



**Tots to Teens**  
therapy services

# TOTS TALK

VOL. 12 November 2022

# NOVEMBER 2022

## CURRENT EVENTS

- We are expanding our Prince William Clinic. We are very excited to show you around very soon.
- Tots To Teens clinics will be closed for Thanksgiving on November 24th and 25th.
- Jennifer and Beth are presenting at the ARC conference on November 5th. See parent announcements for more information.



## EXCITING THINGS COMING!

### Candy Land

Tots has a sweet treat in store for our clients during the December holidays. Between **December 19-30**, both clinics will be turning into a magical Candy Land World. During therapy, our kiddos will have a variety of Candy inspired activities to provide opportunities for fine motor, gross motor, speech, feeding, and social skills. Your kids will not want to miss it.



### Thankful

We are so THANKFUL for each and every one of you. You'll notice leaves in each of our clinics in November. Let's express what we are thankful for and write it on a leaf and put it on our wall.

In November we will have a food drive to donate to ACTS (ACTION in Community Through Service). More details in the newsletter.

### Holidays

Holidays are coming. Just a reminder to provide **two weeks** for advance cancellations. Contact us at [cancel@totstoteenstherapy.com](mailto:cancel@totstoteenstherapy.com) now to reschedule to continue therapeutic successes.



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*As we approach the holidays,  
remember that your child....*

\*Needs you to help protect their boundaries

\*Can choose not to sit on a strangers lap to get a picture for "memories if they are uncomfortable

\*Should have a choice on how they greet relatives  
(wave, thumbs up, fist bump, hug)

\*Doesn't have to love or behave at all of the holiday events you take them to

May act out from being over stimulated

\*May need downtime





In November we will have a food drive to donate to

**PWC: ACTS (ACTION in Community Through Service)**

ACTS is a private, nonprofit 501(c)(3) organization serving the residents of the Greater Prince William Area, which includes the Cities of Manassas and Manassas Park.

<https://www.actspwc.org/>

**Stafford: Serve (Stafford Emergency Relief through Volunteer Efforts)**

SERVE is a 501(c)(3) non-profit organization serving all of Stafford County as well as portions of Spotsylvania, Caroline, King George Counties and the City of Fredericksburg.

<https://serve-helps.org/>

**\*Please have all donations In by November 30th**

CANNED AND DRIED FOOD

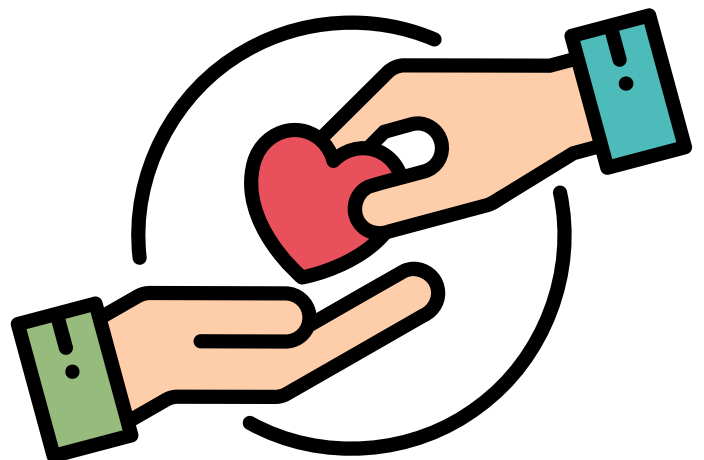
- BREAKFAST ITEMS CEREAL, PANCAKE MIX, GRITS, OATMEAL
- 12 OZ PEANUT BUTTER & JELLY
- CANNED OR DRY BEANS
- HONEY, SYRUP
- BROWNIE MIX
- CANNED FRUIT & VEGETABLES
- CANNED MEATS (TUNA, CHICKEN)
- CANNED TOMATO SAUCE
- PASTA
- SPAGHETTI SAUCE
- 1- OR 2- LB BAGS OF RICE
- CRACKER
- CANNED BEANS
- SHELF STABLE MILK
- COOKING OIL
- CANNED SOUP
- GROUND COFFEE
- INSTANT COFFEE

GENERAL ITEMS

- SIZE 3,4,5, & 6 DIAPERS
- CHILDREN'S PULL-UPS
- SOAP
- TOOTHPASTE
- SHAMPOO & CONDITIONER
- DEODORANT
- FEMININE HYGIENE PRODUCTS
- WIPES
- TOILET PAPER
- LAUNDRY SOAP
- DISH SOAP
- PET FOOD
- PET SUPPLIES

ITEMS THEY CANNOT ACCEPT

- OPENED FOOD
- REPACKAGED FOOD
- DENTED OR PUNCTURED CANS
- FOOD IN TORN BAGS
- UNLABELED FOOD
- EXPIRED FOOD
- FOOD WITH FREEZER BURN
- FROZEN FOOD THAT HAS THAWED
- HOMEMADE FOODS





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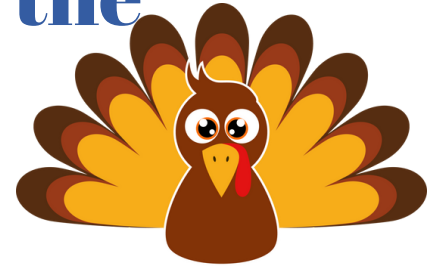
# TRUNK OR TREAT AND SPIRIT WEEK

## Highlights from our events In October





# Tips on how to approach the Thanksgiving meal



- Introduce some of the Thanksgiving foods on month prior to the big meal.
- Encourage your child to help plan the meal with some preferred Items at the table.
- Encourage your child to help prepare some of the meal so they are engaging with the food prior to eating.
- If you feel like your child needs accommodations then reach out to families and friends in advance letting them know what you'll need or that your child may not be present at the table.
- plan non-food activities that allow her to sit and participate without a food focus.
- Remember to celebrate little successes. See the 7 sensory steps to eating. Eating food is the last step so consider it a win if your child engages with the food in any manner by holding it, smelling, kissing, licking, biting into the food, nibble and if they take a full bite.



## Visual Sensory Steps

1.



**Hold it**

2.



**Smell it**

3.



**Kiss it**

4.



**Lick it**

5.



**Bite into**  
(not eating)

6.



**Nibble it**  
(spitting out is acceptable)

7.



**Eat it**





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# ***Parent's Corner***

**Jen Ruckner and Beth Cooper will be presenting at the ARC conference on November 5th at 10:00am.**

**Topic: How does Sensory Processing and Self Regulation Impact Your Child?  
It Is free to join and there will be many valuable presentations.**



**Invites You to Our Virtual Conference**



**Saturday, November 5, 2022  
10:00a.m.-12:00p.m.**



**No registration fee to attend.**

**Pre-register at Zoom link below.**

**Joni J. Johnson, MD, NBC-HWC**

**Keynote Speaker**

***"It Takes a Village: A Call to Action to Assist our Special Needs Community"* and pre-recorded workshops.**

Pre-registration is required at [https://us02web.zoom.us/webinar/register/WN\\_zm5oQziuR-aQmOJMeCSkKg](https://us02web.zoom.us/webinar/register/WN_zm5oQziuR-aQmOJMeCSkKg) We will be offering an exhibitor/sponsor/vendor page to access. If interested in having your business or agency represented on this page, contact [jrussell@arcgpw.org](mailto:jrussell@arcgpw.org).