



Tots to Teens
therapy services

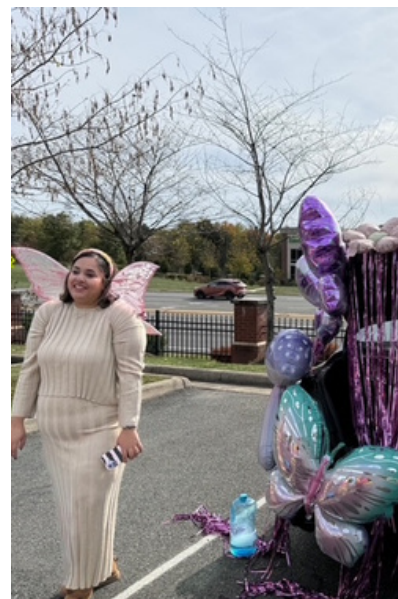
TOTS TALK

VOL. 48 November 2025

Trunk or Treat

UPDATES

- This month's newsletter will be highlighting Thanksgiving Dinner strategies
- Trunk or Treat Spirit Week highlights
- Circle of Support - November 8th
- Wrap Around Care - November 19th
- Both Clinics will be closed for the Thanksgiving Hoilday, Thursday November 27, and Friday November 28
- Exciting things are happening at Tots to Teens. Check us out on Facebook and Instagram to stay connected.



Halloween Spirit Week

Thank you to everyone who was able to participate.





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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***New *** List of our Favorite Therapy Products

Our therapists are excited to share their list of items that support your child's development at home. Parent Resources, Oral Therapy, Toys, Games and Books that we love.



totstoteenstherapy.com/favorite-therapy-products

Kayla's Korner

Reminder:

- Tots to Teens Clinics will be closed Thursday, November 27 and Friday, November 28,
- Please use the Oceans Friends app - 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.
- 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@totstoteenstherapy.com know if your insurance has changed. Failure to notify us of these changes can result in unexpected charges.

Free
Screening
Coupons !!

**15 minute screenings for speech, physical,
or occupational therapy.**

**If you know anyone that would like to come
in for a free screening please contact the
front desk.**



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CAREGIVER SUPPORT

November 19

6:00-7:00PM

We will meet over Zoom

Topic: Sibling Support

We are a safe, understanding space to share experiences, encourage and connect with others. All parents and caregivers are welcome.

- ✓ Meet other parents
- ✓ Get your questions answered
- ✓ Discuss important information

To Register click Below

Or contact

authorizations@totstoteenstherapy.com



WEDNESDAY

19

NOVEMBER





2025 CIRCLE OF SUPPORT CONFERENCE

A Conference for Families of Children with Special Needs
and the Professionals who Work with Them.

Keynote Speaker



Dr. Stephen Shore

*Adelphi University
Garden City, NY*

KEYNOTE ADDRESS:
**4 A'S OF AUTISM: AWARENESS, ACCEPTANCE,
APPRECIATION, AND ACTION AS A PATHWAY TO
FULFILLING AND PRODUCTIVE LIVES**

REGISTRATION FEES:

**On or before
October 3, 2025**
\$20 Self Advocates
\$45 Parents
\$60 Professionals

**Starting
October 4, 2025**
\$25 Self Advocates
\$60 Parents
\$90 Professionals

CONFERENCE LOCATION:

Hylton High School
14051 Spriggs Road
Woodbridge, VA 22193

CONFERENCE TIME:

8:00am - 2:30pm

Breakout sessions on topics such as:

✓ Art therapy

✓ Self-Determination

✓ SpecialNeedsTrusts

✓ Homework Strategies

**ONLINE REGISTRATION
WILL BE AVAILABLE
BY LATE AUGUST.**



Saturday, 08 November 2025



More information
jrussell@arcgpw.org



Visit our website
www.arcgpw.org



Tots to Teens
therapy services

We are Accepting New Patients

We have openings for Speech,
Occupational , Feeding, and Physical
Therapy.

Complete your intake form at
www.totstoteenstherapy.com



**Occupational
Therapy**

**Speech
Therapy**

**Feeding
Therapy**

**Physical
Therapy**

Woodbridge Office
12581 Milstead Way
Suite 302
Woodbridge, VA 22192

Dumfries Office
3850 Fetter Park Drive
Suite 103
Dumfries, VA 22025