

Tots to Teens
therapy services

TOTS TALK

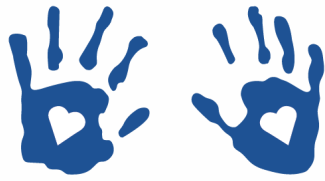
VOL. 22 September 2023

New Dumfries Clinic is open

UPDATES

- The month's newsletter will be highlighting - Feeding - fun lunches for picky eaters
- New Clinic opening !
- Both Clinics will be closed on Labor Day, September 4th
- Exciting things are happening at Tots to Teens. Check us out on Facebook and Instagram to stay connected.





Lunches for Picky Eaters



1. **Keep a running list of foods your child eats** - Figuring out what to pack is the most challenging part of the process. It may help to keep a running list of all the foods your child eats. You can divide these lists up by food group or food type. List out proteins, veggies, starches, healthy fats, non-dairy foods, and snacks.

2. **Invite your child to help make lunch choices** - When picky eaters have some say in what goes into their lunch, there's a better chance they will eat it. Picky eaters gain more interest in trying foods when they are able to get hands on with them.

3. **Pack foods they enjoy** - Stick to the list of the foods your child eats and pack those only. When you introduce a brand new food to your child, and they seem to like it on several more occasions, consider adding it to your list.

4. **Invest in lunch gear they like** - Involve your child in shopping for a favorite color or favorite themed lunch box to get them excited about eating their packed lunch at school. Add lunch gear to the list like a thermos for hot foods, reusable fork, spoon or sandwich container.

- **How does your child feel about foods that touch?** It can help a thermos to help keep foods separate and mess-free. A thermos will also help preserve the temperature of certain foods if your child is particular about eating foods warm versus cold. A lunchbox that comes with a bento box also makes it easier to separate foods.

5. **Make it creative** - Adding some creativity to lunch packing can make eating at school fun for your kiddo, and you may notice they eat what you provide.

- **Add colors** - Kids love bright colors, and it's no different when it comes to eating. Color up their lunch by adding pigment-rich foods like bright orange dried mango, deep red sliced grape tomatoes, green peppers, or a rich chocolate oat muffin.
- **Make food shapes** - Transform foods into fun shapes like a butterfly sandwich or star-shaped watermelon. Use a sharpie to draw silly faces on bananas or clementines. You don't have to be an artist to put a smile on your little one's face.

6. **Write a love note** - If your child can read, write a short love note to encourage and affirm them. Your love note can simply say "You are important to me" or "I believe in you!" to remind them how much you love them.

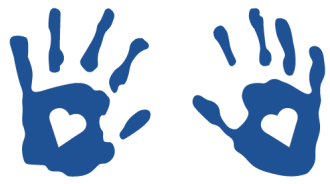
7. **Don't be afraid to repeat** - While variety is important, don't be afraid to repeat meals that your picky eater enjoys. This can help to establish a sense of routine and familiarity.



Summer Interest Group

Thank you to everyone who was able to participate in our Summer Interest Group. This summer's catapult activity was a huge success.





NEWEST MEMBERS OF OUR TEAM

So Excited you are here.



Kaitlyn Hurley

Kaitlyn received her Bachelor of Science from Virginia Tech in 2020 and her Doctorate in Occupational Therapy from Virginia Commonwealth University in 2023. Kaitlyn has experience working with children with autism, sensory processing disorders, developmental delays, cerebral palsy, and neurological disorders. Kaitlyn loves incorporating play and arts and crafts into sessions to keep them fun and meaningful to the child. In her free time, she loves spending time with her family and exploring new cities with her fiancé!



Aiesha Jones

Aiesha graduated with her bachelor's and master's degree in Speech-Language Pathology from Old Dominion University. She has always loved working with kids of all ages, beginning with her experience in after-school programs and later in clinical settings. She enjoys working with kids with autism and creating close relationships with her clients and their families. Aiesha has experience working with various children with speech and language disorders, expressive-receptive language disorders, and developmental delays in outpatient pediatric and early intervention settings. Outside of work, Aiesha loves to watch movies, try new restaurants, travel, and paint.

Christina's **Corner**

Tots Families!

Just a reminder the clinics will be closed on
Monday, **September 4th** for Labor Day.

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