



Skills for School

Occupational Therapy Group Program

The Skills for School Program helps children develop the 'building blocks' for learning, including being able to sit and work without getting tired, focusing on the task at hand without being distracted, fine motor control for cutting and writing and being able to interpret visual information. Without these skills children find it very difficult to sit and learn in the school environment or they use so much energy "pulling it together" to learn, that they are exhausted and have meltdowns at home. The Skills for School Program is designed to support children's development in a fun and nurturing way so that they increase their confidence and competence to do what they need to do each day.

Throughout the program your children will play specifically chosen activities and games which target the development of:

- Sensory motor skills – body position awareness, awareness of two sides of the body, motor planning
- Perceptual motor skills – spatial awareness, postural control, eye hand coordination
- Fine motor skills - forearm stability, separation of sides of hand, strength, finger isolation, accuracy
- Confidence and feelings of success when approaching new and unfamiliar activities.

A written summary of your child's progress will be provided at the completion of the program.

Max. of 6 children per group.

Cost: \$390 (6 x 45 min groups)

Private Health Rebates available

Where: Aspley State School, instrumental music room

Date: Every Tuesday, starting 21 February 2017 for 6 weeks

When: 3.15 – 4.00pm

Who: Prep & Year One children

To register, please email jumpupot@yahoo.com.au to request an enrolment form