



# Kids First Children's Services

Level 1, 527 Pittwater Road, Brookvale

Phone: 9938 5419

## School Holidays @ Kids First

### Ready Set School

Ages 4-5

The break between the end of pre-school and the start of 'big' school can be a long one for littlies!

In January, Kids First's team of Occupational Therapists and teachers will boost your 2012 school starter's confidence and skills with 3 mornings of learning & fun

**Ready Set School** will give your child the benefit of expert and personal support that develops:

- Independence and self reliance
- Phonological awareness, sounds and letter recognition
- Early numeracy, number recognition and counting
- Fine motor skills
- Gross Motor Coordination
- Social and communication skills

**Ready Set School** is an Occupational Therapy service. Your child may be eligible for rebates through your private health fund

**Dates: January 23, 24, 25 9.30am - 12 noon**

### Power On Plus

Ages 7-10

Does your child.....

- slouch in their chair?
- have difficulty sitting still?
- have poor attention?
- have decreased strength and low tone?
- lack confidence in playground games
- have trouble coordinating left and right to do things like ride a bike?

Kids who have poor Core Strength find it hard to hold their body in position so that they can concentrate and learn. They are often described as over-active children with poor handwriting, short attention spans and sloppy posture. **Power On Plus** is a fun, interactive workshop that gives kids the chance to enjoy games and exercises that strengthen their core muscles that increase their ability to focus and attend to tasks.

**Power On Plus** is an Occupational Therapy service. Your child may be eligible for rebates through your private health fund

**Dates: January 23, 24, 25 2.00pm - 4.00pm**

### Socially Speaking

Ages 5-7

**Socially Speaking** is a focused social language program for children who need extra support to communicate and socialise successfully. It provides much needed practical support to children who have language delays or conditions like high functioning autism

**Socially Speaking** builds social language skills like:

- Using eye contact
- Appropriate greetings and farewells
- Joining in to a group or game
- Sharing (and sharing the lead)
- Taking the lead
- Casual Conversation

During the program, parents also benefit from one hour of education and resourcing when our therapists spend 20 minutes each day reviewing video footage of the day's activities providing ideas, information and strategies to equip families with tools to take children's social language skills forward.

**Socially Speaking** is a Speech Pathology service. Your child may be eligible for rebates through your private health fund, Medicare or FaHCSIA

**Dates: January 18,19,20 9.30am - 12 noon**

### Radical Readers

Ages 6-8

The summer holidays give kids a long break from school, but often regular routines like daily reading can be easily put on the back burner.

Research has indicated that up to 27% of children return to class in the new school year with depleted levels of reading confidence because their skills are not at the same level as they were before the holidays.

**Radical Readers** is a positive program of three small group sessions offered by Kids First's patient, professional Speech and Language Therapists and will help your reluctant reader to prepare for a confident start to classroom reading in 2012.

Our experienced, university educated literacy specialists are experts in helping children to overcome their reading fluency challenges and will give your child the opportunity to boost their reading skills in a supportive environment before the start of Term 1.

**Radical Readers** is best suited to children entering Years 1 and 2 and is a Speech Therapy service that may be eligible for health fund rebates

**Dates: January 17, 18, 19 9.30am - 11.00am**

Kids First's school holiday programs are provided by qualified paediatric health professionals. If your child is eligible for rebates from your private health fund, Medicare or FaHCSIA, you may be able to claim for your child's group program or therapy sessions. Please check with your fund. For more information about these services, including costs, please refer to Kids First's website [www.kids-first.com.au](http://www.kids-first.com.au) or call 9938 5419