

THE SPEECH AND OT CENTRE

THE SPOT BULLETIN



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DIRECTOR'S MESSAGE

BY NADINE BAKKA

As the year starts to draw to an end, it's an opportunity to reflect on the year that we've had, and the challenges we've all had to overcome in 2020. I would like to thank all of you for your patience, dedication, and for allowing us to continue to be part of your journey. It is also a time to think about how important self care is, so please, take a moment to take time out for yourselves- whether it's going for a walk, taking a shower, or making yourself a warm cuppa- that 5 or 10 minutes is so important! As an organisation, we have grown, and are looking forward to expanding our team, our services and what we offer. Do keep an eye out! We are excited about what the rest of this year, as well as next year, will bring!



REMINDERS AND UPDATES

BY AMY HA AND LILY TEOH

An update on our Health & Wellbeing Policy

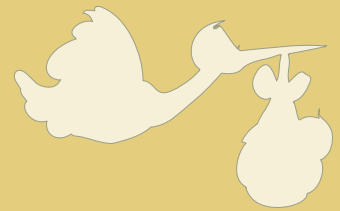
Given the current climate, we have updated our Health and Wellbeing Policy. Our safety for your child is our main priority so please discuss this further with your clinician.

If your child is sick, please contact our Cancellation Line on 0435 745 924 to reschedule. Please refer to your service agreements to check the cancellation policy/fee.



An update on Hiba's Pregnancy!

Our lovely intake officer Hiba is almost due for delivery! Wishing her safe and smooth delivery. We're so excited to meet her baby girl soon!



"I have noticed
great change at
home...she
has been talking
a lot more
now..."

BY MARIAM OMAREE



WELCOME TO THE TEAM

BY JANET WONG

The Speech & OT Centre would like to welcome our new Occupational Therapist, Eleni!

We would also like to welcome our new intake officers, Paula and Bella, who will be working at the Lidcombe Centre! Make sure to say hello if you see them around.



One of our clients said to Eleni – “You’re nice, I like you”



OUR BEST WISHES TO ELENİ, GRACE, NOVEM AND RACHEL

UPCOMING EVENTS
BY GRACE ZHOU

World Evidence-Based Health Care Day 20th Oct

World Occupational Therapy Day 27th Oct

(Local) OT Week 26th Oct – 1st Nov

Halloween 31st Oct

Remembrance Day 11th Nov

Christmas 25th Dec

What we've been up to

BY RACHEL CHANG

RED NOSE DAY



PROFESSIONAL DEVELOPMENT



DAFFODIL DAY

BABY SHOWER



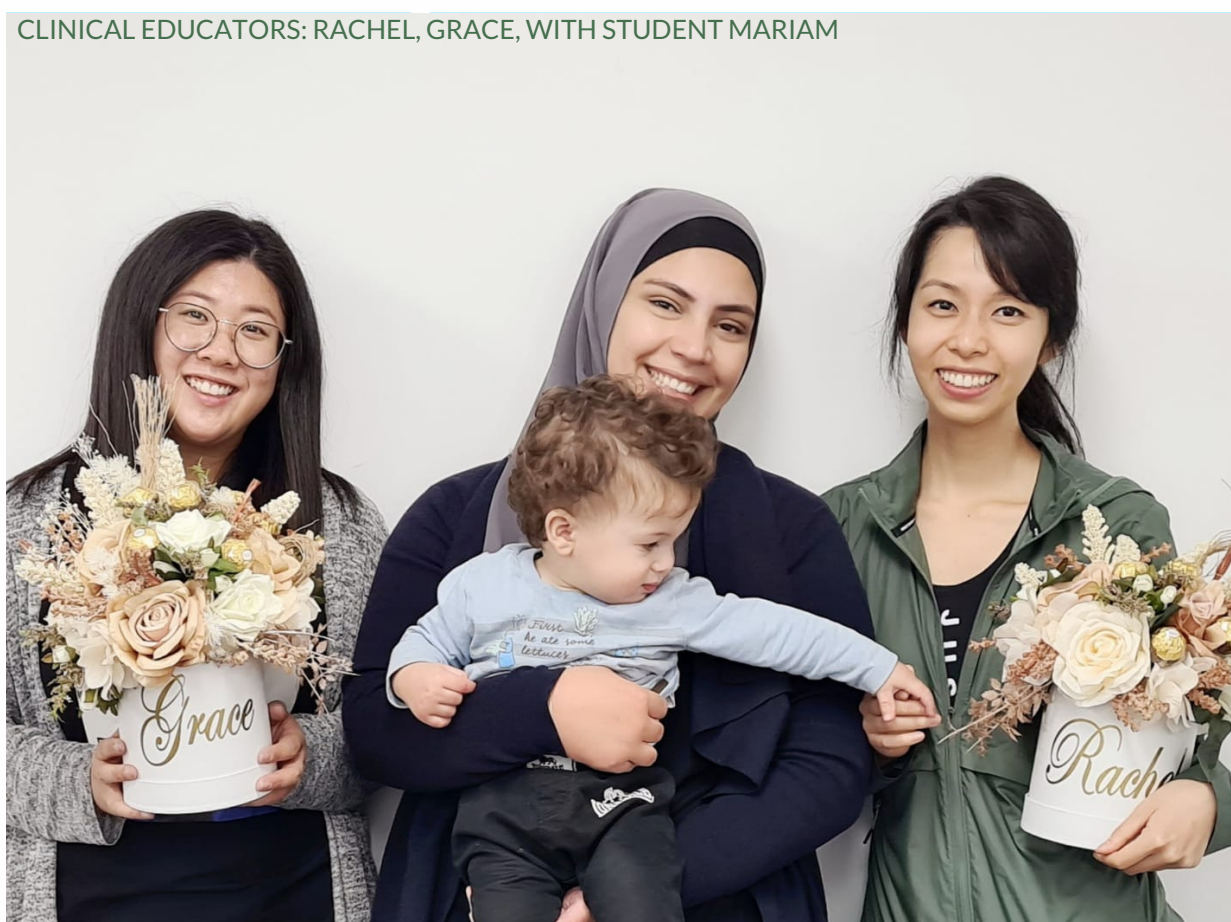
"Thank you for the excellent session"



CLINICAL EDUCATORS: RACHEL, GRACE, NOVEM
WITH STUDENTS KRISTY AND CHRISTY



CLINICAL EDUCATORS: RACHEL, GRACE, WITH STUDENT MARIAM

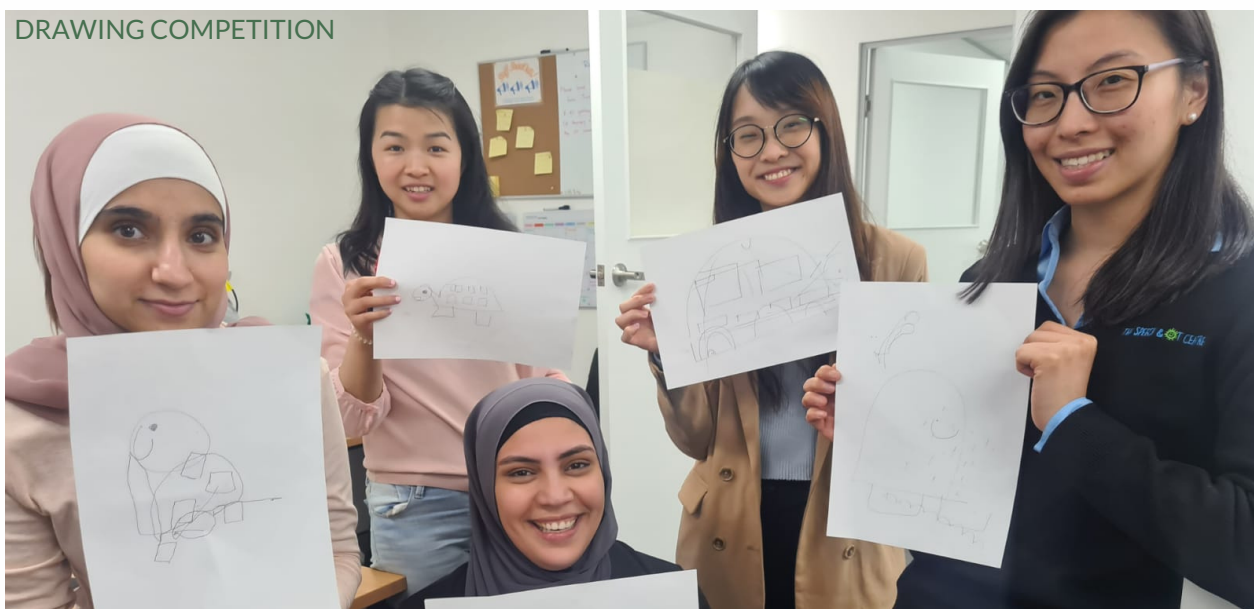


"My child finally caught up to his peers!"

DAFFODIL DAY



DRAWING COMPETITION



SEPTEMBER WALK





INCREASING LEARNING LANGUAGE OPPORTUNITIES

BY NOVEM CHAU

- Turn your TV **off!** Screen time per day should not exceed **60mins**
- Make time to **sit** with your child to **talk** to, **listen** to and **play** with your child
- Turn **every opportunity** into a language learning activity
- Feed language to your child in **fun** and meaningful ways
- **Don't test** your child
- Don't force your child to **echo** you





PARENT'S ROLE IN THERAPY

BY RACHEL CHEN

Why is parent involvement important in therapy?

The therapist provides communication and behavioural strategies to improve the communication between the child and other family members at home. It is important for parents to participate in therapy because you understand your child's personality, emotions, and interest.

Some children benefit from having parents in the therapy room. When you are in the session with your child, you will see how activities are carried out and have ideas for home practice. During the session, you may also ask questions and discuss any homework activities with your therapist.

Parent involvement allows your child's learning to be practiced outside the clinic and the skills and concepts learnt to be reinforced on a regular basis.

Our therapists are happy to discuss the best ways to include parents in therapy sessions- have a chat with them and let's make the change together!





SOCIAL AND EMOTIONAL DEVELOPMENT MILESTONES

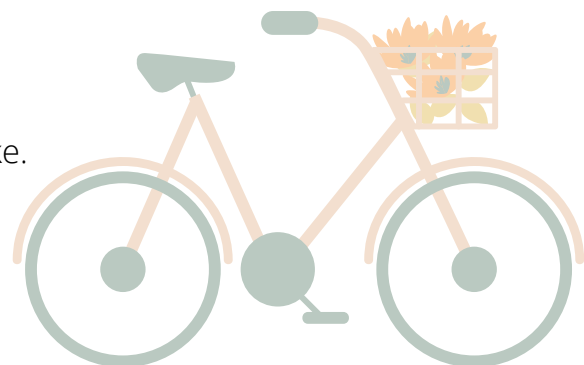
BY ELENI ZAHAROPOULOS

1-2 YEARS:

- May engage in **parallel** play
- Are **curious** and **engaging**, however depend on adult presence for reassurance.
- May show **anxiety** when **separating** from significant loved ones.
- Seeks **comfort** when upset or afraid.
- May '**lose control**' of self when tired or frustrated.
- **Assists** others in distress, by patting, making sympathetic noises or offering material objects.

2-3 YEARS:

- Plays **together** with other children.
- Engages in simple **make believe play**.
- Unlikely to share toys without **protesting**.
- Shows **strong attachment** to a parent or caregiver.
- Shows **distress and protest** when leaving a place they like.
- Demands adult **attention**.





SOCIAL AND EMOTIONAL DEVELOPMENT MILESTONES

BY ELENi ZAHAROPOULOS

3-5 YEARS:


- **Shares, smiles** and **cooperates** with peers.
- **Understands** when someone is hurt and **comforts** them.
- May show stronger preference for peers of the **same gender**.
- May show sessions of **aggression** with peers.
- Likes to **give** and **receive affection** from parents
- May **praise themselves** and be **bossy**.

5-6 YEARS:

- Show **empathy** and offer to help when they see others in distress.
- They enjoy playing alone, but **prefer playing with friends**.
- Are able to use words to describe their own **feelings**.
- Understand their own feelings, and the **consequences** of their actions.
- Are willing to play co-operatively, **take turns**, and **share** with other children their age.



FEEDBACK AND COMPLAINTS



Help us improve what we do! We'd love to hear your feedback.

Feedback, compliments and complaints can be made at any time by:

1. Contacting our main number, on 0402 598 698
2. Emailing us on info@speechot.com.au
3. Mailing out information to our postal address:
PO Box 7246 Mount Lewis NSW 2190