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Sensory Processing

What is Sensory Processing?

Sensory processing is the brain process that organizes sensations from one's own body and the environment, making it possible to use the body effectively within the environment. There are 7 senses:

- o Sight
- o Taste
- o Touch
- o Smell
- o Sound
- o Balance (vestibular)
- o Movement (proprioceptive)

Sensory processing works by collecting all the information around us and in our environment and then organizes it in a way that makes sense to us. This can help us to learn and develop.

When our sensory processing is not working the way it should, all the information from our environment gets mixed up and that can make kids feel confused. Sensory processing differences can impact behaviour, play, and families.

An Occupational Therapist can help make sense of sensory processing for you.

LOOK HEAR

Speech Language Pathology

What is Speech Language Pathology?

Speech Language Pathology is a client centred health profession that is focused on communication and swallowing.

- o Communication is any way we communicate with another person.
- o This can be visual, verbal, sign, or gesture.
- o Speech Language Pathologist can work on speech, language or communication difficulties.

Speech Language Pathology can:

- o Assess any concerns with speech and language
- o Teaching the person or child skills e.g. communication, swallowing, eating, and understanding

Speech Language Pathology can help kids in the following areas:

- o Learning how to communicate
- o Talking
- o Stuttering
- o Swallowing
- o Eating problems
- o Social Skills
- o Literacy

LOOK HEAR



What is Occupational Therapy?

Occupational Therapy is a client centred health profession that is focused on meaningful and purposeful outcomes.

- o Occupation is the ordinary, familiar things we do everyday
- o Occupation is defined by meaningful activity and purposeful use of time
- o Occupation is the "doing" in everyday life

Occupational Therapy can:

- o Teaching the person or child skills
- o Adapting and grading/ modifying the task
- o Modify/change the environment

Occupational therapy can help kids in the following areas:

- o Fine motor
- o Gross motor
- o Sensory processing
- o School or day care
- o Home routines
- o Toileting
- o Sleeping
- o Eating
- o Playing
- o Social skills
- o Emotional Regulation



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