



**Tots to Teens**  
therapy services

# TOTS TALK

VOL. 20 July 2023

## UPDATES

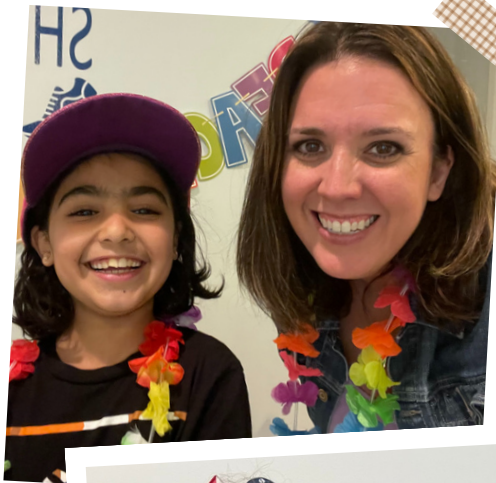
- The month's newsletter will be highlighting fireworks safety.
- Keep a look out for our Summer Interest Groups. The Interests will be STEM related (Catapults) and they will start 7/31.
- Exciting things are happening at Tots to Teens. Check us out on Facebook and Instagram to stay connected.



## Celebrating a sensory friendly - 4th of July .



- **Watch from a distance:** By watching from a distance you may be able to minimize the sensory input from the fireworks. You may also consider picking a location that's not too crowded.
- **Focus on FUN:** don't forget to have fun. Always remind the child that this is fun. This is a fun activity. Have a smile on your face. Being around other people that aren't scared and are enjoying themselves can have a calming effect and encourage other people, especially children, to relax and have fun too! The loud noises don't have to be scary.
- **Reduce Sensory Input:** consider bringing ear plugs or headphones to help reduce the volume of the sounds that accompany the big show. Sunglasses are an effective way to allow your child to watch and enjoy fireworks, keeping them in their comfort zone. Lastly, bring a weighted lap pad or weighted blanket as a calming sensory tool
- **Make a Get away Plan.** Sometimes even trying our best, things don't go as planned. Before the festivities start, create an escape plan for your child in case they experience sensory overload. Have a plan to have a second vehicle so you and the child can leave. Have an extra adult that's able to leave and go somewhere else with the child if needed. Safety is always first, and sometimes the events can still be too overwhelming, even with these tips implemented.



# Summer Spirit Week





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# CELEBRATING SUCCESS

Success is never given, it is earned.



**Looking for Fun Daily Activities this Summer?  
Check out the Link Below From Tools to Grow OT:**

[https://www.toolstogrowot.com/files/s6s\\_Level%201%20-%20Summer%20Calendar%202023.pdf](https://www.toolstogrowot.com/files/s6s_Level%201%20-%20Summer%20Calendar%202023.pdf)

**Christina's**  
**Corner**

## **Tots Families!**

Just a reminder the clinics will be closed July 4th.

Enjoy the Holiday with your family



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## PARENT'S CORNER

### FYI from one of our Parents:

Not sure if you have been made aware of these **Virginia learning acceleration microgrants**, but all K-12 children qualify for \$1500 and up to \$3000 if income level is less than 300% of the poverty line. The age is lower for children with documented disabilities (I believe 2 and up).

The funds can be used for:

Tutoring in core content areas (English reading/writing, mathematics, science and history/social science) and foreign languages required to meet graduation requirements. Tutoring may be in-person, virtual or hybrid, and in one-on-one, small group or large-group settings.

Purchasing of assistive technologies specified in a child's Individualized Education Plan or 504 Plan.

Specialized educational therapy services and supports, including speech language therapy, specialized reading instruction and other services provided by a licensed practitioner.

The application was very easy and fast. For individuals who are under the age but have a disability a doctor's note is needed (I just used Clem's diagnosis paperwork we had from Kaiser and the state accepted that). Thought I would pass this resource along in case other families in Tots to Teens might find it helpful. <https://www.doe.virginia.gov/parents-students/for-parents/k-12-learning-acceleration-grants>