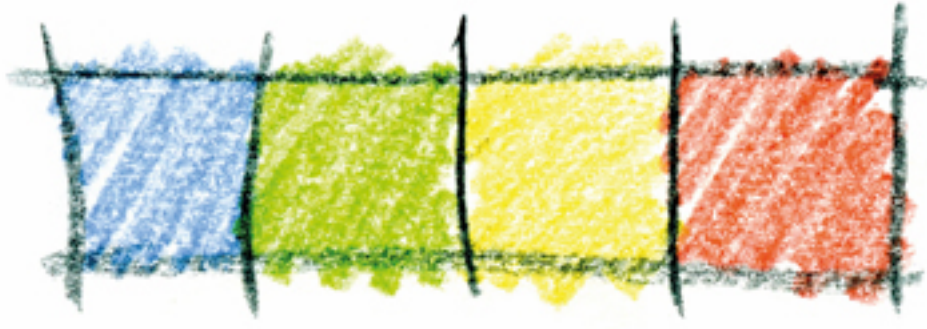




CALM AND CONNECTED

PROMOTING SELF REGULATION

Welcome to the May Newsletter

Kate Keisler, Occupational Therapist

Welcome to the May edition of Calm and Connected's newsletter! This month I attended an information session on the NDIS trial sites. It was fascinating to learn about all of the changes being made and the impact that it will have on our health system. The NDIS is based on choice for families and allowing them to consider what goals they want to achieve. It will be great to see a move from the current diagnosis and impairment based model that underpins our current system. With the trial site operational for more than a year now, a lot of the original teething issues are being ironed out. However there appears to be a lot of concern on how to support those who have reduced ability to make choices and advocate for themselves; for example english as a second language, people with disabilities who don't have a supportive network, families who are experiencing high stress etc. It was really positive to hear all the efforts that Early Childhood Australia (ECIA) are making to advocate for these families. They are submitting position papers to inform change and initiating grants to support capacity building in families who are not ready to plan their own therapy needs.

The **star kid** I have chosen this month is Callum. He originally started seeing me due to handwriting and eating difficulties as he was finding it hard to coordinate the movements. He has made amazing gains with his home program and visiting a chiropractor. Callum is now able to maintain an upright posture for longer periods and coordinate his eyes with his hands. This has improved his ability to keep his food either on the plate or in his mouth, and use fluid pencil movements to keep letters on the line. Great work!

Once again, check out the resources below. If you have any preferred topics or useful tips that other families/therapists may benefit from, please let me know.

Warm wishes,

Kate :)



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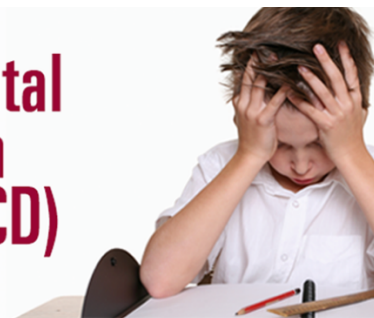


Forward



This month in my blog posts I have been reflecting on the **therapists perspective**, which I have gained through chats with other health professionals and my own experiences. There are so many amazing therapists that are working hard to support families and children in schools, homes, communities and hospitals. Like the families we serve, therapists face many challenges and gains. We are often finding out the most intimate details about our clients lives, which is not only a great privilege but can sometimes be a burden. The biggest lessons we learn therefore, are unfortunately the ones we learn about ourselves. So I have started a **blog series** which I am calling a 'Therapist Perspective' starting with ['Is it their story or yours?' 3 tips to being present with a family'](#).

Developmental Coordination Disorder (DCD)



I have recently discovered a great resource for families, teachers and health professionals working with children who have **Developmental Coordination Disorder**. The [Can Child website](#) has an amazing amount of handouts, strategies, tips, research and so much more in an easier to read format. If your child, or if you know of a child with this possible diagnosis I highly recommend checking out their site. Whilst we are on the topic, here also is a link to the [Developmental Coordination Disorder Questionnaire](#) for parents and children ages 5-15, which is free! I was also interested to learn that children scoring below the 5th percentile in the Bruininks-Oseretsky Test of Motor Proficiency (BOT 2) are indicative of receiving this diagnosis and could approach a Paediatrician for advice. The [diagnostic criteria in full](#) can be found also on the Can Child website.



little wooden toybox
learning through play...

If your keen to give your little one practice at learning how to write, check out [The Little Wooden Toybox's resources](#). They have some great waterproof sheets with **pre writing**



The Department of Education has some nice resources for teachers and parents to teach kids about **Road Safety**. You can check out their [resources online](#) including: Izzy's road safety games, stories to read, posters, colouring in pages and songs to sing. You can also register for their half day workshop to get all the resources packaged for free! Here is the link to their [training calendar](#) with many other workshops available that sound great too.

patters, letter formation and even personalised name practice sheets. Tash the developer is early intervention education trained and has worked with Occupational Therapists for many years, which lead her to develop the products. She was brilliant at sending me a sample pack and am keen to get my own set of Letter Basics writing sets. The are easy to re use, so great for those therapists/teachers who would use them on a regular basis as the waterproof sheets last longer then laminated ones (and look better which is more important).

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