



**Tots to Teens**  
therapy services

# TOTS TALK

VOL. 31 June 2024

## UPDATES

- The month's newsletter will be highlighting pool safety and moving tips.
- Thank you for helping us celebrate speech therapy month with your participation in the contest.
- Exciting things are happening at Tots to Teens. Check us out on Facebook and Instagram to stay connected.

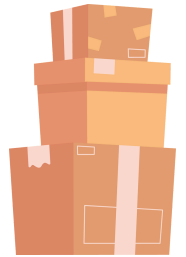


## Moving Tips

**Moving is a major change, and everyone can wind up experiencing stress, sadness, and other challenging emotions when faced with this kind of transition. For some kiddos, a move has the potential to be extremely distressing. If your child thrives on routine and familiarity, anything that throws a wrench in that can leave them feeling totally destabilized.**

**Fortunately, there's a lot you can do as a parent to make the transition smoother. Here are some tips which could make your move easier on your little one.**

1. Tell them as much in advance as possible
2. Pack the kids' rooms/ toys last and unpacking first
3. Involving them with packing their own things as much as possible
4. Highlight the positive aspects of moving
5. Use visual aids
6. Letting them have one small box to keep with them for the move
7. Use books to explain moving- Berenstain bears "moving day"
8. Avoid other BIG changes at the same time if possible
9. If possible, to show them the new house first, in pictures or in person
10. Let them say "Goodbye" to the old house
11. Plan a few surprises for moving day to create positive memories for that day
12. Stick to a "normal" routine as much as possible
13. Keep safety in mind for the new house
14. Set up a "Comfort zone" for the at the new house as soon as possible.
15. Have kids decorate a couple of moving boxes with markers when packing or unpacking
16. Keep a "carryon corner" in their room days ahead. It is a carryon size suitcase they get to pack themselves, but the lid still needs to be able to close...which works if your move is a driving move.
17. Have a "moving picnics" which is where you eat take out in whichever room you emptied that day or where you bring take out to the completely empty new house.
18. Try carrying each kiddo "over the threshold" of each new house which makes for fun/sweet pictures.



# Summer's Here and the Pool is open.

Pool safety is important to review each year. Taking practical steps to prevent child drownings is important for all families, especially those with a child who faces a heightened risk – such as a child with special needs.



<https://www.poolsafely.gov/parents/kids-corner/>

<https://www.poolsafely.gov/blog/pool-safely-special-focus-drowning-prevention-and-autism/>

## Christina's Corner

### Reminders:

- 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](mailto:accounts@totstoteenstherapy.com) know if there are changes to your account. This includes Address and Insurance. Failure to notify us of these changes can result in an unexpected charges.



## Pool Safety Tips

**ALIVE solutions**

**WHAT ARE YOU WEARING TO THE WATER?**

**WATER HIDES**

**BE VISIBLE**

**STAY ON THE SURFACE**

**THINK BRIGHT + CONTRASTING**

**ALIVE SOLUTIONS SWIM SUIT COLOR TEST RESULTS - DARK POOL BOTTOM**

**ALIVE SOLUTIONS SWIM SUIT COLOR TEST RESULTS**

**ALIVE SOLUTIONS SWIMSUIT COLOR TEST RESULTS - LAKE**

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Does the color of your pool bottom affect the ability of your lifeguards to see a person on the bottom of the pool? Research from the Lifesaving Society has answered this question with a definitive "Yes". This research was conducted as part of the Lifesaving Society Aquatic Safety Management Services

<https://www.lifesaving.org/public/download/documents/54145>

## Hello and Goodbyes

### Goodbye



**Ms. Nicole** - We appreciate the smiles and laughter Nicole brought to our clinic this year. Unfortunately, she has decided to move back to PA with her family. Thanks for the care you gave to our kiddos and families, Nicole.

### Hello

**Ms. Allie** - Ms. Allie has returned **part-time** from her maternity leave. We missed her, but are so happy for her growing family.