



Therapies for Kids

VOLUME 2, ISSUE 1

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Welcome Back!

Therapies for Kids would like to offer a warm welcome back to all our clients for 2011!

Hopefully everyone enjoyed their summer holidays and are settling back into the school year nice and easily.

2011 is set to be a great year at our offices, with more of our parent's nights planned, for some great networking opportunities!



Therapies for Kids will be holding a Parent's Night on the 12th of April (first week of term 1 school holidays)

As usual, this is a great night to meet other parents, share tips, chat to your therapist and enjoy some wine and cheese!

In this issue we will be congratulating all our new kindy kids who have started school this year.



Check out some photos of our Christmas party on page 3, there are some wonderful shots of lots of our kids.

Have a look at our physio and OT tips for the beginning of the school year.

Also, find about Deb and Prue's wonderful holiday news!

Please also note our new cancellation policy starting March 1st.

Thanks and good luck for 2011!

Parents Night

If you would like to attend, please let reception know before the 5th April.

Also, if you have any ideas for resources that you would like to share (i.e. websites, books etc.), give reception the details and we'll put it in a document for everyone!

NOTICE

Please note that as of March 7th Therapies for Kids will be enforcing a new cancellation policy as a result of increasing last minute cancellations.

We endeavour at all times to ensure equitable appointment availability to all our clients, which has necessitated this move.

To see all the details of this policy, please refer to the last page of this newsletter.

Debbie's Round the World Adventure

Debbie tells us about her trip!

First off on my trip I went to Switzerland to visit my eldest Son in Geneva. I had a great time enjoying the sights, eating fabulous food and shopping in this

beautiful city, before I headed over the border to visit Zoey, a French patient I used to treat.

After cancelled flight after cancelled flight, I finally made it to

Heathrow where I met my youngest boy and then finally Halifax Canada, where I met my daughter for a White Christmas up in Sydney Nova Scotia!

From there, I visited my French student Charles and his family in Montreal, where I was fed the most beautiful cheeses and crepes all day.

After Montreal, I met my daughter in New York for a spectacular new years eve on Times Square.

Then I was off to Brazil for two weeks. First off was Rio de Janeiro, Copacabana beach for a week of relaxation by the pool, sipping cocktails. I also went hang gliding there!!

Then I headed inland to Itauna to visit one of our nannies families, which was just fantastic. I managed to visit a school for the disabled and a physiotherapy clinic where I discussed treatment techniques with some Brazilian physios.

Snow disasters aside, it was an amazing holiday!



Debbie Hang gliding!



Debbie being suited up!

Kindergarten Starters, 2011

Congratulations to the following kids who started Kindy this year! Best of luck in your school career!



- | | | |
|-----------------|------------|------------|
| ★ Molly B | ★ Alex W | ★ Rubi O |
| ★ Megan T | ★ James C | ★ Isabel H |
| ★ Alex Farrugia | ★ Jamila H | ★ Ava P-G |
| ★ Jack N | ★ Asher S | ★ Jarryd G |
| | ★ Dylan S | ★ Ella K |

Prue is Engaged!

Exciting news!

Most of you will probably know, but in the spirit of celebration we would like to announce Prue's Engagement!

Congratulations to Prue and her Fiancé, Alistair .

We would like to wish them all the best in marriage and for their wedding in October!



Therapy tips for the New Year

Goals

- ★ Planning the year and your goals with your therapist.
- ★ Come to your session with any ideas!
- ★ Goals could include what you want to achieve, milestones to reach etc.

These will help structure your physiotherapy/ Occupational Therapy sessions and help to keep everyone motivated with homework!

Are you successful in getting your homework done? Some TIPS:

- ★ Rewards
- ★ Sticker Charts



- ★ Small frog rewards
- ★ Changing the amount of homework by talking to therapist
- ★ Timing of Homework (i.e. when will child be least tired, most willing to do exercises?)
- ★ Integrate into their routine
- ★ BUILD it in to everyone's day!

★
Build
homework
exercises into
everyone's
day so that it
becomes a
routine
 ★

Christmas Party Pics!

Here are some pictures from our wildly successful Christmas Party at the end of last year. Take a look to see if you're in any of them!

-Pictures removed-

Some Reminders

A reminder for the beginning of the year:

In the interests of everyone's **safety**, it would be greatly appreciated if parent's could help ensure the following.

- ★ Therapy rooms are only to be entered with a therapist,
- ★ Please close the door to the back room/bathroom area after yourself and do not allow children to play in this area (Deb's stacking is precarious!)
- ★ Please try and keep children from playing near the front door- we are a busy place and little toes and fingers can get hurt as people come and go!
- ★ Please shut the front door after you enter, or if you have a pram/equipment, ask a receptionist to get it for you.
- ★ The area behind the reception desk is off limits, as there is lots of equipment and cords. While receptionists like the occasional visit, please ask to come in first!
- ★ If you would like a glass of water or to refill a bottle, parents are welcome to use the water dispenser out the back. Please do not let children play with the dispenser as our back area has been known to flood when children are unsupervised!
- ★ When changing nappies, please wrap in bags provided in our changing area and either take with you, or ask reception for access to our bin outside. Please do not place in the toilet or therapy room bins.

Health Care Plans

Enhanced Primary Care Plans (EPC), FASCHIA and Focused Psychological Strategies (FPS)

These plans are very valuable to all our clients and thus, to avoid mix-ups and frustrations when claiming, please be aware that:

- ★ These plans run on a *calendar year* basis, however unused sessions can roll over, but are still limited to the annual number allowed. Talk to your doctor for a new referral for 2011.
- ★ EPC Plans receive 5 subsidized visits, FPS Plans receive 12 (in two lots of 6).
- ★ Once you have received the paper work from your doctor, please hand in to reception.
- ★ **ONLY** once the paper work has been received can we put through invoices under the plan. Back dating receipts is not possible.
- ★ While reception tries their hardest to ensure that every receipt is printed correctly, there are a lot of clients under these plans so we kindly ask that you also check the receipt before you leave for:
 - * referrer details (including the Doctors provider number and date of referral)
 - *the correct code (EPC: 10960, FPS: 80135)
- ★ Talk to reception or your therapist if you have any questions!



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About us:

Therapies for Kids is a multidisciplinary allied health practice based in Sydney's Inner West offering services such as physiotherapy, occupational therapy, speech pathology and psychology for children throughout Sydney. We offer assessment and treatment to infants, preschool and school aged children, adolescents and young adults.

At Therapies for Kids we are focused on family centred practice and endeavour to provide individualised programs for each child. All therapists are committed to ensuring that if a family is involved with multiple therapists from our team that all services are coordinated.

We're on the Web!
www.therapiesforkids.com.au