



Tots to Teens

therapy services

TOTS TALK

VOL. 49 December 2025

UPDATES

- This month's newsletter will be highlighting Indoor activities
- December 3 - international day of persons with disabilities
- Both clinics will be closed Tots to Teens Clinics will be closed Thursday, December 25 and Friday, December 26
- Exciting things are happening at Tots to Teens! Check us out on Facebook and Instagram to stay connected.



SENSORY

friendly Santa

Bring your children to take a photo with our sensory friendly Santa at the Woodbridge clinic.

Saturday
December 6, 2025
From 10AM -12PM

12581 Milstead Way
Suite 302
Woodbridge, VA

Sign up with QR Code





CANDYLAND COMING DECEMBER 15 - JANUARY 2

Join us for a Fun filled 3 weeks of Candyland
Themed activites will target your child's therapy goals
during their scheduled session.



CLINIC CLOSED
DECEMBER 25 & 26
JANUARY 1

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."

- **Indoor obstacle course:** Use pillows, blankets, and furniture to create a course to crawl under, jump over, and weave through.

- **Dance party:** Put on some music and dance around the room. You can also play freeze dance or have a dance contest.

- **Build a fort:** Use blankets, pillows, and chairs to construct a cozy fort for reading or playing inside.



- **Scavenger hunt:** Create clues for a treasure hunt around the house.

- **Building challenges:** See who can build the tallest tower with blocks or the most creative structure from LEGOs.

- **Puppet show:** Make sock puppets or use stuffed animals to put on a puppet show.



- **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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***New *** List of our Favorite Therapy Products



Our therapists are excited to share their list of items that support your child's development at home.

Parent Resources, Oral Therapy, Toys, Games and Books that we love.



Kayla's Korner

Reminder:

- Please use the Oceans Friends app - 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.
- 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.

Wishing everyone a Wonderful Holiday !



November Recap

