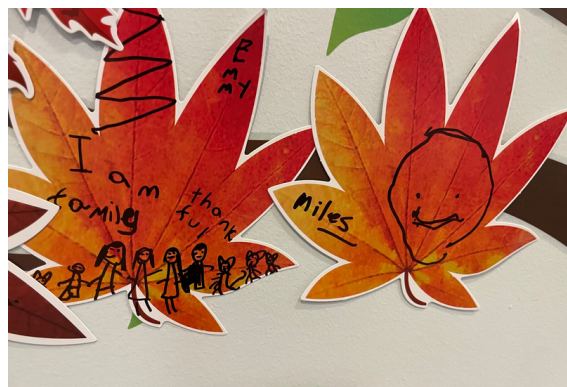
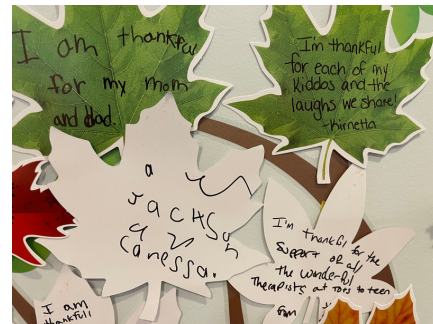
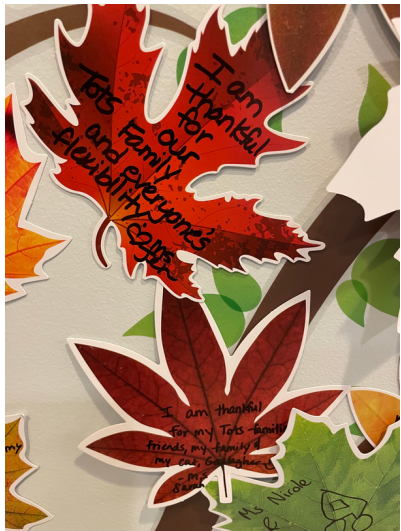
NOVEMBER HAPPENINGS

Highlights from our events in November

Thank you for your participation in our gratitude tree and for all the wonderful donations! We were able to donate to

ACTS (ACTION In Community Through Service
and
Stafford Emergency Relief through Volunteer Efforts

Jennifer Ruckner and Beth Cooper presented at the ARC conference at the ARC conference on November 5th. Topic: How does Sensory Processing and Self Regulation Impact Your Child?
It is free to join and there will be many valuable presentations.



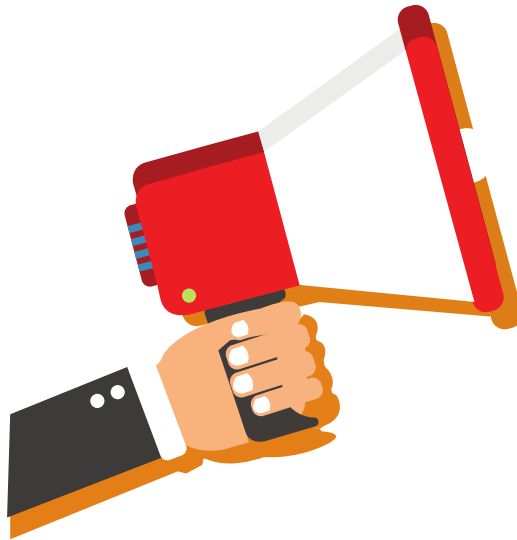


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Parent's Corner

Prince William Clinic expansion is opening very soon!
We are very excited to show you around.



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