

LUCY'S LOWDOWN

What's on with Guiding You Consulting

JUNE '24'

WELCOME JO

At the beginning of June we welcomed Jo Luker to the Guiding You Consulting team. Jo is working in the Wangaratta region. Jo comes with a wealth of knowledge, with a background in social work and lived experience with neurodiverse children. If you know of anyone that needs support in the Wangaratta region, please pass on our details.

WHAT JO AND LUCY ARE READING

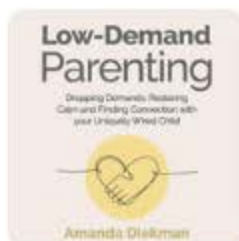
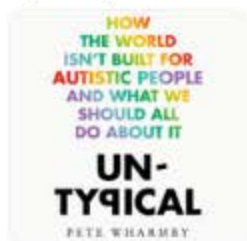
This month Lucy and Jo have been reading different materials to help with supporting our clients and their families-

Lucy has been reading-

In Low-demand parenting Amanda discusses dropping the demands and expectations that are making family life impossible and embrace the joyful freedom of living life with low demands. It can be a particularly effective approach for children with high anxiety levels including neurodivergent children.

Jo has been reading- Untypical

In Untypical, Pete Wharmby lays bare the experience of being 'different', explaining with wit and warmth just how exhausting it is to fit in to a world not designed for you. After a late diagnosis and a lifetime of 'masking', Pete is the perfect interlocutor to explain how our two worlds can meet, and what we can do for the many autistic people in our schools, workplaces and lives.



GIVEAWAY

We had FIRST giveaway ready for June school holidays. An Unlimited Access to ALL Victorian Zoos and Wildlife Sanctuaries for a year for 2 adults and 3 children. This also gives- All members of Taronga Zoo, Western Plains Zoo, Adelaide Zoo, Monarto Zoo and Perth Zoo are entitled to reciprocal entry. Congratulations- Independent Milestones for winning this.

HOLIDAY TRIAL

In Cobram Lucy is trialing a group based program for 2 hours a day for 4 days. If this works it will be something that will be looked at in the future holidays to support children with their goals.

From the 8th to the 11th of July Lucy is offering zoom meetings with parents to catch up in regards to goals, successes from Term 3. Lucy will send an email regarding this, please email her with a time that suits.

APPOINTMENTS

Reminder-

If you have paediatrician or other medical appointments you would like Jo or Lucy to attend please let us know at your child's next appointment. Especially for Term 3.

ENROLLING IN SCHOOL IN 2025

If your child is ready for school in 2025, please ask Lucy or Jo if you have any questions about schooling. Once enrolled it is important we make contact with the school and organise a meet and greet and discuss what transition from kinder to school looks like. If you are unsure if your child is ready for school, we need to discuss this now as well.

HOLIDAYS WITH JO-

Jo will be working the following days-

1st week - Wed 3rd July, Thurs 4th July, Friday 5th July

2nd week - Monday 8th July, Tues 9th July, Wed 10th July.

O.T

Some of you may have met Julia from Independent Milestones. Julia is a pediatric Occupational Therapist that can assist with Sensory Profiles, online sessions, full functional assessments and parental advice. Please let Lucy or Jo know if you would like to meet with Julia.