



Tots to Teens
therapy services

TOTS TALK

VOL. 47 October 2025

UPDATES

- The month's newsletter will be highlighting Halloween safety
- Physical Therapy Appreciation Month.
- ADHD and Learning Disability Awareness Month.
- Exciting things are happening at Tots to Teens! Check us out on Facebook and Instagram to stay connected.



OCTOBER 18TH

TOTS TO TEENS THERAPY

TRUNK
OR
TREAT!



10:00 AM - 12:00 PM

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

If you are interested in setting up a trunk please email
sara@totstoteenstherapy.com



HALLOWEEN SPIRT WEEK

MONDAY 10/27-FRIDAY 10/31

Monday 10/27/25 "Video Game Day"

Wear a video game shirt, or character colors

Tuesday 10/28/25 "Superhero Tuesday"

Wear your favorite superhero costume, shirt, or colors

Wednesday 10/29/25 "Wild hat Wednesday"

Wear your wild hat for the day

Thursday 10/30/25 "Staff Costume - Disney"

**Dress like your favorite character by wearing a shirt,
costume, or accessories**

Friday 10/31/25 "Pumpkin Day"

Wear a pumpkin shirt, black, or orange





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PHYSICAL THERAPY MONTH!

MEET OUR PHYSICAL THERAPISTS



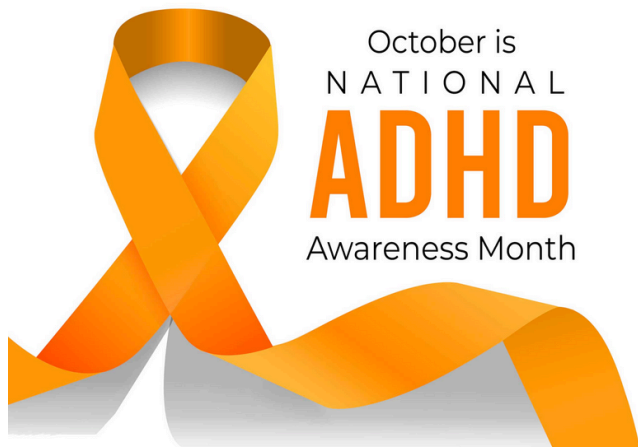
Ms. Davina

Davina received her Doctorate of Physical Therapy from Shenandoah University. She finds joy in the small wins—whether it's a child mastering a new skill or gaining confidence through movement. Outside of the clinic, she loves reading, spending time with her playful pitbull, Titan, and taking well-earned power naps.



Ms. Courtney

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.



October is Learning Disabilities Awareness Month



Dyslexia



Dysgraphia



Dyscalculia



Nonverbal
LD



Oral/Written
Language Disorder



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CAREGIVER SUPPORT

October 15

6:00-7:00PM

We will meet over Zoom

Topic: Sharing Success Stories and
Small Victories

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 here](#)

Or contact

authorizations@totstoteenstherapy.com



WEDNESDAY

15

OCTOBER



TRICK OR TREAT

Preparing for a Fun Evening of Trick-or-Treating: A Guide for Parents with Autistic Children

Planning & Priming

Plan for:

- Sensory-friendly and comfortable costumes.
- Early hours when streets are less crowded, quiet street, or trunk-or-treat events

Prime by:

- Visiting familiar locations
- Practicing trick-or-treating
- Use visuals to create social stories



Be Mindful of Sensory Overload

- Consider using noise-cancelling headphones
- Take sensory breaks
- Know the triggers. i.e. If a child is sensitive to flashing lights or loud noises, avoid approaching homes with those elements.



Safety First!

- Always ensure your child has adult supervision
- Wear reflective elements or add reflective tape for visibility in the dark
- Have children wear ID bracelets or temporary tattoos with your contact information
- If your child has allergies, make sure to carefully check all candy ingredients



Post-Trick-or- Treating Routine

- Review the Experience: Talk to your child about their Halloween experience. Discuss what they enjoyed and what might have been hard for them.
- Wind Down: Help your child transition back to their regular routine with calming activities like a warm bath or reading their favorite book.



**AUTISM
LEARNING
PARTNERS**
MAKING PROGRESS POSSIBLE

www.AutismLearningPartners.com

HALLOWEEN SAFETY TIPS



Have children wear **REFLECTIVE MARKINGS** or carry a **FLASHLIGHT** so they can be seen.

Always **CHECK CANDY** before letting your child eat it. Avoid homemade treats made by strangers.



Always **ACCOMPANY YOUR YOUNG CHILDREN** when they are trick or treating.

Make sure your children's costumes are properly sized to **AVOID FALLS AND TRIPPING.**



Use **NON-TOXIC MAKE-UP** on your child instead of a mask so vision is not limited.

Keep kids on a sidewalk or path and don't let them dash across the street or to the next house. Always **WALK TOGETHER** and cross at a street corner or walk signal.



Trick-or-Treat

Visual Schedule



1) Walk to door.

2) Knock or ring doorbell.

3) Greet the person in my own way

smile wave say "Hi, trick-or-treat!"

4) Choose 1 candy.

5) Put candy in bag.

6) Thank the person in my own way

smile wave say "Thanks!"

PRINCE WILLIAM COUNTY FIRE & RESCUE SYSTEM

2nd Annual Public Safety

Fall Expo

Join us for a day of fun, learning
and safety!

FREE & open to the public.

Event Highlights

Exhibitors – Meet our career and volunteer firefighters, local agencies/organizations, and learn about life-saving services provided by PWC Fire & Rescue System, Air Care1 and more!

Egg Drop Challenge – Design a contraption to protect your egg... winners get a RIDE ON A FIRE ENGINE!

Child Safety Seat Check – Is your child's car seat properly installed?

Live Music – Local bands performing throughout the day.

Meet Celebrities - Appearances by Sparky the Fire Dog, McGruff the Crime Dog and Smokey Bear!

Activities & Games – Fun for kids of all ages!

Food Trucks – Grab a bite from some of the area's best eats!



SCAN ME

Learn. Explore. Connect.

Come **meet** your local heroes, **learn** about **safety**, discover **volunteer opportunities**, and have a **blast** doing it! **Follow** us on **social media** for **updates** and **weather info!**



**Saturday
October 4th**



**Pfitzer Stadium
7 County Complex Ct
Woodbridge, VA 22192**



12pm - 5pm

**Come visit
Tots To Teens
at The Expo**



Top Features Parents ❤️ About the Ocean Friends App

 **Book therapy slots easily with their therapist that fit their schedule**

 **Receive instant updates on appointments and message their therapist instantly**

 **Pay bills, view statements, and access therapy documents all in one place**

 **Cherish special moments shared by therapists and track their child's progress**



This will streamline your paperwork and payments and give you more control over your child's schedule, progress, and communication. You will get real time updates when your child meets a goal, be able to see session notes, cancel and reschedule your appointments, and make payments with ease all through this user friendly platform! Ocean Friends offers an app and an online experience. You will be receiving your yearly paperwork through this platform to update our files.

Kayla's Korner

Reminder:

- Tots to Teens is growing and we now have immediate openings for Speech, Occupational Therapy, and Physical Therapy services. Please complete our **intake** form to start the process.
- Need to change your child's schedule for the new school year? Now is the prefect time to contact email **frontdesk@totstoteenstherapy.com**
- 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.

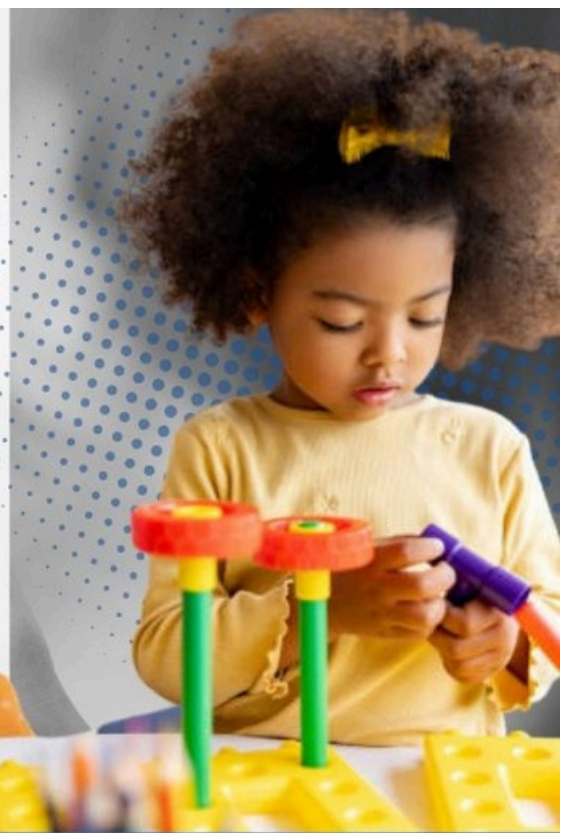


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We are Accepting New Patients

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 Fettle Park Drive
Suite 103
Dumfries, VA 22025