



Tots to Teens
therapy services

TOTS TALK

VOL. 37 December 2024

UPDATES

- This month's newsletter will be highlighting Holiday strategies for sensory overload
- Both clinics will be closed December 23rd to December 27th,
- Exciting things are happening at Tots to Teens! Check us out on Facebook and Instagram to stay connected.



Holiday Indoor Activities

- **Read books**

Reading a book with lots of colorful pictures and words is one of the best speech therapy activities there is. Your child will love to look at a book curled up on your lap. Reading gets associated with security and love. This activity can lead your child to a life-long love of books.



- **Wooden Blocks**

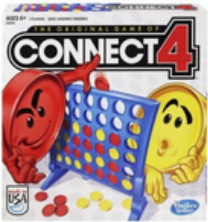
Toddlers love to stack blocks. If you get colorful ones with letters on them you can gradually talk about the red block or the one with the letter A. You can teach words like “tall” and “up” and “on.”

- **Operation**

A great family game is Operation! Players use a small tweezer to pull “organs” out of a pretend surgery patient. The goal is to extract the organs without touching the patient’s body and setting off the buzzer. This game targets dexterity, thumb positioning, pincer grasping, visual discrimination, hand-eye coordination, and social interaction.



Yet another perk to operation is that the game has many different versions! Spongebob, Finding Nemo, Shrek, Minions, and Trolls to name a few. Parents can pick the best version to pique their kiddos interest.



- **Connect 4**

Connect 4 is a game that requires two players to drop small colored pieces into the top of the upright board. Fine motor skills, crossing the midline and in-hand manipulation are used to pick up and drop in the game pieces. In addition, players plan and watch where their pieces are in relation to others which engages visual-motor planning and attention!

- **Guess Who?**

This is a fun board game by Hasbro that helps children identify everyday items such as cars, animals, foods and sea creatures. Not only does this game teach problem-solving, it encourages proper character identification and socialization skills.



- **Animal Walk**

What You Need: Tape – This game is one that will work their brain as much as their physical abilities. Take a bit of masking tape and tape it to the floor on one side of the room. Then, about 10 to 20 feet away, place another piece of tape.

The child’s goal is to walk from one piece of tape to the other. The catch is they have to walk like the type of animal you call out.

- **Tightrope Walk**

What You Need: Tape –Use the piece of tape to create a line from one side of the room to the other. The child pretends this is a tightrope and muscle balance on it to move across the room.

- **Floor Ice Skating**

What You Need: Two paper plates – How to Play: Place two paper plates on the floor and have the child stand on the plates, one foot on each one. Then, have them slide from one area of the room to the next.



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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!

Free Screening Coupons !!

**Contact the front desk for more
information.**

Screening Coupons attached to Newsletter Email.

Wishing everyone a Wonderful Holiday !

**Christina's
Corner**

Tots Families!

Just a reminder the clinics will be closed
December 23rd to December 27th,

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



November Recap

