



Tots to Teens
therapy services

TOTS TALK

VOL. 11 October 2022

OCTOBER 2022

UPDATES



- **Let's celebrate our amazing physical therapist for PT month.**
- **PT weekly contest. Stay tuned each Monday for a Facebook post on how to participate to win a \$25 gift card to Amazon!**
- **Trunk or Treat at Tots To Teens (see page 2)**
- **Get ready for a fun filled spirit week the last week of October (see page 2)**
- **October is Sensory Awareness Month and AAC Month (see page 6 for AAC apps on sale)**
- **Tots To Teens Is expanding the Prince William Clinic! We are excited to show you the new space soon.**
- **Check out our allergy friendly candy list to help with trick or treating.**
- **Stay tuned for updates for a very exciting Candy Land themed game week In December.**





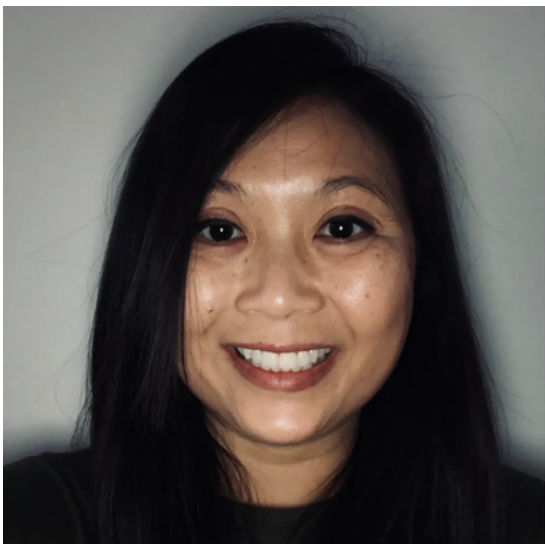
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PHYSICAL THERAPY MONTH!

CHECK OUT OUR FACEBOOK OR INSTAGRAM PAGES TO JOIN OUR PHYSICAL THERAPY WEEKLY CHALLENGES AND CONTEST TO WIN AN AMAZON GIFT CARD.

MEET OUR PHYSICAL THERAPIST

MARY NGUYEN, MS, PT



Mary received her Master's Degree in Physical Therapy from Western Carolina University.

Since graduation, Mary knew that she wanted to work with children. She has been a pediatric physical therapist for almost 19 years and has had the opportunity to work in a variety of settings to include Early Intervention, school districts, and outpatient pediatric therapy clinics. Mary has worked with children from infancy to 18 years old with various diagnoses that includes torticollis, cerebral palsy, Down Syndrome, Autism Spectrum Disorder, muscular dystrophy, Rhett syndrome, spina bifida, developmental delays, etc.

She lives in Stafford and enjoys spending her time with her son.

COURTNEY ALBRECHT, PT, DPT



Courtney graduated with a doctorate in physical therapy in 2010 from Nazareth College. Her love for pediatrics began while in PT school. She has over 10 years of experience working with patients in an outpatient pediatric setting ranging from newborns to young adults.

She has worked with children with a variety of diagnoses including developmental and gross motor delays, hypotonia, cerebral palsy, Autism, torticollis, and various genetic and neuromuscular disorders.

Courtney lives in Gainesville and enjoys spending time with her husband and two boys, going camping, crafting and baking.

TOE WALKING

Toe walking is very common in a child's natural development when first learning to walk. They are discovering their balance and how their body moves. As they begin to naturally progress with their walking ability, they should begin to place more weight through their heels. If by age 2, they are continuing to consistently walk on their tip toes, then physical therapy is recommended to evaluate possible cause and begin treatment.

Most often toe walking is idiopathic but may be caused by another underlying condition such as mild CP, sensory issues, or other neurological conditions. Early evaluation by a pediatric physical therapist can help clarify the reason behind the child's gait pattern and create a treatment program to address and improve a more typical walking pattern. Differential diagnosis can be determined during the evaluation to decide if referral to another specialist is warranted.

Questions to ask the family for possible PT referral:

1. Was your child born premature or low birth weight?
2. Did your child tolerate activities on their tummy (tummy time or crawling) in infancy?
3. Is the toe walking on one side or both?
4. Is there a family history of toe walking and/or neurological/muscle disorders?
5. Does your child complain of foot or leg pain, weakness in legs?
6. Does your child have difficulty keeping up with children the same age or frequently lose their balance?

These may be signs that the child's toe walking will persist past the developmental appropriate time frame.

Continued Toe walking into childhood without intervention can result in:

- Increased gastric tightness/shortened Achilles Tendon
- Decreased balance
- Delayed gross motor skills
- Pain in lower extremities
- Structural deformities in feet





HALLOWEEN SPIRIT WEEK 2022



Tuesday October
25th-Monday
October 31st

EVENTS



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Tuesday
24

Witches & Ghost

- Ideas: Witch hats, Black, White, Orange & Purple, Ghost Shirts, Witch/Ghost accessories (i.e. socks, leggings, necklaces)

Wednesday
25

Pumpkin Day

- Ideas: Wear orange & black, Pumpkin shirts, Pumpkin accessories (i.e. pumpkin hats, socks, earrings/necklaces, pumpkin tattoos)

Thursday
26

Food Costumes

- Easy Food Costumes: Fruits, Pizza, Candy Bars, M&Ms, Gumball, Ketchup/Mustard [Pinterest has TONS of easy DIY food costumes]

Friday
27

Spooky Socks

- Socks with pumpkins, monsters, ghosts, skeletons, witches, vampires, etc.

Monday
31

Super Heros-Office Theme

- It was close but SUPERHEROES won the office vote
 - Staff will dress as their favorite superhero
 - Tele Therapists please participate in the fun!!

***PLEASE TAKE PICTURES THROUGHOUT THE WEEK SO WE CAN SHARE TO SOCIAL MEDIA!**

***KIDS WILL ALSO GET THE THEMES FOR EACH DAY & ARE ENCOURAGED TO PARTICIPATE IN THE FUN ;)**





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Tots To Teens Is hosting

Trunk *or* Treat

October 29

3:00-5:00 p.m.

Tots To Teens Prince William parking lot



-
- STAFF MEMBERS WILL DECORATE THEIR TRUNK
 - STAFF ENCOURAGED TO WEAR A COSTUME OR WEAR BLACK/ORANGE
 - KIDS WILL "TRICK OR TREAT" TO EACH TRUNK
 - TREAT IDEAS OTHER THAN CANDY: PRETZELS, RAISINS, PENCILS, STICKERS, STAMPS, BOUNCY BALLS, ETC.
-

STAFF FAMILIES/KIDS WELCOME TO PARTICIPATE :)



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List of the top allergy friendly candies for food allergies. Always double check the label for allergies before giving them to a person with allergies.

Tots To Teens favorite allergy friendly candy is Zollipops <https://zollipops.com/>

Thanks to Eat Well Spend Smart for providing the list of healthy allergy friend candy



ZOLLIPOPS

Lollipops, Taffy, etc.

<https://zollipops.com/>

YUMEarth

(Organic Lollipops, Gummy Bears, Candy Corn, Spooky Gummy Fruits, etc.)

<https://yumearth.com/>

ENJOY LIFE FOODS

(Crunchy Mini Cookies, Chocolate Minis, etc.)

<https://enjoylifefoods.com/>

NO WHEY FOODS

Assorted Chocolates

<https://nowheychocolate.com/>

You can find Eat Well Spend Smart's full list here:

<https://eatwellspendsmart.com/allergy-friendly-halloween-candy/>



AAC Apps that are on sale this month!

Click on the app icons for links to purchase apps in the US during sale dates.

AAC Awareness Month October 2022
AAC App, Educational App, & AAC Product Sales

All sale details subject to change
This graphic contains sale information provided by the listed vendors.

For questions about apps or products not listed, please contact the vendor directly.

TouchChat®, LAMP WFL®, & Dialogue™ AAC
50% off (TC & LAMP Reg. \$299.99) (Dialogue™ AAC reg. \$99.99)
October 10 - 16, 2022
VPP, Worldwide
iOS only
*Sale does not include in-app purchases

WordToob: Language Learning Video Modeling App
50% off (reg. \$16.99)
October 1 - 31, 2022
VPP, Worldwide
iPad only

CoughDrop
50% off lifetime acct. \$100.00 USD (reg. \$200.00)
October 2 - 8, 2022
iOS, Android, Windows, Chromebook, Kindle, Web
Worldwide
*Must purchase through mycoughdrop.com

Predictable & Scene & Heard
50% off regular prices (Predictable reg. \$159.99) (Scene & Heard reg. \$84.99)
October 10 - 16, 2022
VPP, Worldwide
English version & iOS only

Avaz AAC & MDA Avaz Reader for Dyslexia
50% off reg. prices (Avaz AAC Lifetime Edition iOS reg. \$199.99)
October 1 - 15, 2022
iOS & Android
Worldwide
Includes all languages
*Does not include in-app purchases

Choiceworks \$6.99 (reg. \$14.99)
Choiceworks Calendar \$4.99 (reg. \$9.99)
Choiceworks Bundle \$9.99 (reg. \$20.99)
October 11 - 17, 2022
VPP, Worldwide
iOS only

PicSeePal
a portable, customizable, durable, splash-proof AAC housing solution. Insert manual boards or printed screens from high tech AAC systems.
10% off entire order when purchased through <https://picseepal.com/>
October 1 - 16, 2022
Worldwide
Use Discount Code: AAC22
*Cannot be combined with other offers

Speak for Yourself!
50% off (reg. \$299.99)
October 1 - 8, 2022
VPP, Worldwide
iOS only

This graphic was created and shared to help broaden accessibility of quality supports to the worldwide AAC community. **THANK YOU** to the participating vendors for their dedication and generosity!!

Alexicom AAC Apps
50% off all apps over \$0.99
October 1 - 31, 2022
VPP, Worldwide
iOS only

Spoken
<https://spokenaac.com>
uses next-word predictions and natural voices to help literate users communicate faster by typing, writing, or even drawing.

GoVisual Scene Maker
A program for converting photos and videos into literacy and communication opportunities
50% off (Reg. \$49.99)
October 19 - 28, 2022
Worldwide
iOS only

Monthly, Yearly, & Lifetime Subscriptions
50% off reg. prices
October 1 - 31, 2022
VPP, Worldwide
iOS, Android

Talk Suite Pro
50% off for the first week of October
33% off the second week of October
25% off for the rest of October
VPP (during sale only), Worldwide
iPad only

For worldwide app sales:
Sale prices are based on the U.S. dollar & may vary in other countries

IOS: Proloquo2Go, Proloquo4Text, Pictello, Keeble, Gateway®
Mac: Proloquo2Go, Proloquo4Text
On-Demand AAC Training Videos
Sale apps are 50% off reg. prices (Proloquo2Go reg. \$249.99; Proloquo4Text reg. \$119.99)
October 11 - 17, 2022
VPP, Worldwide
OR
get an extra trial month for FREE on subscriptions of Proloquo & Proloquo Coach & simPODD

lauren S. (Enders) Gonzales, M.A., CCC-SLP



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Parent's Corner

Tanya's Place in collaboration with STARSFORTHEARTS is a safe space for children and young adults to include children and young adults with disabilities. Tanya's Place was created as a space of inclusion. Tanya's Place has created programs such as vocal, acting, dance and music lessons. Our guests can choose to play video games, watch movies in our mock movie theater, arts, and crafts, canvas painting, sensory play, exercise, and dancing, bingo nights, board games, we have a library where books can be read or checked out. We also have a quiet room for relaxation. Tanya's Place is a space where one can come and be creative, learn social skills, self-care and mentoring. Tanya's Place is also available for events and rentals. There is a calendar on the websites with additional information and activities being added. We look forward to seeing everyone soon!

MUSIC BY:
DJ DOUBLEM

STARS PERFORMING ARTS

Register on Eventbrite

HOSTED BY: RHEA & TREASURE JOY

FREE TRICK OR TREAT BAG

I'M THANKFUL festival

SATURDAY
22nd October, 2022

Start 5pm
AT DOOR \$1 donation

Cash Or CashApp: \$starsperform
Zelle: 301 535 8984
PayPal & Square: Stars Performing Arts Inc

3912 Lansing Court
Dumfries, Virginia 22026 www.tanyasplaceva.com

www.starsforthearts.com

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***ACTIVITIES**
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***FOOD**
***GAMES**
***GIVEAWAYS & MORE**

COTTON CANDY
POPCORN
GLOWSTICKS
CANDY APPLES

Tanya's Place
ALL PIECES FIT

THESE MATERIALS ARE NEITHER SPONSORED OR ENDORSED BY PWCS

A place for ALL AGES

STARS PERFORMING ARTS

Tanya's Place
ALL PIECES FIT

IN DUMFRIES, VA

(STARTING AUGUST 1ST)

REGISTER TODAY
SPACES ARE LIMITED!

Safe place for those with special abilities

***MUSIC, DANCE, ACTING CLASSES**
***WORSHOPS FINANCIAL & HEALTH**
***MOVIE ROOM**
***VIDEO GAMES**
***ART ROOM**

3908-3912 LANSING CT. DUMFRIES VA. 22026
WWW.STARSFORTHEARTS.COM
TANYASPLACEVA.COM
(301-535-8984) (571-406-6130)

Attention parents: If you want anything featured on this page of our newsletter, please e-mail: pr@totstoteenstherapy.com

