

# Downloadables Shop

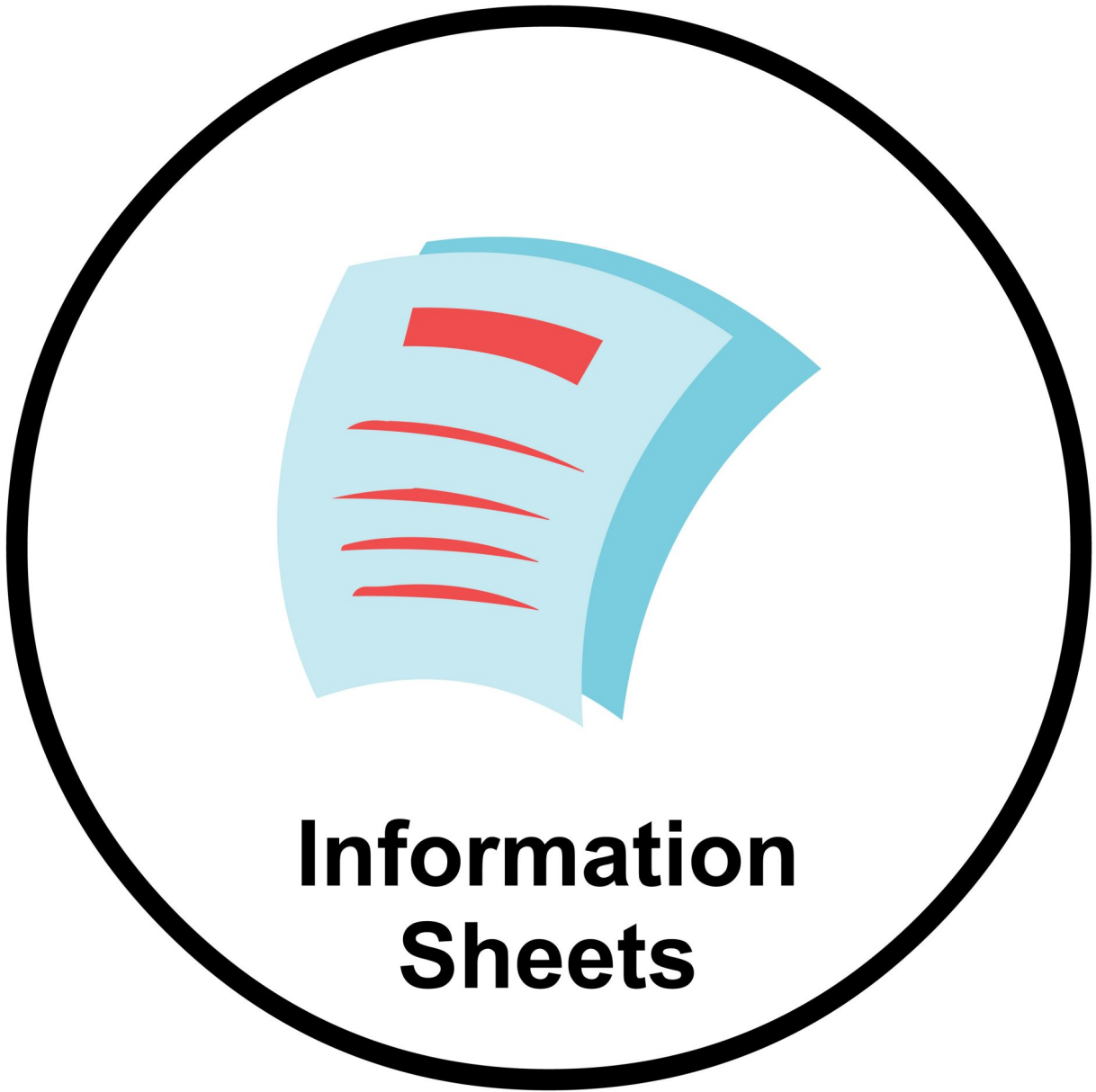
## > DOWNLOADABLES

**We aim to 'fill the gap' with downloadable and printable resources.**

We didn't want to create resources that are already available online. As you can see from our website, there are TONNES of fantastic websites and free downloadable resources out there – so there is no reason to reinvent the wheel!

What we wanted to do was fill the gap – as we saw them; MRI visuals, simple 1 pagers, children profiles and many more! Check them out below!

*If you have any suggestions for further resources, please let us know!*



Teachers Pay Teachers Store



### What is Psychology?

Psychology is a client centred health profession that is focused on human behaviour. Psychologists work on understanding how people think, feel and act.

- Behaviour is anything a person does – it is one of the ways we communicate.



Psychologists can help work on:

- Addressing mental health issues
- Understanding and changing behaviour
- Support with learning and memory problems
- Support with psychological and emotional distress



Psychologists:

- Use assessments to understand concerns with behaviour, mental health or cognition (thinking)
- Develop plans to meet your goals
- Help develop skills (i.e. relaxation, understanding thoughts, changing behaviours)
- Work through areas of concerns in a supportive and strengths focused way



Psychology can help kids in the following areas:

- Learning how to understand emotions
- Learning how to understand others and themselves
- Develop social skills
- Address problems and concerns related to behaviour
- Reduce distress
- Increase self-esteem
- Provide guidance to parents
- Provide support to siblings and other family members



### What is Speech Language Pathology?

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

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



Speech Language Pathology can:

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



Speech Language Pathology can help kids in the following areas:

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





### iPad & Tablet Management Ideas

- o Refer to the iPad/Tablet as yours.
  - o This makes it easier to manage access to the iPad/Tablet as it does not "belong" to the child.
- o Try to mostly have educational applications on the iPad/Tablet.
  - o Games are great too, but having a mix means there are different options for informal learning to take place.
- o Get a quality case.
  - o Cases like Griffin, Life Proof and Pelican are all good places to start as they are made to be super tough!
- o Manage how much time your child has on the iPad/Tablet.
  - o If your child is just "playing" (i.e. not completing games that are therapeutic), try limiting time to less than 2 hours per day. Support this with the use of a time ether on the iPad/Tablet or separate to it.
- o Use the iPad/Tablet at key times for your child.
  - o If you know that airports or shops are going to be stressful, the iPad/Tablet is a wonderful distraction.



iPads and tablets are a wonderful therapeutic tool – but ensuring correct management is key to reduce stress within families.



### Washing Hands



### MRI





## In case of Fire

Call 000



Inform the fire wardens and sound the alarm



Stay Low



Evacuate the building



Stay at the emergency assembly area



## How do I make play into therapy?

Occupational therapists often talk about play being important for children's development.

Play is also a form of therapy, but how do we "make" play into therapy?

- o Play is defined by engaging in activity for enjoyment rather than for a serious or practical outcome or purpose.
- o Therapy is defined as treatment intended to relieve or heal a disorder.



Children can develop lots of skills during play including:

- o Fine and gross motor skills (big and little muscles skills)
- o Social and friendship skills
- o Problem solving and resilience skills

How to make play into therapy:

- o Play with your child - this is so important that by doing this alone, there is therapeutic benefits
- o Choose play ideas that your child likes e.g. music, dress ups
- o Play with your child and model what you would like them to do e.g. when losing a game congratulate the winner rather than becoming upset
- o Give your child positive feedback when they are playing e.g. big smiles, high fives, positive praise
- o Have fun! If you are playing with your child and having fun, we know that this is therapeutic and can have massive outcomes for functional outcomes e.g. walking, talking, playing, social skills

