



SELF (Strengthening Early Learning for Families)

Term 1, February / March / April , 2019

SELF is a seven-week unique and cutting edge early intervention play based program for parents and children funded by the Kai Botsis Charitable Association Inc. This program started in early 2018 and has had a 100% recommendation rating for the parents who have participated to date.

The target group is for parents of young children (up to the age of 5 years) who have developmentally based challenges in regulating, relating and communicating including those with Autistic Spectrum Disorders or other neurodevelopmental challenges.

Sponsorship from The Kai Botsis Charitable Association Inc. is available for families who require support. For payment of the costs of this program and as such this is a very affordable option for families.

What is the SELF program?

- This program uses a developmentally and relationship evidence-based approach (DIR/Floortime).
- It is for parents of children who have difficulty interacting, playing and communicating.
- The program is held for 7 weeks – 1 session per week
- It is a combination of parent training and individual parent-child sessions.
- Parents will be 'coached' to play and interact through direct feedback and confidential video recording.
- There will also be roundtable discussion and sharing with other parents attending the program.

The following questions will be addressed:

- ❖ What kind of play promotes my child's attention and interaction?
- ❖ How can I get my child to play with **me** – not just on his/her own?
- ❖ How can I 'read' my child's attempts to communicate?
- ❖ How do I keep interaction and communication going - and **growing**?

Venue:

- ☐ All sessions are conducted at Sensory Connections OT services – 104 Keightley Road West, Shenton Park Ph: 93828538
www.sensoryconnections.com.au

Fees:

- ☐ See application form in relation to sponsorship options.

Application Process:

- Five families will be selected for each SELF program.
- Two adult places are available per family. Both parents are encouraged to attend but only one is required.
- As there is a large investment in this program from therapists and funders there is a need a commitment for attendance to all sessions.
- Please complete the attached form for consideration for SELF sponsorship.
- Please contact us at administration@sensoryconnections.com.au if you have questions or want to discuss your child and family's needs in relation to SELF.

Session	Date 2019	Time
PARENTS-ONLY A	Fri 22 nd February	10.00 – 12.30
Parent-Child 1	Fri 1 st March	*9.30 or 10.45 or 12.00 or 2.00 or 3.15
Parent-Child 2	Fri 8 th March	*9.30 or 10.45 or 12.00 or 2.00 or 3.15
PARENTS-ONLY B	Fri 15 th March	10.00 – 12.30
Parent-Child 3	Fri 22 th March	*9.30 or 10.45 or 12.00 or 2.00 or 3.15
Parent-Child 4	Fri 29 th March	*9.30 or 10.45 or 12.00 or 2.00 or 3.15
PARENTS-ONLY C	Fri 5 th April	10.00 – 12.30

*At the initial Parent-Only session, we will agree the time for parent-child sessions.

Some Feedback from Parents

- ✚ Learning a lot about how what I do impacts on my child's ability to show what they can do.
- ✚ I love having both of you (OT and SLP) working so closely together to help me- it feels very supportive. The personalised videos are very good
- ✚ Love having both individual sessions with you both and then the session with other parents in the group is so great. Really invaluable.
- ✚ My child has been showing us how much they can do! The gains have been great!
- ✚ I am so grateful that I have been able to do the SELF program – highly recommend to others.

Some Feedback from Therapists

- ✚ The structure of SELF although resource intensive is very effective in achieving gains
- ✚ I have been really blown away by the response from parents. I knew that we were having strong sessions and all learning a lot about their children and how to support them, but I didn't realise how different this was to other therapy experiences the parents were having and how much they were getting out of the discussions with other parents.
- ✚ The parents reflected a deep sense of support and learning for themselves and within the group.
- ✚ I am very grateful for the sponsorship we have from the Kai Botsis CF to enable us to run SELF!