



Tots to Teens
therapy services

TOTS TALK

VOL. 55 September 2026

UPDATES

- The month's newsletter will be highlighting Strategies to Reduce Back-to-School Anxiety and Lunch for picky eaters.
- Tots To Teens Clinics will be closed on Labor Day.
- Exciting things are happening at Tots to Teens! Check us out on Facebook and Instagram to stay connected.



As summer fades and routines settle back in, we're excited step with you into a new season of growth and learning.

TRUNK OR TREAT

OCTOBER 24

10:00 – 12:00



APP TIP

YOU CAN
RESCHEDULE
APPOINTMENTS
RIGHT IN THE APP !



Open Ocean
Friends App >
Appointment
tab

Happy
LABOR DAY



Tots to Teens Therapy Clinics
will be closed on Labor Day

Schedule Shift's

Both patients and therapists may
need to shift schedules over the
Fall. Thank you for your patience
as we try to accommodate everyone!

Cancellations

Going somewhere? Be sure to
cancel your appointment in
advance! Stay on track by
rescheduling missed visits.

Looking for a fun Fall activities



[HTTPS://LITTLEBINSFORLITTLEHANDS.COM/CATEGORY/HOLIDAY-SEASONAL-ACTIVITIES-FOR-KIDS-PLAY-IDEAS/FALL-ACTIVITIES/](https://LITTLEBINSFORLITTLEHANDS.COM/CATEGORY/HOLIDAY-SEASONAL-ACTIVITIES-FOR-KIDS-PLAY-IDEAS/FALL-ACTIVITIES/)

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.

Welcome the newest members of the Tots Family



Ms. Anna

Speech



Ms. Anna

Speech



Ms. Amber

Occupational Therapy



Ms. Maddie

Occupational Therapy

SCHOOL-BASED VS. CLINIC-BASED

THERAPY: WHAT'S THE DIFFERENCE?

 SCHOOL-BASED THERAPY	VS.	 CLINIC-BASED THERAPY
 Supports a child's ability to access and participate in their education		 Supports a child's overall development across home, school, and community settings.
 Therapy frequency is determined by the IEP team		 Therapy frequency is determined by clinical need & insurance authorization
 May occur individually or in small group		 Provide one-on-one with individualized treatment plans

Can Both be Beneficial?

School and therapy **work together** to help kiddos build skills that carry over across home, school, and everyday life.

**Come visit us at the Fall Festival
on October 3rd from 12PM to 5PM
at the 7 County Complex Court,
Woodbridge**

**PRINCE WILLIAM COUNTY
FIRE AND RESCUE
3RD ANNUAL
FALL FESTIVAL**

**SATURDAY, OCTOBER 3RD
12:00PM - 5:00PM**

FUN FOR THE WHOLE FAMILY!

- FIRE TRUCK TOURS
- RESCUE DEMONSTRATIONS
- GAMES & KIDS ACTIVITIES
- FOOD & MORE!



Tots to Teens
therapy services

STORY TIME EVENTS

Prince William County
Libraries

JOIN TOTS TO TEENS AT FREE
STORY TIME EVENTS THIS
FALL

SEP 3 Montclair Library

SEP 4 Bull Run Library

OCT 1 Montclair Library

OCT 20 Lake Ridge Library

NOV 5 Montclair Library

NOV 17 Lake Ridge Library

**ALL EVENTS
10:30 A.M.**



**MONTCLAIR &
BULL RUN**



**LAKE RIDGE
LIBRARY**

Montclair Library
5049 Waterway Dr,
Dumfries, VA

Bull Run Library
8051 Ashton Ave,
Manassas, VA

Lake Ridge Library
2239 Old Bridge Rd,
Woodbridge, VA

Tots to Teens
Therapy Presents

Trunk *or* Treat

October 24



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