



Tots to Teens
therapy services

TOTS TALK

VOL. 46 September 2025

Ocean Friends is here

Tots To Teens is excited to launch our new scheduling/payment software, Ocean Friends. We are so excited to have you come join this new adventure which will make scheduling, communication, and accessing important information easier than ever for our families.



Download Our New Scheduling App



- ✓ Track therapy goals- See milestones, session notes and progress updates
- ✓ Celebrate wins- Get real time updates when your child hits a goal
- ✓ Communicate Easily- Message your child's therapy team securely
- ✓ Secure & Private- HIPAA Compliant and parent approved
- ✓ Payment Portal- View payments, download invoices and receipts with ease

Available on iOS & Android



Dive in and ride this wave with us!

UPDATES

- The month's newsletter will be highlighting Strategies to Reduce Back-to-School Anxiety
- Childhood Cancer Awareness Month. A gold ribbon is the international symbol for childhood cancer awareness.
- Exciting things are happening at Tots to Teens! Check us out on Facebook and Instagram to stay connected.



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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CAREGIVER SUPPORT

September 10th

6:00-7:00PM

We will meet over Zoom

Topic: Parental Burnout

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
10
SEPTEMBER





Tots to Teens

therapy services

Baby Movement Class

Each session is with our dedicated Doctor of Physical Therapy.

We will offer tips and strategies for how to develop gross motor skills at each stage. You will have the opportunity to ask questions, socialize with other babies, and make parent connections.

4 Week Session

Starting September 17, 2025 to October 15, 2025

Optional make-up session offered October 22, 2025

\$200 for all 4 weeks

1-9 Months old

Wednesdays from 11am-12pm

Focus on age appropriate movement for babies

- Pre-walking skills
- Making the most of tummy time
- Sitting for core development
- Encourage Rolling
- Crossing the midline activities
- Stretching for baby

9-18 Months old

Thursdays from 11am-12pm

Focus on age appropriate movement for cruisers

- Develop pre-walking skills
- Encourage crawling
- Standing balance and core strength
- Confident cruising and walking

12581 Milstead Way Suite 302, Woodbridge, VA

**For More Information
about our clinic**

www.totstoteenstherapy.com

703-236-7336



To Register



Strategies to Reduce Back-to-School Anxiety

While some children are excited about returning to school, others with anxiety are vulnerable to several stressors associated with a new school year.

- Anxiety or uncertainty about entering a new grade, starting at a new school, not knowing their teacher or classmates, or starting a new routine;
- Concerns about fitting in, making friends, or dealing with bullying;
- Stress about keeping up with more demanding schoolwork and meeting expectations; and/or
- Worries about their safety in light of recent events.

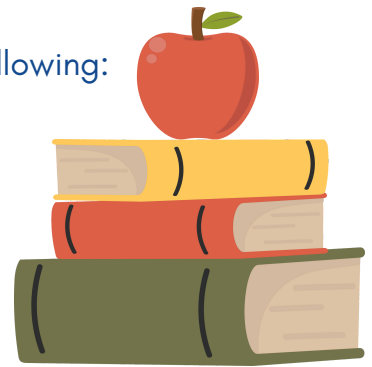
To feel confident and ready to tackle the new school year with a positive mindset, children need support to navigate these stressors and regulate their emotions.

Identifying back-to-school anxiety

Children aren't always forthcoming about their worries or concerns. For this reason, it's important for parents and other caregivers to be on the lookout for signs that their children are feeling anxious about the start of school.

Examples of behavior that could indicate back-to-school anxiety include the following:

- Uncharacteristic sleep disturbances
- Increased defiance or irritability
- Lack of concentration
- Low energy
- Loss of appetite
- Sadness or crying
- Headaches, nausea, fatigue, or other physical symptoms in the absence of an actual illness
- A child feeling anxious about the school year also may seek continual reassurance about what their school days will look like, or they might avoid start-of-school activities like class get-togethers.



Tips for supporting children in the back-to-school transition

Here are a few tips for parents and other caregivers to help children feel confident, supported, and ready to tackle the year with a positive mindset.

For Children

- **Ease into routines:** Slowly adjust bedtime and morning routines to align with the school schedule in the weeks leading up to the first day. This helps prevent the shock of sudden changes in sleep patterns and daily rhythm.
- **Talk about feelings openly:** Create a safe space for your child to express their worries without judgment. Validate their emotions by acknowledging that it's normal to feel nervous about new experience.



For Children

- **Visit the school:** If possible, take your child on a tour of the school, especially if it's a new environment. This helps to familiarize them with the setting and meet teachers and staff, reducing fear of the unknown.
- **Relaxation techniques:** Teach your child coping mechanisms like deep breathing, mindfulness, or visualization to help manage anxious feelings in real-time.
- **Social connections:** Arrange playdates with classmates before school starts to help strengthen friendships and ease the transition back into a social environment.
- **Focus on the positives:** Talk about exciting aspects of the school year, such as seeing friends, extracurricular activities, or learning new things. This can help shift focus away from worries and toward excitement.
- **Empower them with choices:** Allow your child to make decisions related to the upcoming school year, such as choosing school supplies or their first-day outfit, to give them a sense of control.
- **Provide comfort items (for younger children):** A small comfort item like a photo or a favorite toy can help reassure them during separation.
- **Create a homework plan:** Help your child organize assignments into manageable tasks and provide support when needed to alleviate academic stress.

For Parents

- **Manage your own stress:** Children often mirror their parents' emotions, so manage your own anxiety about the back-to-school transition. Practice self-care and model healthy coping mechanisms.
- **Be patient and understanding:** Recognize that adjusting to new routines and expectations can take time. Validate your child's feelings and offer unwavering support as they navigate the transition.
- **Set realistic expectations:** Don't place undue pressure on your child for perfect grades or immediate social success. Focus on effort and learning, rather than solely on outcomes.
- **Stay in touch with the school:** Communicate with your child's teachers and counselors about any anxieties or concerns to ensure they receive extra support if needed.
- **Seek professional help when needed:** If your child's anxiety persists or interferes with their daily life and functioning, consult with a mental health professional or school counselor.

By implementing these strategies and fostering a supportive environment at home, parents can help children navigate the back-to-school transition with greater confidence and ease, creating a foundation for a successful and less anxious school year.

