



Tots to Teens
therapy services

TOTS TALK

VOL. 55 June 2026

JUNE 2026

UPDATES

- The month's newsletter will be highlighting sensory friendly activities.

SCHOOL MAY BE OUT, BUT IT'S STILL A GREAT TIME TO MAKE PROGRESS !!

This month we're sharing easy ways to keep therapy skills strong without adding stress to your schedule

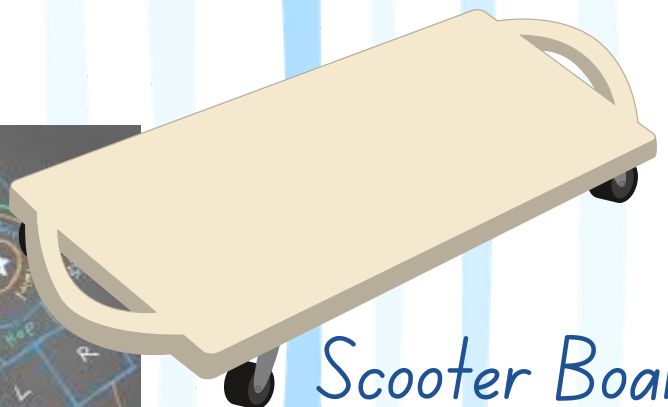
Blowing Bubbles Races



Water Balloon Toss



*Sidewalk Chalk
obstacles courses*



*Scooter Board
Games*

- Exciting things are happening at Tots to Teens. Check us out on Facebook and Instagram to stay connected.



Turn Summer Adventures Into Speech Practice

- “What was your favorite part?”
- “What do you think will happen next?”
- “How did that feel?”

“Heavy Work” Activities for Regulation

- carrying groceries
- pushing laundry baskets
- animal walks
- gardening
- helping wash the car



Heavy work activities can help many children feel calmer and more organized.



Helping Kids Keep Therapy Skills Strong This Summer

Summer break is a wonderful time for rest, fun, and family connection — but changes in routine can sometimes make it harder for children to maintain communication, sensory, and executive functioning skills.

The good news? Learning doesn't have to feel like homework, and we are here to help.



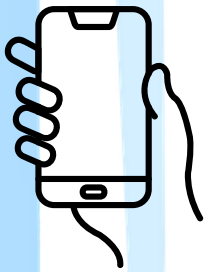
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Ukeru Training



Our staff attended Ukeru Training last month. Thank you Ms. Kristin for leading the training. Backed by decades of brain-based research and neuroscience, Ukeru is a simple, yet highly effective approach to crisis management that offers an alternative to coercive behavior techniques. It is the only restraint-free program that combines hands-on training, theoretical concepts, practical tools, and specialized equipment to safely manage, and diffuse, crises. The system was created by people providing direct care in consultation with clinicians working in behavioral health.

To learn more about Ukeru visit - <https://www.ukerusystems.com/who-we-are/>



Kayla's Korner

- As a reminder, please use ocean friends to cancel and reschedule sessions as needed.

Schedule Shift's

Both patients and therapists may **need to shift schedules over the summer**. Thank you for your patience as we try to accommodate everyone!

Cancellations

Going somewhere? Be sure to cancel your appointment in advance! Stay on track by rescheduling missed visits.