

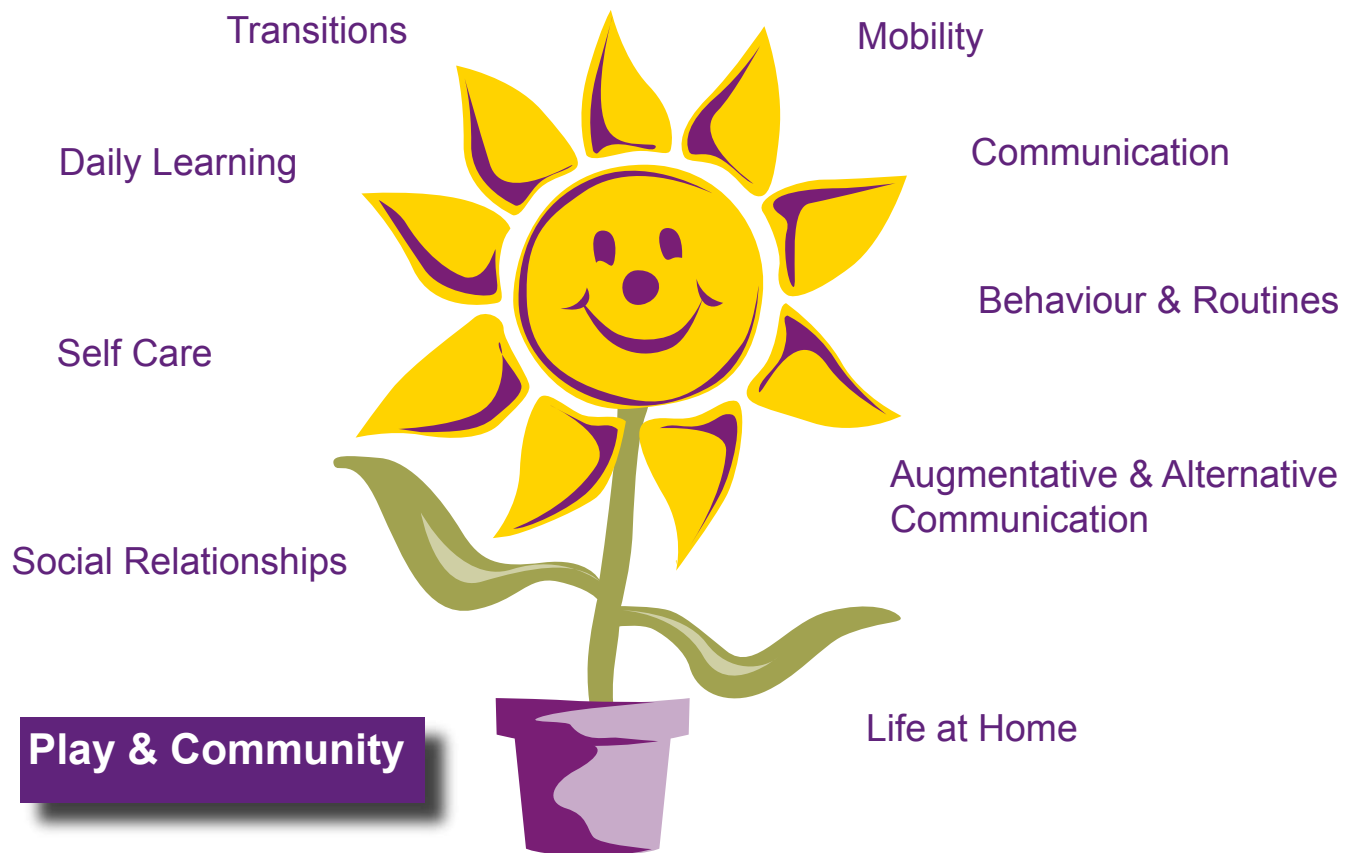
Helping you set goals for your child

At Therapy Focus, we recognise and value your role as parents being the experts on your child and family.

Our Services are a support to help your child reach their potential and enhance their participation in the community. Educating and empowering you to help your child is

an important part of our holistic therapy services.

This brochure is a starting point for discussion about your child and your family. It offers ideas to create new activities your child is able to do with encouragement and support.



The way we work

- We recognise that family is central to therapy. Families bring knowledge and expertise about their child to help identify the child's needs, develop goals and practice strategies.
- The family, therapy team and teaching staff work together to identify problems and share ideas. Each has a role to play in developing the child's skills.
- We use every opportunity in the family's and child's routine and environment to develop skills.
- Therapists work as a multidisciplinary collaborative team, sharing skills to meet the needs of the child.
- We recognise the child's strengths and how they can be developed to increase participation in the activities of life.

PLAY AND COMMUNITY

Engaging in all aspects of play and community life provides your child with experiences to enjoy and feel proud of being able to participate.

Participating in Play and Community may involve activities such as:

- Organised sports or programmes of physical fitness
- Engaging in crafts or hobbies
- Reading for enjoyment
- Playing musical instruments
- Any form of play, recreational or leisure activity
- Going to art galleries, museums, or cinemas
- School life and related school activities



Helping the community to understand the needs and rights of your child whilst promoting the importance of supporting children to grow to their potential will assist your child in being included in community life and play.

To help your child feel included begin by encouraging your child to join in with siblings, cousins, friends' children, and other peers.

Strategies to assist in your child's play and participation in the community

- **Use Every Opportunity** to encourage your child to participate whenever possible throughout their normal routine. This allows them to improve their skills through participation in everyday activities.
- **Practice** doing a small piece of an activity each day. Children find it easier to learn new skills in smaller sections.
- **Be Consistent** with the words and signs used to instruct your child, and try to keep instructions short and simple.
- Ensure that there is enough **Time** available for your child to participate in play and community activities without feeling rushed.
- Allow your child to **Observe** other family members performing everyday play and community skills. Modelling appropriate behaviours is a fantastic way to develop skills.
- **Use Encouragement** to let your child know they are doing a great job. This will help them to keep motivated and boost their self-esteem.
- **Being Patient and Calm** is important when teaching your child new skills.
- **Use Small Steps** by breaking the activity down into small, manageable steps, which can be learnt one at a time.

Consider the following:

Does your young child:

- Use toys for imaginative play?
- Enjoy playing alone rather than with others or in a group?
- Invite friends over or out socially?
- Participate in family activities?

Does your older child:

- Participate in after school activities or teams?
- Have an awareness of how to access public transport?
- Find their way around school or community places?
- Seek information independently?



Ways to Communicate, Developing Play Skills and Developing Friendship Skills, this comprehensive information can enable your child to reach their full potential.

'Joining In'

Fosters confidence in children to increase participation in community life by developing essential life skills such as conversational skills, emotional, social and problem solving skills and management of behaviour in public.

'Caring for Carers: Helping Your Child Develop Social Skills'

A toolbox of tips for those who care for a child with a disability. It can also assist teachers, educational support staff, families, other carers and therapists.

Therapy Focus resources

'Building Buddies'

Assists in developing socialisation, social skills and play skills in young children with severe and profound disabilities. Available in four volumes including Developing Early Interactions, Social Skills for Children who use Other

Suggested approaches to assisting your child in learning to play

Facilitating Play:

The aim of facilitative play is to increase interaction between children and extend the length of time they play together.



It involves directing the children's actions and involvement in their play. Facilitation may include suggesting what children play, encouraging children to involve others or directing interaction between particular children. For example you may begin playing leggo with a child and then say "Let's ask your other friend to play", or "I can see you are having trouble there Sam, why don't you ask Kim to help you?"

Gradually reduce your participation in the play until the children are playing together spontaneously.



City Council

Your Local Council can provide information regarding parks and community areas that are accessible. Some accessible parks in Perth include:

- Kings Park Lotteries Playground
- Carine Open Space Playground
- Perth Zoo Playground
- Heathcote Playground
- Whiteman Park
- Hyde Park wheelchair accessible swing

Useful/Helpful Services:

Local Area Coordination (provided through the Disability Services Commission)

Provide support and advocacy for people with disabilities and their families.

www.disability.wa.gov.au

Scouts WA

Many Scout Groups are inclusive with some Scout Leaders trained to adapt activities suitable for children with disabilities.

www.wa.scouts.org.au

