



## SELF (Strengthening Early Learning for Families)

*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. The target group will be 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 at risk of diagnosis.*

*The estimated cost of the programme is \$3000 / participant which will be covered by sponsorship from The Kai Botsis Charitable Association Inc.*

### What is the SELF programme?

- This program uses a developmentally and relationship evidence-based approach (DIR/Floortime)
- It's for parents of children who have difficulty interacting, playing and communicating.
- The program is held over 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 programme

### 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](http://www.sensoryconnections.com.au)

### Fees:

- ☐ There is a one off fee of \$20 to be contributed by each family to cover therapy supplies and refreshments

### Application Process:

- ❖ Five families are selected for this programme
- ❖ Two adult places are available per family. Both parents are encouraged to attend but only one is required.
- ❖ As there is a large demand we would need a commitment for your attendance to all sessions.
- ❖ Please complete the attached form for consideration for SELF sponsorship

### Facilitators:



**Kathy WALMSLEY**

**Occupational Therapist**



**Anne NUNN**

**Speech Pathologist**

*Kathy & Anne have worked together for over a decade jointly in their practices – Sensory Connections Therapy Services and Anne Nunn Speech Pathology Services. They have had extensive practical experience in and in-depth knowledge of working to support families during their 35 + years in their own disciplines of Occupational Therapy and Speech Pathology. They are excited and delighted to be working together in this new program which is funded by the Kai Botsis Charitable Foundation.*

Contacts: [kwalmsley@sensoryconnections.com.au](mailto:kwalmsley@sensoryconnections.com.au),  
[anne.nunn@optusnet.com.au](mailto:anne.nunn@optusnet.com.au)

Session	Date	Time
PARENTS-ONLY A	16 Feb 2018	10.00 – 12.30
Parent-Child 1	23 Feb 2018	*9.30 or 10.45 or 12.00 or 2.00 or 3.15
Parent-Child 2	2 March 2018	*9.30 or 10.45 or 12.00 or 2.00 or 3.15
PARENTS-ONLY B	9 March 2018	10.00 – 12.30
Parent-Child 3	16 March 2018	*9.30 or 10.45 or 12.00 or 2.00 or 3.15
Parent-Child 4	23 March 2018	*9.30 or 10.45 or 12.00 or 2.00 or 3.15
PARENTS-ONLY C	6 April 2018	10.00 – 12.30

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