

MARCH 2025

UPDATES

- The month's newsletter will be highlighting the importance of sleep.
- Tots to Teens anniversary is on April 1st.
- Down Syndrome Awareness Day, March 21
- Exciting things are happening at Tots to Teens. Check out our Facebook instagram pages to stay connected.



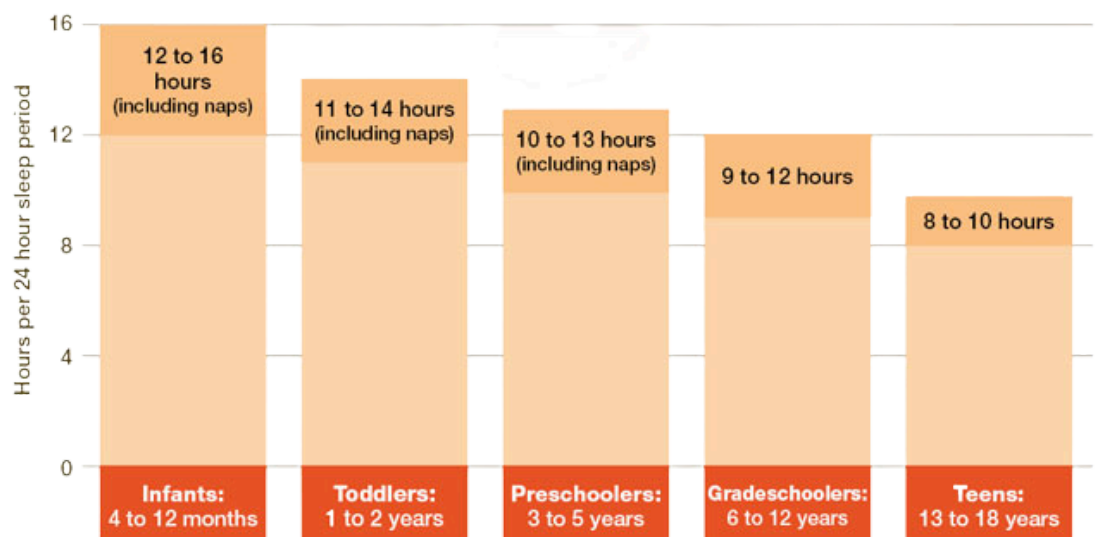
Sleep Awareness

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:



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.**



RELAXATION STRATEGIES

Relaxation strategies can help ease your child's stress and can teach your child to relax when feeling tense, upset or just need a way to wind down before bedtime.

Here is a list of some fun techniques you can try -

Feather/Statue



This exercise releases muscle tension.

Pretend you are a feather floating through the air for ten seconds.

- Pretend you are a feather floating through the air for about ten seconds.
- Suddenly you freeze and transform into a statue. Don't move!
- Then slowly relax as you transform back into the floating feather again.
- Repeat, making sure to finish as a floaty feather in a relaxed state.

Flower and Candle



This is a simple exercise that encourages deep breathing – a way to relax.

Pretend you have a nice smelling flower in one hand and a slow burning candle in the other.

- Breathe in slowly through your nose as you smell the flower.
- Breathe out slowly through your mouth as you blow out the candle.
- Repeat a few times.

Turtle



This exercise releases muscle tension.

Pretend you are a turtle going for a slow, relaxed turtle walk.

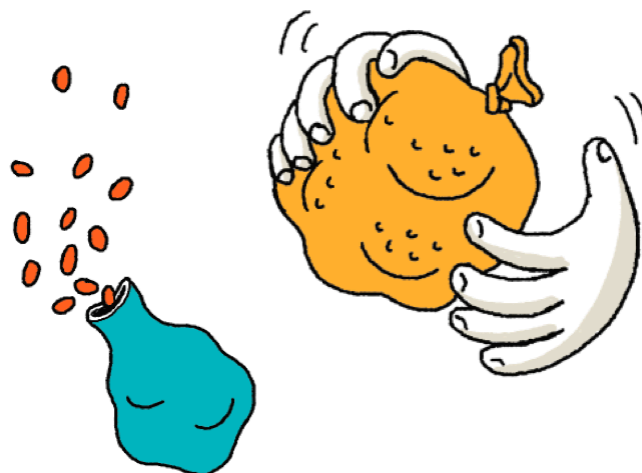
- Oh no, it's started to rain!
- Curl up tight under your shell for about ten seconds.
- The sun's out again, so come out of your shell and return to your relaxing walk.
- Repeat a few times, making sure to finish with a walk so that your body is relaxed.
- Repeat, making sure to finish with a walk.

Stress Balls

This exercise releases muscle tension and massages your hands.

Make your own stress ball(s) by filling balloons with dry lentils or rice.

- Take the ball(s) in one or both hands and squeeze and release.
- Experiment with squeezing the ball. Find way that is right for you, adjusting the speed, pressure and timing of your squeezes to whatever way you like.





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**Tots to Teens Therapy
Services has added
Kaiser Permanente to
our list of insurance
providers.**

If you are currently private pay and have Kaiser Permanente as your insurance, please let your front desk person know.

Free Screening Coupons !!

**Contact the front desk for more
information.**

Screening Coupons attached to Newsletter Email.

Christina's Corner

Reminder:

- If your child has a day off from school and you need to cancel, switch to a virtual visit, or would like to see if an earlier time is available for that day, please email **cancel@totstoteenththerapy.com**
- 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 Katie W, **authorizations@totstoteenththerapy.com** know if your insurance has changed. Failure to notify us of these changes can result in unexpected charges.