

Children's Therapy Centre

A Message from the CEO



Can you believe it's May already? The start of the NDIS in our region has brought big changes for local families and for us. Already we have welcomed 92 families who have chosen us as their NDIS therapy providers. Another 60 families are now using our Plan Management services and 16 NDIS participants have signed up for Support Coordination.

Our new specialist playgroups for children with Autism are proving to be very popular with young families. We now run four "PlayAble" groups at Nambour, Kawana and Mudjimba. We are very keen to run more groups so please let us know if you are interested so we can start one in your area.

Our new centre in Gympie opened on Wednesday 8 May. The new address is Suite 1, 6-8 Perseverance St, Gympie (next to Jett's Gym). Each therapist has their own room and we also have a large room for groups and physiotherapy. Our friendly Centre Coordinator Deanne will make you feel very welcome and will help with any enquiries.

We will be using a new name as we open new services in new areas. In addition to "Children's Therapy Centre", we will also be known as "Children's and Teens' Therapy Services". The reason for the change is that we now operate many centres and a lot of services are provided outside of the centres, for example, in homes, child care and schools.

I wish you all the best as you continue transitioning to the NDIS. We are here to help if needed.

Kind regards
Debbie Blumel
CEO
M: 0499 995 711



PlayAble

A playgroup for children with Autism

*Proudly delivered by Children's Therapy Centre and
Playgroup Qld*



PlayAble is a small playgroup for children aged 2 to 5 years who have been diagnosed with ASD or are seeking a diagnosis. Therapists are trained in the Early Start Denver Model which is evidence-based and builds parental skills.

PlayAble brings together an evidence-based group intervention, the Early Start Denver Model (ESDM), with facilitated playgroups for families with children aged 2 - 5 years. Research shows that the best time to implement early childhood intervention for children with ASD is between 10 months to five years.

PlayAble promotes parent and child engagement and active participation of parents in therapeutic settings. ESDM was chosen as the interventional framework for PlayAble because it gave an age and theoretically appropriate guide for children with ASD. Parents attend the group, assuming the role of 'expert' of their child. The therapist/facilitator involves and consults the parents throughout each session.

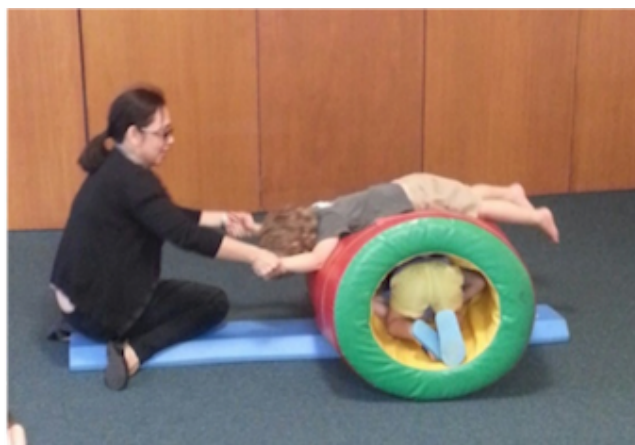
Where: In your local area

When: Weekly (during school term)

Duration: 2 hours per session each week

Payment: Your NDIS Plan (Improved Daily Living: specialised group early childhood intervention) or HCWA or private. (Parents must also join Play Group Queensland - \$40.)

Program: A fully accredited Allied Health therapist works with the parent and child.



- Communication skills
- Social skills
- Play skills
- Cognitive skills
- Fine and gross motor skills
- Adaptive behaviour skills

Don't miss out! Phone now to secure your place.

Interested? Please contact Kellie at Children's Therapy Centre on: 0408 791 211 or enquiries@childrenstherapycentre.com.au

Morayfield State School welcomes Children's Therapy Centre

By Marlene de Beer

What a productive few months it has been at Morayfield State School!

Children's Therapy Centre is now delivering services at Morayfield State School with students being seen during school hours. This certainly saves parents having to find services outside of school or having to engage in late afternoon appointments when children are already tired!

We have met some lovely families and children at Morayfield and have introduced our Psychology services this term. Next term we are excited to add Occupational Therapy as well as Speech Pathology so students can benefit from everything early intervention has to offer.

We look forward to a very exciting Term 2!



**Photo shared with parental consent*

Employee of the Year Award

Congratulations to **Shivawn Davis** for going “above and beyond”

We are absolutely thrilled that our NDIS Support Coordinator, the fabulous Shivawn Davis, won the Fisher Employee of the Year Award following her nomination by Board Meeting Surf Charity.

Shivawn has worked closely with Board Meeting to help families who were falling through the cracks in the disability system. Board Meeting acknowledged that Shivawn went ‘above and beyond’ for families of children with disabilities in order to make sure they received what they needed. In particular, they appreciated Shivawn’s persistence and flexibility around working with bigger systems in service of our clients. Pictured here is Shivawn with her medal.

I’m sure I speak on behalf of all of the Children’s Therapy Centre Board Directors, staff and client families in saying a hearty congratulations to Shivawn for this well-deserved recognition.



Drama Free Dressing!

By Ella McGrath, Occupational Therapist

Getting our little ones dressed in the morning school rush can be stressful at times, but learning to get dressed independently can be a tricky process.

Getting dressed involves the use of many different skills including fine and gross motor skills, balance, co-ordination, crossing the midline, memory and visual perception, just to name a few!



Some helpful activities to increase skills like that help with dressing:

- Playing a game of Simon Says
- Doing the Hokey Pokey!

- Setting up an obstacle course
- Beading and threading activities to develop fine motor skills

Some helpful tips if your child is having difficulty dressing themselves:

- Teach undressing first – children often find this easier than getting dressed!
- One step at a time – talk through each step of putting on an item of clothing, this gives auditory cues as well as slows the task down
- Break it down – focus on mastering one clothing item before moving onto the next
- Using visual schedules or laying out clothes for your child can assist with putting clothes on in the right order and the right way around
- Have your child sit down or stand up against a wall while getting dressed to help with balance
- Celebrate every victory! Keep your child motivated and excited about being able to dress themselves like a big kid

BEDWETTING IS NOBODY'S FAULT

It can and should be treated.

By Jessica Sloane, Clinical Psychology Registrar

The term used for bedwetting is nocturnal enuresis, which roughly translates into urinating at night. Bedwetting is more common than you might think. It affects:

- 1 in 5 children at 5 years
- 1 in 10 children at 10 years
- 1 in 30 to 100 teenagers at 15 to 17 years.



There are a number of factors that can contribute to a child experiencing bedwetting, the main three being:

- Difficulty waking from sleep
- Producing more urine while asleep than usual
- Bladder factors, such as the young person not yet developing the signal to the bladder not to empty during sleep, reduced bladder capacity, and bladder overactivity

Other factors that can increase the chance that a young person will wet the bed are family history of bedwetting, snoring and sleep apnoea, and developmental and other disabilities such as ADHD and ASD.

If you're concerned bedwetting may be an issue for your child you should see your GP to ensure there is no medical cause underlying it. If you feel that you and your child would benefit from support to address their bedwetting, you could ask your GP for a Mental Health Care Plan and referral to see a psychologist.

Resource: Caldwell, P. & Deshpande, A. (Ed.). (2017). Nocturnal Enuresis Resource Kit: A tool for healthcare professionals (2nd ed.). Retrieved from <https://www.neresourcekit.com.au/>

Simple Ways to Stimulate Language at Home

By Breanna Kerr, Speech Language Pathologist

Children develop speech and language skills by listening and attending to the speech in their environment. By providing children with the appropriate stimulation and example to learn from, we can help them to develop these skills

1. **Read a book** – Choose books with simple stories and those that use repetitive language (E.g. Spot books, flap books, Hairy McClary, Dr Seuss). Remember to ask ‘what’, ‘where’, and ‘who’ questions.
2. **Play** – with or alongside your child. Get down onto the ground and get face to face with your child. Use short, simple sentences and describe what is happening e.g. ‘dolly is going to sleep now.’
3. **Nursery Rhymes** – sing these with actions! Encourage your child to imitate your actions, e.g. clap hands, itsy-bitsy spider, peek-a-boo.
4. **Repeat & Extend** – on your child’s sentences, e.g. if your child says ‘car’, you could respond: “That’s right, it is a car! It’s a red car.”
5. **Everyday activities** – use activities such as eating, bathing, dressing to stimulate language. Talk about what your child is doing, what’s going to happen next e.g. when you are in the car, talk about where you are going and what you are going to do.



What’s your favourite nursery rhyme?

by Tia Pearce, Speech Language Pathologist

Young and old, everyone has their favourite nursery rhyme. One they love to sing or that reminds them of a lovely memory. I can actually hear a child sing London Bridge is Falling Down as I write this. But did you know how good nursery rhymes are for children’s development?

Nursery rhymes support development of many skills:

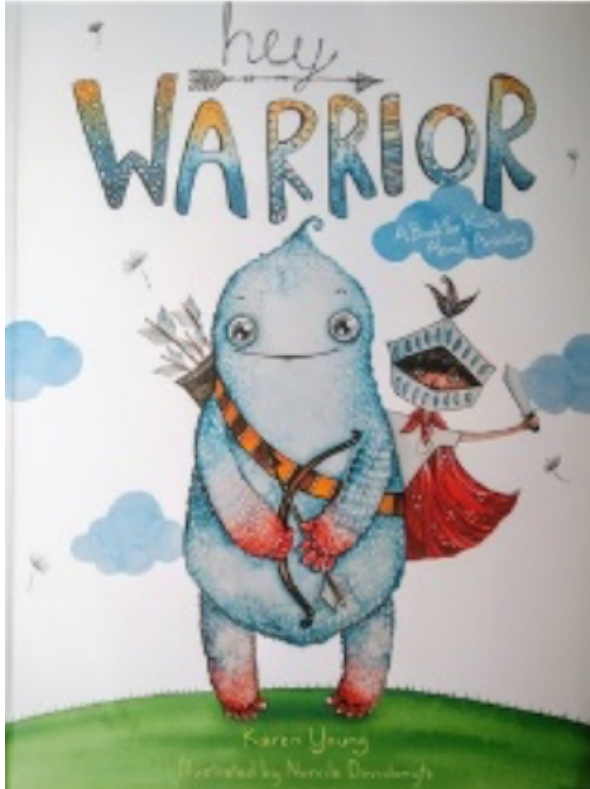
- Foundation for later literacy skills
- Introduction of sequencing in stories
- Increasing vocabulary
- Memory
- Inferencing and comprehension
- Clear speech
- And so much more!

So why not sing some nursery rhymes on the next car trip or when playing at home



Hey Warrior

by Benita Philipson, Psychologist



So many children these days struggle with worries, as their school and social pressures and individual capabilities bear a large weight on their shoulders. In response to these pressures, some children will experience anxiety.

Our team of psychologists at Children's Therapy Centre have many effective strategies to help your children when this occurs. This book is an excellent resource that parents can use at home to support children who experience anxiety or anxious and worrying thoughts.

Hey Warrior: A Book for Kids about Anxiety by Karen Young outlines that kids can do amazing things with the right information. It is ideally suited for children from 8 years onwards. The book is ultimately about giving children the tools and belief that they have control and power over how they feel. The language it uses and the illustrations and quirky characters will have your child completely engaged.

It's coming up to flu season.

Don't forget to



Please don't risk spreading the flu
to our staff and other children.

Inclusive Netball – Free program

Nambour Netball Association is offering school age children an opportunity to be involved in the 2019 Inclusive Netball Program.

The program includes children of all abilities in a non-competitive situation.

Each child's needs are considered and children work at their own pace with qualified coaches.

The aim is to ensure that each child has fun, laughs, and socialises whilst learning netball skills and coordination.



THIS IS FREE PROGRAM FUNDED BY NETBALL QUEENSLAND.

STARTING SATURDAY 27TH APRIL 2019 AT 12.30pm.

For more information please contact Program Co-Ordinator Denise on 0415 386773 or email info@nambournetball.com.au Web: www.nambour.qld.netball.com.au

Travelling with special needs

Are you a traveller with special needs planning a trip via Brisbane Airport?

Brisbane Airport provides facilities that are accessible to all members of the community, including passengers and visitors living with a disability.

If you or someone you are travelling with has a hidden disability and would like some additional assistance moving through the terminal, you can request a Hidden Disabilities Information Pack.

The pack contains an Accessibility Journey Planner with information about the airport, a lanyard and an information card that you can choose to wear or carry when you visit the airport.

BNE staff recognise the card across the terminals and can provide you with support and assistance.

www.bne.com.au/passenger/passenger-information/special-assistance/hidden-disabilities



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Fundraising for Mito Foundation

We recently received a message from Michelle and Brett Paulsen, parents of Hayden and Jacob. They asked us to share this message with you.

“The Children’s Therapy Centre was a big part of our boys’ lives so we thought you might be interested in the below and if you would like to share with anyone else who you think might be interested.

Brett and I have decided this year, in memory of Hayden and Jacob, to do The Bloody Long Walk on June 16th. It is a 35 km walk from Cooloom to Mooloolaba which raises awareness of Mitochondrial disorder and funds for the Mito Foundation. Money raised helps with research and families with Mitochondrial disorders.



You can support us by liking our Facebook page Mito Walk in memory of Hayden and Jacob or by donating which can be done on the below link. We also have wrist bands we had made we are selling for \$5 each plus postage. If anyone is interested in buying any bands please let me know and I can drop some in to the centre.”

https://event.bloodylongwalk.com.au/fundraiser/Team-Hayden-and-Jacob-Paulsen?fbclid=IwAR1i_sb1uB0Tf2bzs_EsYHfDjnGYB4YvfWwWWPi-AmvGbRDcyNcNXPkC5jk

Kind Regards Michelle and Brett



Keep up to date with what's new at the Children's Therapy Centre with social media and on our [website](#).

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