



Therapies for Kids

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Welcome!

We trust that you have settled back into the school year and are looking forward to the holidays!

Everyone at Therapies for Kids has had a busy and fun start to the year.

In this issue make sure you catch the upcoming parents night and group exercise programmes.

Also, get to know our new physiotherapist, Debbie Bell and hear what Debbie Evans has been up to.

We have also included the usual Occupational Therapy and Physiotherapy exercises.

Have a great school holidays and Easter weekend!

The Therapies for Kids Team

Holiday programmes

There will be two group programmes running at Therapies for Kids in the holidays.

Flyers are available at reception so grab one or talk to your therapist for more details!

Anyone is welcome, just RSVP by the 10th of April!



Parents Night— Meet and Greet

The first parents night of the year will be held in April and will be held on :

★ **April 12th at 7pm.**

It will be held in the offices and will provide

parents with a chance to meet one another and share stories.

It is hoped that each parent could come along with a positive experience that you can share

throughout the night. Even if it is something very small, we would love to hear a story, tip or positive moment!

RSVP by 7th April at reception.

Baby bottle roll

The aim:

To encourage and motivate crawling and play by providing your baby with an easy to make and fun toy.

The toy:

Half fill a baby bottle (or clear water bottle with beans, rice, pasta or some grains and secure the lid tightly (masking tape for extra security). Only par-

tially fill the bottle so the insides can move.

The exercise:

Roll the bottle on the floor or show your baby how to roll it, hopefully they will be motivated to crawl after it!

The skills:

The incentive of grabbing the rolling bottle, which

will delight them with its noise and the moving parts may just motivate your baby to crawl after it. If not, even if they are playing with it, it's good for their fine motor skills.

★ For an older child, you can always stand the bottle up and use to play skittles!

Debbie the School Teacher

Debbie Evans, Physiotherapist, upon the request of some of our parents has recently spoken to some local school classes about disabilities.

Debbie really enjoyed the experience, especially all the little raised hands of children eager to ask her questions!

She spoke to these classes about disability and inclusion in the classroom, explaining to children the role that they can play in making everyone feel included and respected.

Debbie was very happy with how well all the children listened and their enthusiasm about what they were being told.

If you think that this is pertinent to you and your child talk to

ATTENTION! LOAN ITEMS

Therapies for Kids is glad to be able to provide loan items to our clients throughout the year as they do help with carrying out homework at home and school.

We are asking however, that everyone **please return loan items** so that we can take stock of what we have. Once it has been returned, we can loan it straight back, however lots of equipment has gone missing and we really want to make sure that everyone gets a fair go!

Thank you for your cooperation



Clever Kids!

Congratulations to some of our kids who started the year with a bang!

We are very proud of everyone's work so here are some kids who have achieved amazing things after lots of hard work in therapy and at home.

For Walking

- ★ Hugo
- ★ Mia
- ★ Doug (with quad sticks)
- ★ Katerina
- ★ Matthew

For Crawling:

- ★ Joshua

★ Raphael

Congratulations to Sebastian who is in state finals for school swimming

Also to Abbey and Kit who have started dance classes and are having lots of fun!



Shoe laces

When to start: It's a good idea to start casually teaching your child in Kindergarten. By this I mean getting them involved in the verbal stages of tying them. Towards the end of Kindergarten (term 3/4) you should be able to get them more involved.



What method is best: The rule is really to teach them the method that you use. However Prue finds the "one bunny ear" method easiest to teach to children with fine motor, coordination or planning issues.

How to teach: Teach in stages. First the twist, then the bunny ear(s), then wrap, pinch and pull. Using a verbal rhyme or story makes it easier to learn

and remember.

Managing your child: A great way to encourage your child and to give them confidence is to video them tying their laces.

Using a timer or stopwatch in the morning for getting ready is also excellent for those children who are slow in the morning.

Important Dates

Key Dates:

Friday 8th April: School Holidays start

Friday 22nd: Good Friday- Prue off

Saturday 23rd: Easter Saturday- Debbie working

Monday 25th: Practice closed

Tuesday 26th: Practice closed

Wednesday 27th: Practice open, school starts

Monday 23rd May: Zoe Fodden-Bell's last day

Welcome Debbie Bell!

Therapies for Kids has had a new addition to our team!

Debbie bell joined the practice in January of this year and is a physiotherapist with 17 years experience working in the field.

Debbie has two of her own children and comes to us with a background in fitness and pilates, which perfectly complements the rest of the team.

Welcome and good luck Debbie!



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