



Tots to Teens
therapy services

VOL. 3 OCTOBER 2021

TOTS TALK

NEW UPDATES AND CURRENT EVENTS

Physical Therapy Month- October

As COVID restrictions are evolving, we are continually reassessing and adjusting our policies in accordance with the governor's orders. At this time, our waiting room continues to be closed in Stafford.

We are also continuing to take daily temperatures, ask our COVID screening questions and are implementing extra cleaning measures. Thank you for your cooperation!

OCTOBER 2021

- October has been such a fun month at Tots to Teens! We loved preparing our kiddos for trick or treating. Check out our facebook and instagram pages for lots of tips.
- We are currently celebrating Physical Therapy Month with another chance to win a \$20 amazon gift card. You aren't too late to post a picture to go along with the theme of the week on Facebook or Instagram.
- In celebrating Physical Therapy month, we want to send a huge THANK YOU to our Stafford PT, Mary Nguyen.



- We also want to welcome to our new Manassas PT, Courtney Albrecht!





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PHYSICAL THERAPY MONTH CONTEST

Join in the fun to win a \$20 gift card to Amazon!

October is Physical Therapy Month and we are celebrating our physical therapists with a contest for you! Each week in October there has been a motor related theme. Check out our Facebook and Instagram accounts to participate by posting and/or tagging us in a picture related to the theme. Each post counts for 1 entry so keep posting to get more entries!

Challenge 1: Show us your gross motor play OUTSIDE!

Challenge 2: Show us your MUSCLES!

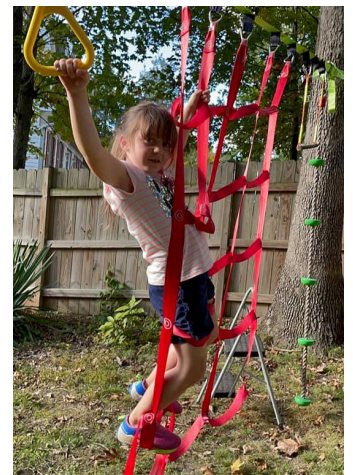
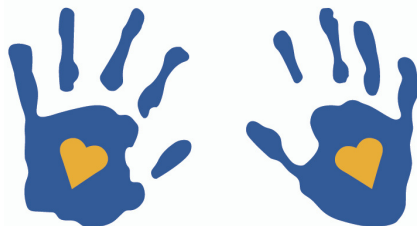
Challenge 3: Show us how you MOVE

Challenge 4: Show us your motor FIRSTS

We can't wait to see what you post!

www.facebook.com/totstoteenstherapy

www.instagram.com/totstoteenstherapy





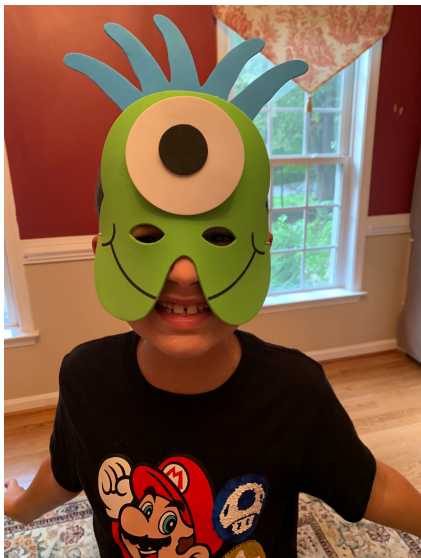
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HALLOWEEN TIPS!



General Accommodations

- Preparation is key!!
- Read books about trick or treating or watch short videos (Sesame Street has a great video for Halloween)
- Practice trick or treating at home with family or with your therapists
- Walk your "trick or treat route" during the day before the big night, look at the decorations so they do not seem as scary
- Limit your time, remember that it is okay to only visit 3-4 houses
- For children who may wander: have them wear glow sticks or adding reflective tape to their costumes
- Remind there are MANY ways to "do Halloween" - costumes are not mandatory, trick or treating is not mandatory
- For kiddos who don't want to carve pumpkins, they can paint, put stickers on and/or get potato head pieces from the Dollar Tree to decorate the pumpkins (real or fake)
- It's okay to skip houses that seem scary or overwhelming





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HALLOWEEN TIPS!



Speech Accommodations

- For non-speaking or minimally speaking kiddos, provide a sign that says "Trick or Treat"
- For those kiddos with AAC devices, program Trick or Treat into the device

Sensory Accommodations

- Carry a flashlight to help illuminate walking paths.
- Try costumes on before hand to see if it is comfortable
- Wear a weighted vest or compression shirt underneath costumes,
- Check out the pajamas section for themed PJs you know your kiddo will find comfortable
- Costumes can be simple they do not need to be elaborate such as a orange t-shirt to go as a pumpkin, simplicity may work better to have a successful evenin. Providing options/choices for the child of how to participate, what to wear, etc.
- Carry favorite portable Sensory tools such as chewlery.
- Try stomping for proprioceptive input between homes or getting squeezes between homes

Motor Accommodations

- Use a wagon or drive from house to house
- Empty their candy pumpkin between houses so it won't be too heavy
- Wear good supportive shoes

