



**Tots to Teens**  
therapy services

# TOTS TALK

VOL. 15 February 2023

## FEBRUARY 2023

**WE ARE ALL UNIQUE LIKE A SNOWFLAKE.**





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# WINTER CAR SEAT SAFETY

How to keep your Baby warm and safe.

Adjust car seat angle so baby's head doesn't flop forward

In rear-facing car seats, harness straps should be at or below baby's shoulders

Harness straps should be snug (if you can pinch them, they're too loose)

Chest clip should be at the center of baby's chest, level with armpits

If it's cold, place a blanket on baby over the straps

Remove baby's bulky coat or bunting before strapping in

Remove headbands that could slip over baby's face







# WINTER CAR SEAT SAFETY

How to keep your child warm and safe.

**CORRECT:**



**INCORRECT:**



- ✓ Child is wearing thin layers.
- ✓ Harness straps are buckled and tight.
- ✓ Put coats or blankets **over** the buckled and tight harness.

- ✗ Child is wearing a bulky jacket.
- ✗ Bulky jackets make you think the harness straps are tight, but the straps are really too loose.
- ✗ Jackets or blankets are between the harness straps and the child.

## In case of an Emergency...

- Pack a bag that contains spare clothes, hats, gloves, blankets, water and non-perishable snacks.
- Download the Smart911.com app to save time in case a 911 call is necessary.





## WELCOME OUR NEWEST STAFF MEMBER



### **Katie Oakes , MA, OTR/L**

Katie received her Bachelor's of Science degree from James Madison University in 2016 and her Master's of Science in Occupational Therapy degree from Shenandoah University in 2020. She has experience working in both the virtual and outpatient clinic settings. Katie has worked with a variety of individuals with developmental delays, chromosomal differences, autism, down syndrome, ADHD, feeding deficits and self-regulation difficulties. Katie loves coming up with fun and creative activities to keep sessions enjoyable and exciting, especially arts and crafts!



## **Christina's Corner**

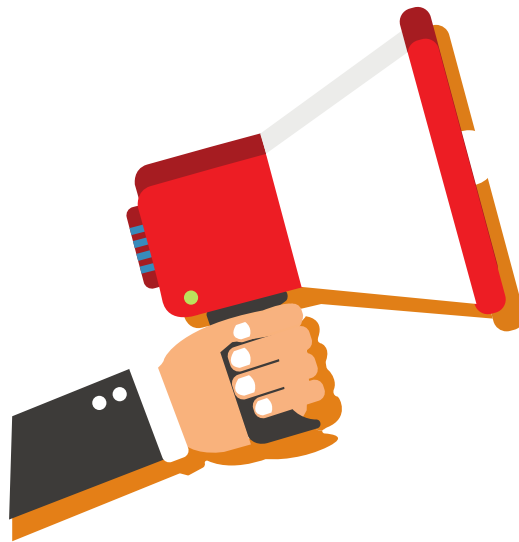
- In case of inclement weather, the clinics follow the county government (not school system) closure policy. Teletherapy service will be offered during inclement weather closures.
- A new plan year for most insurances and the deductibles have reset and many should expect to receive bills. People should also verify their plans to see if their visit limitations have changed.
- A reminder to clients that the link to make the payments can be found on our website.  
<https://totstoteenththerapy.com/patient-portal>





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# ***Parent's Corner***



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

