



**Tots to Teens**  
therapy services

# TOTS TALK

VOL. 23 October 2023

## UPDATES

- The month's newsletter will be highlighting - Safe candy for Halloween
- Exciting things are happening at Tots to Teens. Check us out on Facebook and Instagram to stay connected.



## Tots To Teens Is Hosting

# Trunk OR Treat

October 21

10:00-12:00 p.m.

Tots To Teens Woodbridge Clinic (Parking Lot)  
12581 Milstead Way, Woodbridge, VA 22192



- COME TRICK OR TREAT WITH TOTS TO TEENS STAFF AND PARTICIPATING COMPANIES AT EACH TRUNK.
- THIS IS A SAFE AND FUN WAY TO EXPLORE TRICK OR TREATING WITH FAMILIAR FACES AND PRACTICE WEARING YOUR COSTUME.
- WE CAN'T WAIT TO SEE THE PICTURES YOU TAKE! YOU CAN POST THEM OR TAG US ON FACEBOOK HERE.





# Halloween Candy Safety.

## When can I let my child eat candy?

There is no agreed-upon age recommendation for allowing children to eat candy. However, expert groups such as the American Academy of Pediatrics and the 2020–2025 Dietary Guidelines for Americans recommend avoiding added sugar for children under the age of 2. For kids over 2, it's recommended to keep added sugar under 10% of daily calories which equals roughly 25 grams or 100 calories for a two-year-old.

In reality, as hard as parents may try, it can be difficult to avoid all added sugars until their child turns 2, especially when it comes to Halloween. In the case of candy, many babies under age 1 are likely not skilled enough eaters to handle most candy, but 1 - 2 year olds are more likely to be aware of Halloween candy and want to try it.

HALLOWEEN CHOKING HAZARDS	
Unsafe	Safe
<ul style="list-style-type: none"><li>✗ M&amp;M's</li><li>✗ Peanut M&amp;M's</li><li>✗ Reese's Pieces</li><li>✗ Twizzlers</li><li>✗ Gummy Bears</li><li>✗ Skittles</li><li>✗ Milk Duds</li><li>✗ Whoppers</li><li>✗ Jawbreakers</li><li>✗ Blow Pops</li><li>✗ Tootsie Pops</li><li>✗ Jolly Ranchers</li><li>✗ Sour Patch Kids</li><li>✗ Candy Corn</li><li>✗ Hot Tamales</li></ul>	<ul style="list-style-type: none"><li>✓ Reese's Peanut Butter Cups</li><li>✓ Twix</li><li>✓ Snickers</li><li>✓ Kit Kat Bars</li><li>✓ Butterfingers</li><li>✓ Hershey's Bars</li><li>✓ Milky Way Bars</li><li>✓ Cookies</li><li>✓ Animal Crackers</li><li>✓ Cupcakes</li></ul>

## Safety hazards in Halloween treats for toddlers

Sugar isn't the only thing to consider when it comes to Halloween candy. Safety is equally important, especially for babies and toddlers. Certain candies may pose a choking risk or contain common food allergens. Additionally, eating candy while trick-or-treating, walking, running or playing can increase the risk of choking. It's best to enjoy treats sitting down at home! And for toddlers, stick to soft sweets that dissolve quickly.

Common choking hazards include:

- Hard candy (Lifesavers, Jolly Ranchers, lollipops, Gobstoppers)
  - Small candies (M&Ms, jelly beans, Nerds, candy corn)
- Chewy candy (Starburst, Skittles, fruit snacks, Sour Patch, caramel)
- Candy with whole nuts (Snickers, Peanut M&Ms, Payday, Baby Ruth)
  - Caramel apples
  - Popcorn
- Small non-food items (candy wrappers, stickers, small toys, temporary tattoos)



## Healthy Halloween treat alternatives

While there tends to be a lot of emphasis on candy during Halloween, especially for kids, it is not needed to celebrate the holiday! A handful of ideas for non-food treats as well as alternative celebrations for babies and toddlers are broken down below.

### Non-food treats for Halloween

- Stickers
- Mini Playdoh
- Bubbles
- Pencils/pens
- Glow sticks
- Bouncy balls
- Noisemakers
- Spider rings
- Mini notepads
- Temporary tattoos
- Mini erasers



## List of allergy friendly choices

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 a full list at **Eat Well Spend Smart:**

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

## **Go out and collect your candy with only FUN being on the agenda**

This is the time to purely enjoy the night and the childhood memories they're forming! Avoid making comments about how much candy there is, how bad it is, how much sugar there is. etc. Just have fun! Plus, the less emphasis you put on candy, the more success you'll see around reducing the obsession around it.



# Small Steps Bring Big Changes



## NEWEST MEMBER OF OUR TEAM

**So Excited you are here !**



Haley Payne

Haley is a new graduate of Northern Virginia's Community College's Occupational Therapy Assistant Program. Prior to studying occupational therapy, Haley enjoyed a career as a dog groomer. Haley has previously worked with clients with CP, ASD, OCD, ODD, and ADHD. Haley has helped clients to develop fine and gross motor skills, visual perceptual and visual motor skills, coping skills, stress management skills, as well as skills related to activities of daily living, executive function, and socialization.

### Christina's Corner

### Tots Families!

Please be on the lookout for policy update forms, these will be emailed out this month. These forms are required to be completed within 72 hours of receipt or sessions will be cancelled until they are complete.