



# Coastwide Therapy Services

**Berkeley Vale** - 1/152 Lakedge Ave, Berkeley Vale

**Toukley** - 1/44 Victoria Ave, Toukley

**Woy Woy** - 12, 26-30 Railway Street Level 1,  
Clock Tower Building, Woy Woy

**CALL 43 881110 For more information**

## GROUPS

### Dyads

In addition to supporting relationships between a child and their family members, we are committed to facilitating meaningful relationships with peers. We may recommend individual sessions first, and when ready, a dyad (two children and one therapist), followed by larger groups if/ when possible. During these groups we continue to work on the identified goals eg fine/ gross motor, sensory regulation, school readiness whilst incorporating the social understanding and bond between friends.

### Fussy Eating Groups

Fussy Eating groups assists children who are fussy eaters and those who have limited diets (based on food colour, texture, smell, food group, and more) to develop their eating habits using an individualised or group model. Our program is based on the SOS approach to feeding and allows children to learn about, explore, play with and test different foods. Individual sessions may be recommended first before moving to a small group model.

### School Readiness Groups

School Readiness Groups will be run during term 3 and 4 and are for children commencing school the following year. These groups focus on gross and fine motor skills along with social skills necessary for school commencement.

#### Friendship Group (Social skills)

Our social skills groups focus on the following areas - Greetings, turn taking, waiting, listening to others, eye contact, play ideas, coping with winning and losing. Each child will develop different skills over the course of the 5 weeks. It is unlikely that they will develop all of the skills and generalise their new skills immediately, hence parents will be given ideas and activities to practice at home over the next few months.

The hierarchy of social skills, self esteem and friendship skills:

1. Awareness of self and self esteem
2. Social skills: non verbal behaviour or foundation skills (body language etc)
3. Social skills: verbal behaviour (conversation skills)
4. Friendship skills

*These groups are always very popular and loads of fun.*

### Music and Movement Groups

Music therapy interventions have demonstrated to be beneficial for assisting the development of social, emotional, cognitive and physical skills for children of all ages and abilities. Regardless of a child's abilities, music can be a motivating and accessible tool that can address goals in areas such as; joint attention, social orienting, turn taking, adjusting behaviour to coordinate with others, as well as the development of fine and gross motor skills. Music and movement groups are run by a qualified Music Therapist and an Occupational Therapist and can be a fun and engaging way to address physical, social, emotional, gross motor, fine motor, motor planning and cognitive goals in an environment where children are motivated by activities such as instrument playing, dancing and play accompanied by live music. These groups are so much fun.

### Handwriting Groups

Handwriting groups are often dependent on numbers. Students will be assessed individually initially for suitability for a group, and then either placed in an appropriate upcoming group, or placed on a waiting list for the group. Where possible groups are run by school years, that is Kindergarten, years 1-2, years 3-4 and years 5-6.

### Sensory Regulation Groups

This group will be based on the ALERT program and will run for 6-8 weeks. The group will run for an hour and will focus on developing children's abilities to identify self regulation strategies that will allow them to function at the optimal level for learning and engagement across environments. There will be an individual mini assessment completed for each child prior to the group.

**NOTE:** Other groups may be offered throughout the year and will be based on numbers and common need. These groups may be multidisciplinary including a physiotherapist, speech pathologist, psychologist, music therapist, educationalist etc.