

FEBRUARY 2024

CURRENT EVENTS AND UPDATES

- This month's newsletter will be highlighting allergy free Valentines candy
- Happy Valentine's Day!
- Exciting things are happening at Tots to Teens! Check us out on Facebook and Instagram to stay connected.



8 Easy to Find, Allergy Friendly Valentine's Candies

Help your kiddos Valentine's Party be safe and show love for allergy prone kids by buying candy free from the top allergens.



Zollipops

Free of: tree nuts, peanuts, sugar, artificial dyes, milk, eggs, fish, crustaceans, shellfish and gluten



Targets – Smart Sweets

Free of: milk, eggs, nuts, fish, crustaceans, shellfish, wheat, soy, sesame, gluten,



Enjoy Life Foods – Chocolate Candy Bars

Free of: milk, eggs, nuts, fish, crustaceans, shellfish, wheat, soy, sesame, gluten, casein, mustard, lupine and sulfites



Hershey's – Lava Cake Kisses

Free of: peanuts, tree nuts, egg, wheat, fish, shellfish, sesame and gluten

Contain: dairy, soy



Jolly Rancher – Jelly Hearts

Free of: milk, eggs, nuts, fish, crustaceans, shellfish, wheat, soy and sesame and gluten



RingPop – Valentine Exchange Pack

Free of: milk, eggs, nuts, fish, crustaceans, shellfish, wheat, soy and sesame and gluten



Sour Patch Kids – Hearts

Free of: milk, eggs, nuts, fish, crustaceans, shellfish, wheat, soy and sesame



YumEarth – Choco Yums


Free of: milk, eggs, nuts, fish, crustaceans, shellfish, wheat, soy and sesame and gluten



Valentine's Day
Deep Breathing Activity

Sometimes our kiddos have BIG feelings (and sometimes we do as adults too)! Deep breathing exercises are a calming strategy that help kids regulate emotions, behaviors, worries, and that "fight or flight" state so they can function. Check out this adorable deep breathing practice printable from OT Toolbox, or make your own at home by drawing a heart for you and your child to trace as you model deep breathing for regulation

Deep Breathing EXERCISE



Place your finger on a white dot. Trace the arrow and take a deep breath in. Pause at the end of the arrow. Trace the next arrow and breathe out. Continue around the image several times.

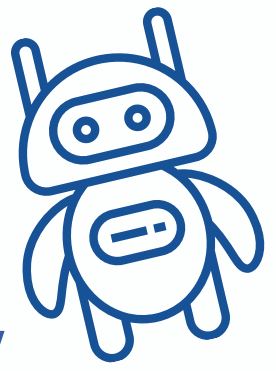


Christina's Corner

- Reminder: 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.
- Reminder: 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 Christina W, accounts@totstoteenstherapy.com know if your insurance has changed. Failure to notify us of these changes can result in unexpected charges.



Tots to Teens
therapy services



JANUARY HAPPENINGS

Highlights from our events in January

A huge thank you to the Lake Ridge Middle School Vex Robotics Team, who lead an awesome coding and robotics night for our friends at Tots To Teens. All of the items used during the event were donated to our clinics. This was the most mature, responsible and fun group of middle schoolers! Our families loved the event and hope to have you come back again!

