



Tots to Teens
therapy services

TOTS TALK

VOL. 34 September 2024

UPDATES

- The month's newsletter will be highlighting - Feeding - fun lunches for picky eaters.
- Both Clinics will be closed on Labor Day, September 2nd.
- Exciting things are happening at Tots to Teens. Check us out on Facebook and Instagram to stay connected.



Fall



Saturday

Sessions

- **September 21st**
- **October 26th**
- **November 16th**

Mark your calendars for this opportunity to attend a Saturday make-up session (for a previously missed session or an anticipated missed session in the future due to vacation, holiday plans, etc.) or a bonus session (an extra session for anyone who would benefit.

**Look for more details
later this month.**

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.

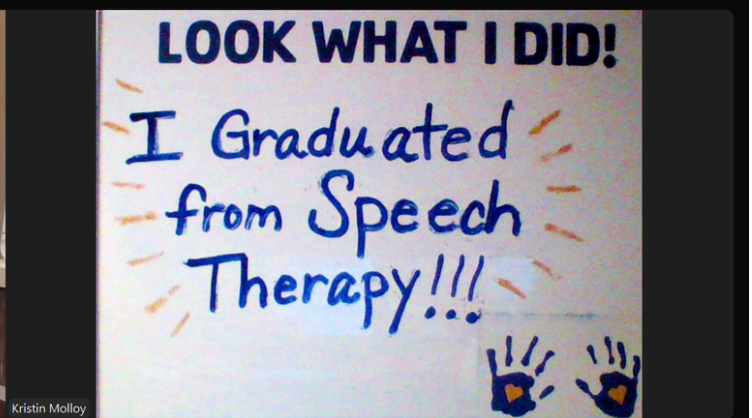
6. **Write a love note** - If your child can read, write a short love note to encourage and affirm them. Your love note can simply say "You are important to me" or "I believe in you!" to remind them how much you love them.

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.



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GRADUATIONS



Free Screening Coupons !!

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



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NEWEST MEMBERS OF OUR TEAM

So Excited you are here.



Kaitlyn Cook

Kaitlyn graduated with a Bachelors of Science in Communication Sciences and Disorders from Penn State University, and with my Masters of Arts in Speech Language Pathology from George Washington University. Her interests in the field are early language development, feeding, autism, and AAC. In her spare time, she enjoys hanging out with friends and family, baking, and going on walks.



Abby Harris

Abby received her master's degree in Speech-Language Pathology from Longwood University in Farmville, Virginia. As a graduate clinician, she had the opportunity to work with individuals across the lifespan. She completed internships at Central Virginia's Early Intervention program, Longwood Speech Hearing and Learning Services private practice, Prince Edward County Elementary through High School, and the Veterans Affairs Hospital in Richmond, Virginia. Now as a licensed and certified provider, she loves working in pediatrics. During sessions, she focuses on child lead therapy, being proactive to sensory needs, modeling language without expectation, and embedding speech practice into play. Outside the clinic, she loves baking, hiking, reading, and playing with her puppy.

Christina's **Corner**

Tots Families!

Just a reminder the clinics will be closed on
Monday, **September 2nd** 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