



## SELF (Strengthening Early Learning for Families)

### Term 1, February and March 2020

*SELF is a seven-week early intervention therapy program. It is designed for parents of young children up to the age of 5 years, who have difficulties with interacting, playing and communicating. This includes children with autism and other developmental delays. SELF provides a really effective way for parents to be supported to understand their child's unique strengths and challenges and to learn ways through play and their interactive relationship with their child to help them make gains. SELF has had a 100% high recommendation rating for the parents who have participated to date.*

#### What is the SELF program?

- ✚ This program uses an evidence based approach which is developmentally and relationship focused.
- ✚ It is for parents of children who have difficulty interacting, playing and communicating.
- ✚ The program is held for 7 weeks on a Friday – 1 session per week.
- ✚ It is facilitated by a specialist early intervention Occupational therapist and Speech and language Pathologist who work together to help parents gain a holistic understanding of their child.
- ✚ It is a combination of parent training (3 morning sessions) and 4 one hour individual parent-child sessions.
- ✚ Parents will be 'coached' to play and interact through direct feedback and confidential video recording. Parent will receive two personalised videos with feedback and guided therapeutic strategies tailored to themselves and their child.
- ✚ There will also be roundtable discussion and sharing with other parents attending the program.

Session	Date 2019	Time
PARENTS-ONLY A	Fri 14 <sup>th</sup> February	10.00 – 12.30
Parent-Child 1	Fri 21 <sup>st</sup> February	*8.30 or 9.45 or 10.30 or 1.00 or 2.30
Parent-Child 2	Fri 28 <sup>th</sup> February	*8.30 or 9.45 or 10.30 or 1.00 or 2.30
PARENTS-ONLY B	Fri 6 <sup>th</sup> March	10.00 – 12.30
Parent-Child 3	Fri 13 <sup>th</sup> March	*8.30 or 9.45 or 10.30 or 1.00 or 2.30
Parent-Child 4	Fri 20 <sup>th</sup> March	*8.30 or 9.45 or 10.30 or 1.00 or 2.30
PARENTS-ONLY C	Fri 27 <sup>th</sup> March	10.00 – 12.30

#### 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**?
- ✚ What developmental skills should be focused on for my child.?

**Venue:** All sessions are conducted at Sensory Connections– 104 Keightley Road West, Shenton Park

#### Application Process:

- ✚ There is space for five families for each SELF program.
- ✚ Two adult places are available per family.
- ✚ As there is a large investment in this program from therapists and funders there is a need a commitment for attendance to all sessions.

\*At the initial Parent-Only session, we will agree the time for parent-child sessions for each family with the goal of suiting their scheduling needs..

#### Some Feedback from Parents about SELF

- ✚ 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.
- ✚ I was initially unsure about the use of video feedback but I learned so much from them, they were incredibly helpful. I was able to show them to others who spend time with my child and this was incredibly helpful.
- ✚ Having both individual sessions with both therapists and then the session with other parents in the group was invaluable.
- ✚ My child has been showing us how much they can do! The gains from SELF have been great!
- ✚ I feel I have a roadmap now to work from for my child which I didn't have before

## **SELF (Strengthening Early Learning for Families) Program**

### **Service Fees:**

Parent Child Therapy Consultation – Senior Occupational Therapy x 4 at \$180 / session = \$720.00	
Parent Child Therapy Consultation – Senior Speech and Language x 4 at \$180 / session = \$720.00	
Parent Only Therapy Consults	
x 7.5 hours at \$100/hour= \$750 with <u>50 % no charge sponsored</u>	= \$350.00
Therapist Video feedback & Preparation costs	
x 4 hours @ \$180/hour= \$720 <u>no charge fully sponsored</u>	= \$ 0.00
	<b>Total Fee : \$1790.00 / family</b>

Families participating can use Medicare rebates, private health insurance, and / or NDIS funding

**The Kai Botsis Charitable Association Inc.** is a Perth based non for profit organisation founded by parents who are keen to support other parent who have children in need of early intervention support. They have generously provided funding support to Sensory Connections to develop and run SELF

\*Note:

- ✚ Sponsorship to assist towards the cost for 50% of the costs for the parent only consults and the video prep and admin costs ( Total of \$1470 / family sponsorship) is provided through the **Kai Botsis Charitable Association**.
- ✚ If you are experiencing financial hardship and the fees prohibit you from registering for SELF please provide background information about your situation and need. Additional financial support may be available for families who are not able to access funding support and are experiencing financial hardship.
- ✚ If you are financially well supported and able to contribute more towards these costs please let us know. Contributions are welcome as this will enable to have more funds to support other families to access SELF over time.

### **Conditions:**

- Part registration for selected sessions only is not possible.
- Once we offer your child a place in this program, a deposit of 25% of the program fee will confirm your child's registration.
- The balance of the fee is due before the commencement date
- Cancellation of enrolment less than 2 weeks prior to the program commencement will incur a charge of 25% of the full program fee.

Contact for requests is [kwalmsley@sensoryconnections.com.au](mailto:kwalmsley@sensoryconnections.com.au)

**2020 Registration Form**  
**SELF (Strengthening Early Learning for Families) Program**

Please complete the form below

**CHILD'S NAME:** \_\_\_\_\_ **DOB:** \_\_\_\_\_

**DIAGNOSIS AND/OR DESCRIPTION OF CHALLENGES:**

Please provide the names of the parents who are applying to participate.

Note: 2 parents are able to register however **all parents attending need to attend for all 7 sessions.**

**PARENT'S NAME:** \_\_\_\_\_ **Ph:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**PARENT'S NAME:** \_\_\_\_\_ **Ph:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**ADDRESS:**

**OTHER CHILDREN IN THE FAMILY – ages and any developmental concerns**

**Comment on your current concerns about your child's development and your family's functioning and what it would mean to your family to be able to benefit from the programme**

*The following is a checklist for you to consider the essential requirements for inclusion in the programme:*

**(Please Highlight or Circle your answer)**

- Can you attend and commit to the 7 weekly Friday sessions dates as identified in this flier ? YES/NO
- Can you put aside some time each day with your child to play and interact with them to practice what you are learning in SELF ? YES/NO
- Are you able to attend the parent only sessions (i.e. without any children?) YES/NO
- Will you consent to being videoed with your child and to discussing the videos in a small group situation? (All videos are kept securely and confidentiality is strictly maintained and you get to choose what parts are shared with the support of the therapists ) YES/NO
- Are you able to complete assessment questionnaires pre and post the program? YES/NO

Please return to: \_\_\_\_\_ Email: [administration@sensoryconnections.com.au](mailto:administration@sensoryconnections.com.au)

Post: Attn. SELF, Sensory Connections, 104 Keightley Rd West, Shenton Park, 6018

PH/FAX: 9382 8538