

**Tots to Teens**

therapy services

# TOTS TALK

VOL. 25 December 2023

## UPDATES

- This month's newsletter will be highlighting Holiday strategies for sensory overload
- Both clinics will be closed on Christmas, Monday December 25th and Tuesday December 26th
- Exciting things are happening at Tots to Teens! Check us out on Facebook and Instagram to stay connected.



# TOTS TO TEENS PRESENTS CANDY LAND

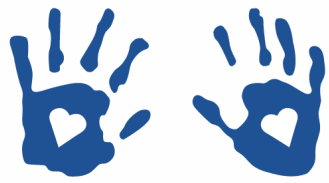
December 18th-January 5th

Join us for a fun-filled 3 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](mailto:cancel@totstoteenstherapy.com)  
to let us know and reschedule

Office Closed:  
Monday 12/25  
Tuesday 12/26  
Monday 1/1





# Holiday Gift Ideas

## Occupational Therapy

- lacing beads
- activity boxes
- chalk and chalk board
- art supplies
- pegboard
- magnetic tiles
- kinetic sand
- slime



## Speech Therapy

- toy food
- books
- bubbles
- wooden puzzles
- blocks
- Little People without sounds
- turn taking games



## Physical Therapy

- ride on toys
- monster feet
- balls for kicking, throwing etc.
- toy tools
- pounding set
- sit 'n spin



## Tips for Managing Sensory Overload During the Holidays:

**The Holiday season is here. For many, the holidays are a fun time with family, friends, traditions, and parties. However, for kiddos with Sensory Processing Disorder (SPD), this holiday season can be a season of chaos, anger, frustration, and dysregulation. Here are some tips that help recognize if and why your child is struggling to stay self regulated.**

- Plan ahead and hold a family meeting to communicate holiday plans
- Use visual schedules to prepare children for new experiences
- Pack familiar snacks for comfort purposes
- Keep a familiar item on hand
- A fidget spinner, headphones, blanket, book, or tablet
- Limit décor in your household to allow for a safe, comfortable space to come home to
- BE FLEXIBLE!





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**For more information - Check out these websites that address Sensory Overload during the holidays:**

<https://otperspective.com/sensory-overload-in-children-holidays/>

<https://www.hasa.org/2021/12/06/holiday-tips-to-cope-with-sensory-overload/>

<https://www.brainbalancecenters.com/blog/sensory-activities-for-the-holidays>

## **NEWEST MEMBER OF OUR TEAM**

**So Excited you are here!**



**Kayla Valenti**

Born and raised in Manassas, VA. I come from a large family and have 8 siblings. I have a twin sister and uniquely have 3 siblings with down syndrome. I have been a stay at home mom to two awesome kids for the last 9 years. My youngest just started Kindergarten and I'm excited to begin my journey of reentering the workforce here at Tots to Teens. I recently graduated from NOVA with my associates degree. I do have quite an interest in the field of psychology. In my free time I enjoy time with my children and all of our friends. I also enjoy exercising and being outside.

**Wishing everyone a Wonderful Holiday !**

**Christina's**  
**Corner**

### **Tots Families!**

Just a reminder the clinics will be closed for Christmas  
**Monday, December 25 and Tuesday, December 26**

Tots to Teens does not follow the public school schedule regarding closures for holidays, inclement weather closures, early dismissals, etc. 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](mailto:cancel@totstoteenstherapy.com)



# November Recap



Pick an apple and write your answer to one of the following questions

WHAT HAVE YOU LEARNED FROM TOTS TO TEENS?  
OR  
WHAT IS YOUR FAVORITE ACTIVITY AT TOTS?

