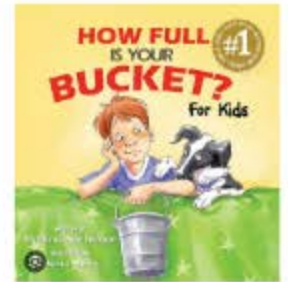


LUCY'S LOWDOWN

What's on with Guiding You Consulting

FILLING YOUR BUCKET



As I have just been on a week's break with my beautiful family and friends, I thought it would be a good time to share a resource I have used and how it has helped me in the past week. Some clients and their parents would have heard us using a book called 'How full is your bucket?' This is a gorgeous picture story book that explains how everyone has a bucket, the main character Felix Loses water out of his bucket and it becomes full again with being nice to others, helping his sister, reading his story to the class, classmates giving him compliments.

While on holidays I have filled my bucket by-
-Spending time with family and friends
-Laughing and having fun- (going on rides at a fun park)
-Sitting doing puzzles, crosswords and looking at the ocean.

Read aloud- How full is your bucket?

As a parent you need to fill your cup to help and support your child!

INTROCEPTION

Kieran and Lucy have completed some professional learning - Best Practices for Implementing Introception-Based Supports By Kelly Mahler- OT in the USA.

What is Introception? A poster is on the following page. It is mindful body awareness, it is one of the body's senses to help understand what is going on inside the body. We are trying to discover the child's/persons experience, this is very individualised

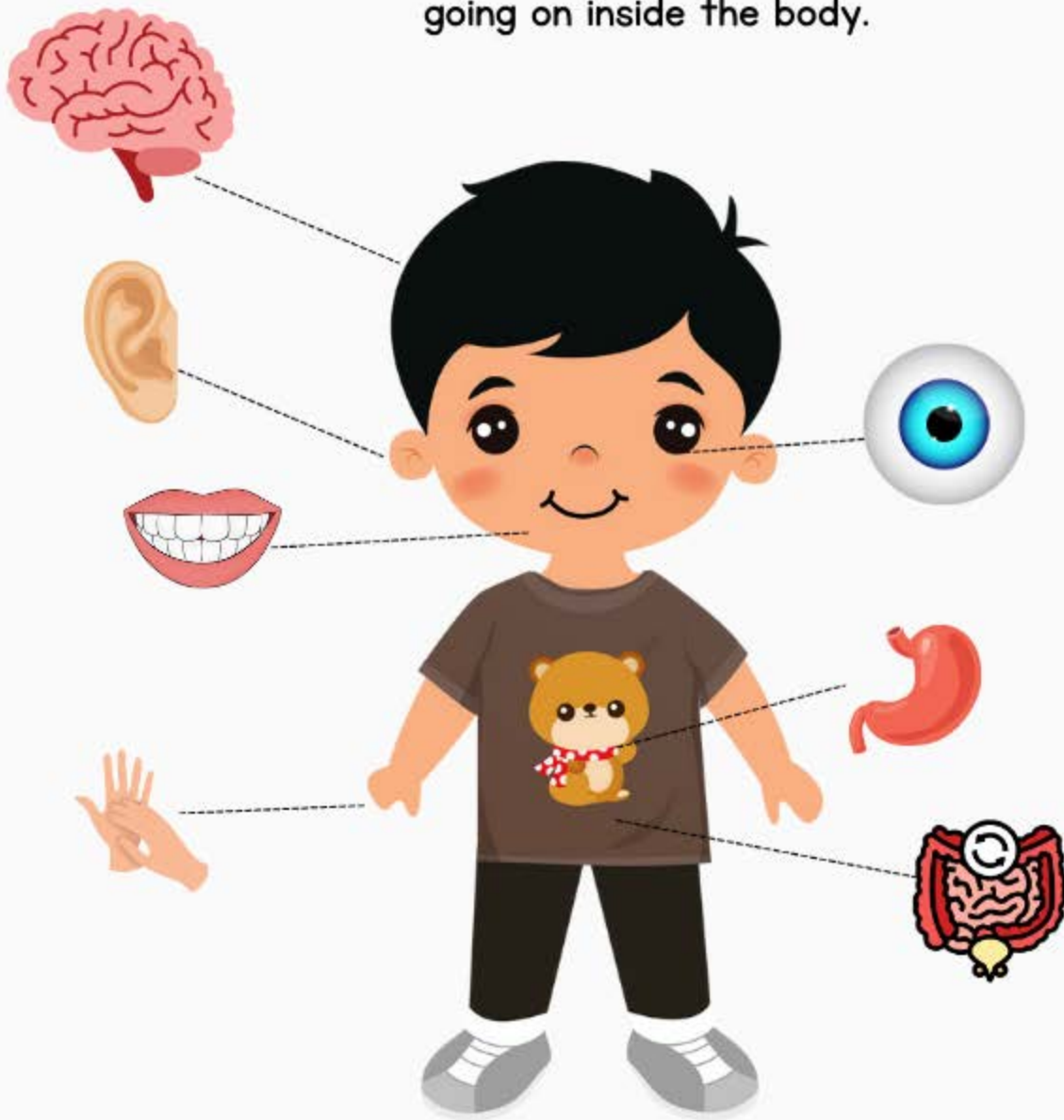
Maybe try this at home-
Notice one body part at a time-

Understanding hot and cold- Play with ice and also hand warmers. How does your hand feel? Is this painful or a nice feeling? Was the hand painful or sweaty?

*Understanding the feelings inside their tummy?
Get them to lay on their tummy, after a meal, going down a slide, doing sit ups? Ask them how the tummy feels after these activities.*

What is Introception ?

Some call it the 8th Sense- Helps the body recognise whats going on inside the body.

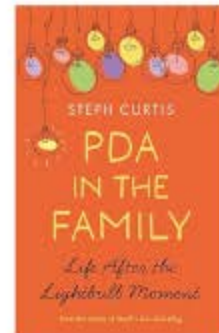


It helps me tell when I am thirsty, when I need to go to the toilet, or when I am hungry. It is all about recognising my internal body signals.

WHAT LUCY IS READING?

I have nearly completed Steph Curtis' PDA in the family. This is a super true story about the journey that her family has gone through being the diagnosis stage and education system in the UK.

As PDA (Pathological Demand Avoidance) is not diagnosed in Australia it is tricky. It comes under the umbrella of Autism, although it has been great learning as some children show many facets of PDA.



SPEECH THERAPY

Lucy has begun speech/keyworker session with Lucy Horne from Deniliquin Speech and Teach for 5 clients. Lucy is a highly trained and regarded Therapist. It is great to be working alongside her.



NDIS

NDIS have notified all providers that there is a longer processing time on payments, you may have noticed we have changed our invoice payment days from 7 to 14 days.

We appreciate all our self managed clients paying invoices quickly, as we are waiting up to 2 weeks after the appointment to be paid.

WE WELCOME JO!

We welcome Jo to the Guiding You Consulting at the beginning of June.

Guiding you consulting welcomes Jo Luker to Wangaratta, Benalla, Beechworth, Mansfield and surrounding areas. Jo is working as an Early Years Therapist and has a vast background in social work. She has experience working with and supporting children with additional needs. Jo has first hand experience as a parent working with neurodiverse children. We welcome and look forward to working with Jo.

If you have NDIS funding or self managed plans and require support, please contact us at-

lucy@guidingyouconsulting.com.au

OR

jo@guidingyouconsulting.com.au

