



Tots to Teens
therapy services

TOTS TALK

VOL. 35 October 2024

UPDATES

- The month's newsletter will be highlighting - The Benefits of Play-Based Learning vs Academic Learning
- Toys that are good for the brain - October 14th
- Trunk or Treat - October 19th
- Spirit Week - October 28-31
- Exciting things are happening at Tots to Teens. Check us out on Facebook and Instagram to stay connected.



Tots to Teens Presents

Trunk or Treat

Saturday
October 19th
10am-12pm

Woodbridge Clinic Parking Lot
12581 Milstead Way Suite 302
Woodbridge VA 22192

**OPTIONAL: If interested in setting up a trunk
please email sarah@totstoteenththerapy.com**



The Benefits of Play-Based Learning Vs Academic Learning

The early years of a child's life are crucial for their development. During this time, children experience rapid growth in their cognitive, emotional, and social abilities. One of the most debated topics in early childhood education is the balance between play-based learning and academic-focused learning. Both approaches have their merits, but research consistently shows that play-based learning offers more holistic benefits for young children.

Play-Based Learning: What Is It?

Play-based learning involves allowing children to explore their environment through self-directed activities and creative play. This method encourages curiosity, social interaction, problem-solving, and hands-on engagement. Instead of structured lessons, play-based learning allows children to learn naturally as they interact with materials, people, and their surroundings.

Academic Learning: What Is It?

Academic learning, on the other hand, focuses on structured teaching of specific skills like reading, writing, and math. It often involves direct instruction, memorization, and the use of worksheets or planned activities. Academic learning is typically more adult-directed and designed to prepare children for formal schooling.

Benefits of Play-Based Learning

- Encourages Creativity and Imagination - Play allows children to think freely and use their imaginations. They can create scenarios, role-play, and engage in pretend play, which helps develop creativity and innovation.
- Develops Social Skills - When children engage in play with others, they learn essential social skills such as sharing, empathy, and teamwork. Cooperative play fosters communication, conflict resolution, and emotional regulation.
- Supports Cognitive Development - Through play, children explore problem-solving, critical thinking, and decision-making. For example, building blocks or puzzles help them understand cause and effect and improve spatial awareness.
- Promotes Physical Development - Physical play, such as climbing, running, or balancing, helps develop motor skills, coordination, and body awareness. Fine motor activities like drawing or using small objects build dexterity and hand-eye coordination.
- Fosters Independence - Play-based learning encourages children to make choices and take control of their learning. They learn how to initiate activities, make decisions, and explore their interests, fostering a sense of independence.
- Emotional Resilience - Play allows children to process emotions and build coping strategies. For instance, role-playing can help them understand and navigate real-life situations, building emotional intelligence.



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Benefits of Academic Learning

- Skill Mastery – Academic learning helps children develop early literacy and numeracy skills, which are foundational for later academic success.
- Prepares for School – Structured academic learning provides children with a head start for the transition to formal schooling. They become familiar with routines, rules, and basic academic concepts.
- Boosts Early Achievement – For some children, academic learning can lead to early reading and math proficiency, giving them a confidence boost in formal education environments.

While both play-based and academic learning approaches have their advantages, research suggests that children under six benefit more from play-based learning. This approach allows children to develop essential life skills—social, emotional, physical, and cognitive—while also fostering creativity and independence. Academic learning is still valuable, but it should be balanced with play to ensure that children are well-rounded and ready for future educational challenges.

TOYS THAT ARE GOOD FOR THE BRAIN

Please join us as we share our most recommended toys and ways to play with them that promote cognitive, motor, and speech development!

**October 14th, 2024
7:00pm**

via Zoom:

<https://totstoteenstherapy.zoom.us/j/jenspeechtherapy>

Fall

Saturday

Sessions

- **October 26th**
- **November 16th**

You all have asked, and we have heard! We are going to be open on Saturdays October 26th and November 16th for speech, occupational and physical therapy sessions.

Our hours of operation will be 9-5pm (last sessions ending at 5pm).

**PLEASE NOTE: ALL SESSIONS WILL TAKE PLACE AT OUR WOODBRIDGE LOCATION:
12581 Milstead Way Suite 302
Woodbridge, VA 22192**

This would be an excellent opportunity to make up missed sessions (especially for our school age kiddos) or to preload make up visits prior to the holidays.

Please contact cancelatotstoteenstherapy.com or call the front desk to be placed on the schedule.
Don't wait...these will fill up quickly!

Free Screening Coupons !!

**Contact the front desk for more
information.**

Screening Coupons attached to Newsletter Email.



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**MARK
YOUR
CALENDAR !**

GO CHRISTIAN!!!



**So excited to celebrate
his new braces and stand up for the
1st time ever!**

TOTS TO TEENS PRESENTS

HALLOWEEN SPIRIT WEEK

Monday 10/28/24–Thursday 10/31/24

MONDAY 10/28/24: "MONSTER MONDAY":

- WEAR MONSTER SHIRTS/PANTS/ACCESSORIES, BLUE/GREEN/PURPLE

TUESDAY 10/29/24: "TOTALLY PUMPKIN":

- WEAR PUMPKIN SHIRTS/socks/ACCESSORIES, ORANGE, BLACK

WEDNESDAY 10/30/24: "WACKY WEDNESDAY":

- WEAR MISMATCHED/INSIDE OUT CLOTHES, WACKY HAIR, WHATEVER "WACKINESS" YOU CAN CREATE!

THURSDAY 10/31/24: TOTS STAFF COSTUME- MINIONS

- WEAR OVERALLS, YELLOW & BLUE, GLASSES/GOOGLES

Christina's Corner

Tots Families!

**Daytime openings for OT and SLP at
Dumfries and Woodbridge Clinics**

Tots to Teens does not follow the public school schedule regarding closures for holidays, inclement weather closures, early dismissals, etc. 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, please email cancel@totstoteenstherapy.com