



**Tots to Teens**  
therapy services

# TOTS TALK

VOL. 51 February 2026

## FEBRUARY 2026

### CURRENT EVENTS AND UPDATES

- **Turner Syndrome Awareness Month**  
Date: February 1-February 28  
Color/Symbol: Purple Butterfly Ribbon
- **Happy Valentine's Day!**
- **International Angelman Day**  
Date: February 15th  
Color/Symbol: Blue
- **Exciting things are happening at Tots to Teens! Check us out on Facebook and Instagram to stay connected.**



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## VIRTUAL CAREGIVER SUPPORT GROUP

### Topic: Self Care

We are a safe, understanding space to share experiences, encourage and connect with others. All parents and caregivers are welcome.

- ✓ Meet other parents
- ✓ Get your questions answered
- ✓ Discuss important information

To Register contact  
[authorizations@totstoteenstherapy.com](mailto:authorizations@totstoteenstherapy.com)



**THURSDAY  
25  
FEBRUARY  
11AM TO 12PM**



# ***Enter to Win a FREE*** SENSORY-FRIENDLY FAMILY PROFESSIONAL PHOTOSHOOT

A sensory-friendly family photoshoot is designed with comfort first. We move at your family's pace, keep things calm and flexible, and welcome breaks, movement, favorite items, or quiet moments as needed.



***To Enter the drawing please  
leave a review on Google  
about your experience at  
Tots to Teens Therapy by  
March 15th***

After you submitted the online review  
please scan the QR code and  
complete the Google form to be  
registered.

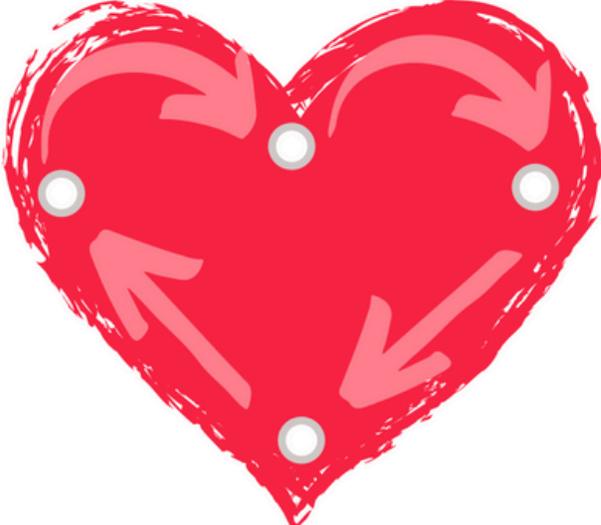




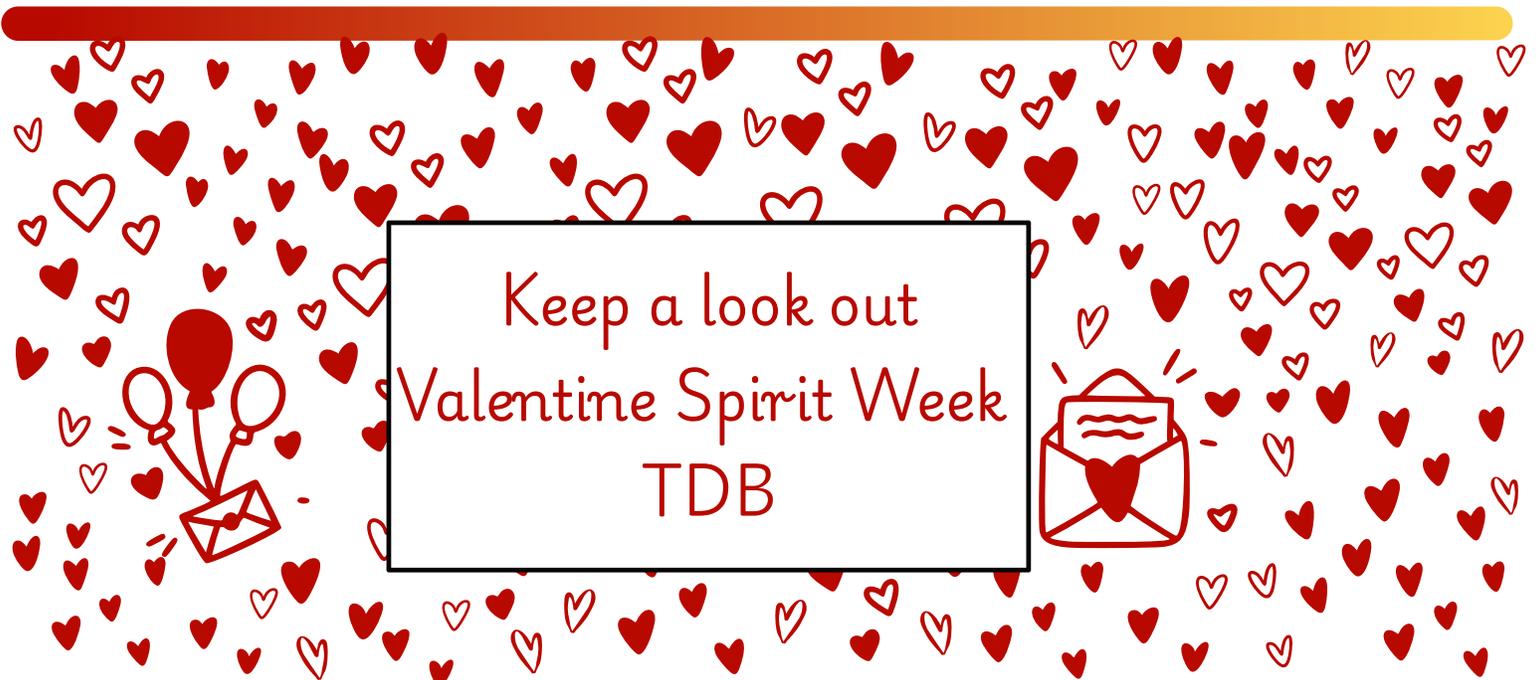
Valentine's Day  
Deep Breathing Activity

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.



Keep a look out  
Valentine Spirit Week  
TDB



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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

- As the new year approaches, please be advised that deductibles reset for most insurance plans. We kindly ask that you notify us as soon as possible of any insurance changes.
- Additionally, as we enter the winter season, weather conditions may be unpredictable. Please note that we follow Prince William County Government for all weather-related closures.
- As a reminder, please use ocean friends to cancel and reschedule sessions as needed.

## Check your Insurance Benefit Coverage

- Notify billing asap of any change in insurance, policy carrier etc
- Remember new year means most plans deductible reset, oftentimes co pays may go up
- Always read your policy, or call your carrier to confirm coverage

# Make Snow Ice Cream

Celebrate snow falling from the sky with a tasty recipe!

## Materials Needed:

Fresh snow, milk (or milk alternative: see recipe), sugar, vanilla extract, sprinkles, mixing bowls, spoons.

## Instructions:

Use freshly fallen snow to create a simple dessert together!

### Snow Ice Cream Recipe

This basic recipe is adaptable to different ingredients:

**8 cups** CLEAN and fresh snow (lightly packed)

**1 cup** of one of the following options:

- Milk: dairy or non-dairy (such as rice milk)
  - half and half
  - heavy cream
  - sweetened condensed milk
  - combination of any of the above

**Sugar to taste** (suggested: 1/3 cup. No sugar needed if using sweetened condensed milk).

**1 tablespoon** vanilla extract

### Sprinkles

To make chocolate ice cream, add cocoa powder or hot chocolate mix to the milk. For fruit flavors, substitute 1 cup fruit smoothie for milk (stir carefully to avoid a liquid result).



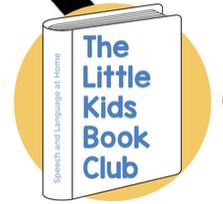
**Step 1:** Go outside and collect clean, fresh snow in a mixing bowl.

**Step 2:** Mix sugar and milk (or milk alternative) together in a separate bowl.

**Step 3:** Pour milk mixture and vanilla extract over the snow. Mix until you reach ice cream consistency.

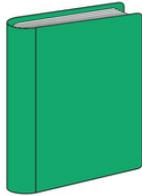
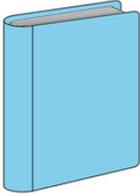
**Step 4:** Add sprinkles, serve, and enjoy your fresh snow dessert!

# February



Name: \_\_\_\_\_

Find Books with these on the cover. Get five in a row for Bingo or fill the whole board!

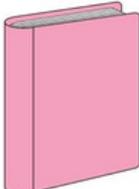
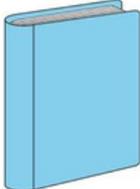
 <p>A family</p>	 <p>A heart</p>	 <p>Yellow on the cover</p>	 <p>A train</p>	 <p>A house</p>
 <p>Candy</p>	 <p>A dragon</p>	 <p>A hat</p>	 <p>Snow</p>	 <p>Pink on the cover</p>
 <p>Red on the cover</p>	 <p>A log</p>	 <p>Favorite book</p>	 <p>A dog</p>	 <p>Any animal</p>
 <p>A polar bear</p>	 <p>Any vehicle</p>	 <p>Flowers</p>	 <p>Green on the cover</p>	 <p>A bird</p>
 <p>A fox</p>	 <p>Blue on the cover</p>	 <p>A hug</p>	 <p>Any food</p>	 <p>A teapot</p>

# febrero



Nombre : \_\_\_\_\_

Encuentra libros con éstas imágenes en la portada. Obtén 5 en línea or llena toda la página.

 <p><b>Una familia</b></p>	 <p><b>Un corazón</b></p>	 <p><b>Portada amarilla</b></p>	 <p><b>Un tren</b></p>	 <p><b>Una casa</b></p>
 <p><b>Dulces/caramelos</b></p>	 <p><b>Un dragón</b></p>	 <p><b>Un gorro</b></p>	 <p><b>Nieve</b></p>	 <p><b>Portada rosa</b></p>
 <p><b>Portada roja</b></p>	 <p><b>Un tronco</b></p>	 <p><b>Libro favorito</b></p>	 <p><b>Un perro</b></p>	 <p><b>Un animal</b></p>
 <p><b>Un oso polar</b></p>	 <p><b>Un vehículo</b></p>	 <p><b>Flores</b></p>	 <p><b>Portada verde</b></p>	 <p><b>Un pájaro</b></p>
 <p><b>Un zorro</b></p>	 <p><b>Portada azul</b></p>	 <p><b>Un abrazo</b></p>	 <p><b>Una comida</b></p>	 <p><b>Una tetera</b></p>