

# TOTS TALK

VOL. 16 March 2023

## MARCH 2023

### UPDATES

- The month's newsletter will be highlighting the importance of sleep.
- Tots to Teens 15th anniversary is on April 1st.
- February has been an exciting month at Tots to Teens. Check out our Facebook Instagram pages to stay connected.



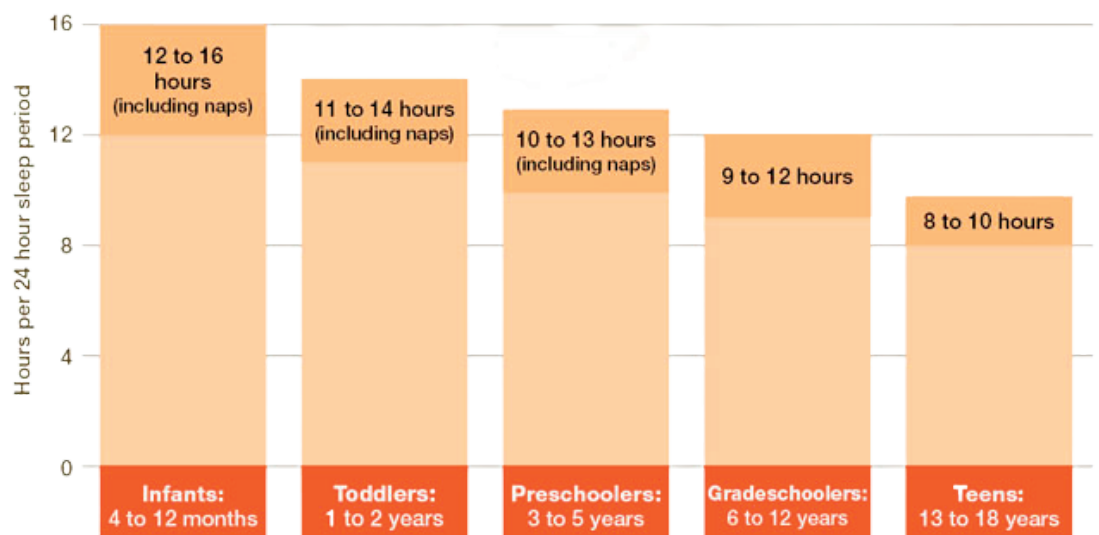
## Sleep Awareness

Our kiddos typically need at least 12 hours of sleep daily according to the American Medical Association. This includes naps, which may help with nighttime sleep.

Some children who have sensory

processing disorder may fall asleep but have difficulty staying asleep. Parents are inundated with mixed advice when it comes to helping with sleep. The flaw in the advice of letting your tot 'cry it out' is that it assumes your child can self-calm, but some babies and young children do not yet have the capacity to effectively self-calm. Putting your child in his crib or bed while he is drowsy but not yet asleep may help him to learn how to self-calm, but you may also need to consider some other sensory strategies to help a 'sleepy' child become a 'sleeping' child.

### How much sleep do kids need?





## **SLEEP STRATEGIES**

- **Set up a bedtime routine.**

**A bedtime routine might look like this:**



Take a bath



Put on pajamas

Use the bathroom



Wash hands



Brush teeth



Read a book



Go to sleep

**Consistency is the Key!**

- **Eating a good dinner**
- **Turning off electronics 1 hr prior to bedtime**
- **Keep older toddlers naps early and short**
- **Dim night light/ sound machine/ blackout curtains**
- **Set regular and appropriate bedtimes.**
- **Try a weighted blanket**
- **Keep the bedroom cool**
- **Get enough physical activity during the day.**



**Sarah Kaknis, MS CCC-SLP**

### **One Year Anniversary - Thanks for Joining the Team**

Sarah has experience working with children who have articulation & phonology disorders, receptive-expressive language disorders, social-pragmatic language disorders, fluency disorders, genetic disorders, and Autism Spectrum Disorder. She has special interests in Childhood Apraxia of Speech, speech sound disorders, and Augmentative & Alternative Communication (AAC). In her spare time she enjoys hanging out with family & friends, swimming, and cooking!

### **Christina's Corner**

Attendance Policy Reminder :

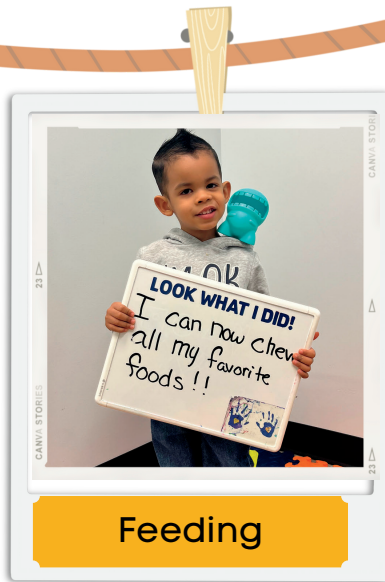
It is very important to make up missed appointments, as more than two missed appointments in any 8 week period will result in placement on our flex list, in lieu of your recurring appointment.

Please remember we require 24 hour notice of cancellations otherwise a full session fee will be incurred. Please email [cancel@totstoteenththerapy.com](mailto:cancel@totstoteenththerapy.com) as soon as you know that you need to cancel an appointment.

As we approach spring break, please remember that we require a two week notice for vacations, and make sessions will be offered.

# CELEBRATING SUCCESS

Success is never given, it is earned.



## Speech Graduations

