

HoPALoNG



Occupational Therapy for Children

Is now offering SCHOOL and PRESCHOOL AGED GROUP programmes for all School Holidays

★ Social Skills ★ High School and Kinder Readiness
★ Fine and Gross Motor Skills
★ Handwriting

All programs offered at HoPALoNG Centres in both weeks of the School Holidays (dependent on numbers) and run by fully qualified Occupational Therapists and Student helpers. School Readiness group run late in the January school holidays.

- HoPALoNG Peakhurst Centre, 34 Pindari Rd, Peakhurst
- HoPALoNG Croydon Centre, 127 Croydon Rd, Croydon

*Please express your interest in programmes early, to avoid disappointment and assist with organisation.
Minimum numbers are required.*

All programs are run as an intensive 5 day course consisting of 2 hour sessions each day priced from \$250
A Parent information session with morning tea is also included

Please call HoPALoNG on 1800 809 552 or email help@hopalong.com.au for further information

Speak to your GP about Medicare rebates and a referral to occupational therapy or retain your receipts for private health insurance rebates.

Your child's place will be confirmed 1-2 weeks prior to the group commencing.

BOOKING FORM- Please complete and indicate selected Group program and Centre.
Post to 34 Pindari Rd, Peakhurst, 2210 or fax to 9153 0179

★ School Readiness

★ Motor Skills

★ Transition to High School

★ Handwriting

★ Social Skills

At which Centre? ★ Peakhurst ★ Croydon

Parents name: _____ Contact Numbers: _____

Address: _____

Child's name: _____ DOB: _____

School and Year: _____ Diagnosis (if any): _____

Current Concerns: _____

Any Allergies or food intolerances: _____

The Handwriting programme is designed to develop and enhance handwriting skills for children in Kindergarten, Years 1-2, Years 3-4 and Years 5-6. The focus being "Easy to Read" Handwriting.

Skills addressed:

- Postural strength and stability. Ergonomic posture at the desk and sitting on the floor using easy to remember rhymes and checklists.
- Fine Motor skills for finger awareness, tool use, in hand manipulation and finger strength.
- Using a functional pencil grip.
- Handwriting legibility using Kinesthetic and Cognitive approaches
- Handwriting Speed
- Bookwork and Classroom organisation skills
- Equipment prescription such as pencil grips and/or slopeboard if needed

School Readiness Programme

The school readiness programme is designed to develop and enhance important fine motor, gross motor, cognitive and social skills in children starting Kindergarten.

Skills addressed:

- Gross Motor skills including skills of balance, bilateral coordination, postural strength midline crossing for confident ball skills, jumping, hopping and skipping.
- Fine Motor skills for finger awareness, tool use, in hand manipulation and finger strength.
- Prewriting skills including shape copying and writing, number formation and name writing focusing on correct letter formation & starting points. Using a functional pencil grip.
- Safe scissor use and cutting skills
- Social and classroom skills- conversation skills, establishing and maintaining good friendships and how to be good listener. Maintaining self-esteem and exploring relaxation techniques
- Comprehension and homework tasks

Transition to High School

- Assignment and examination preparation- mind maps, brainstorming, essay plans, study techniques
- Organisation- using a diary, prioritise, packing the night before
- Social skills- role playing, bullying, road safety, strangers, managing public transport
- Relaxation techniques

Social Skills Programme age 4-6years and 6-12years

The social skills programme is designed to develop and enhance social interaction skills, social awareness and self-esteem in children.

Topics addressed:

- Conversation and Listening skills - starting and maintaining conversations and how to be an effective listener.
- The Importance of Healthy Friendships - establishing and maintaining good friendships.
- Conflict Resolution - how to solve problems with friends.
- Relaxation Techniques and Staying Calm.
- Addressing and Expressing Emotions Appropriately.
- Assertiveness Techniques - when are appropriate times to be assertive & how to be self-confident.
- Self-esteem and Positive Attitude Strategies - how to feel good about oneself.

Motor Skills Programme

The motor skills programme is designed to develop motor skills development for children with learning difficulties, movement diagnosis, Dyspraxia or movement delays

- Gross Motor skills including skills of balance, postural strength, midline crossing for confident ball skills, jumping, hopping and skipping.
- Bilateral coordination, motor planning and organised movement
- Reflex integration and inhibition
- Fine Motor skills for finger awareness, tool use, in hand manipulation and finger strength.