



Welcome to Little Life Warriors Therapy. Below, you will find some details about LEGO Based Therapy.

### **LEGO Therapy Session Details**

- LEGO Based Therapy sessions for your child are scheduled weekly or fortnightly, lasting 45 minutes each.
- A 1-hour slot is reserved for your child's appointment to allow for transitions, discussions, and packing up.
- The session frequency and duration depend on your child's developmental stage and individual requirements, which will be discussed and decided at the initial meeting.
- Consistency in appointment times is crucial as it provides predictability and security for your child during their special playtime.
- While we strive to maintain punctuality, occasional delays may occur, in which case we will extend the session to ensure your child receives the full allocated time.
- If you are running late for a session, we will conclude at the scheduled time, unless a rescheduling agreement has been made in advance.

### **Parental Involvement during LEGO based Therapy Sessions**

- Initially, we request that you remain in the waiting room for the first few sessions and then check in with the therapist.
- If your child is settled, you may step out for a brief walk, ensuring your availability by keeping your phone nearby.
- If your child requires hands-on assistance with toileting, we ask that you remain in the reception area as our therapists cannot provide this support.

### **Post-Session Communication with Your Child**

- Avoid asking direct questions about the LEGO based therapy experience; instead, respond positively to what your child shares.
- Encourage your child's self-expression without probing questions, respecting their comfort level in discussing the session.

- When your child presents a LEGO creation, acknowledge their effort and time spent rather than focusing on the aesthetics.
- Every creation in LEGO Based Therapy holds value, irrespective of its appearance, as it is a meaningful expression from your child.

### **Concerns about Child's Progress**

If your child is facing challenges at kindergarten, preschool, or school, we are here to support you by engaging with the teachers and other professionals involved in your child's life. This collaboration allows us to discuss the benefits of LEGO Based Therapy and gain insights into your child's educational, emotional, psychological, and social well-being. Before any discussions occur, we will require your written consent to communicate with the teacher and other professionals. Your comfort and understanding are our priorities, and we will provide feedback following these interactions.

### **Payment Process for LEGO Based Therapy Sessions**

An invoice is typically generated within seven days, and payment arrangements can be discussed with your therapist. If you are utilizing NDIS funding, payment details will be outlined in your service agreement.

### **Requesting a Progress Report**

You can request a detailed report from your therapist, summarizing your child's LEGO Based Therapy journey, progress, and recommendations for ongoing support. Reports are prepared at an hourly rate, and the timeframe for completion will be discussed with you in advance. To ensure timely delivery, please request reports well in advance. Urgent requests can be accommodated based on your therapist's availability.

### **What communication can I/ we expect regarding my child's LEGO Based Therapy sessions?**

- Your therapist will contact you following the initial LEGO Based Therapy session to provide feedback on your child's progress and to inquire about their well-being post-session.
- You will have a comprehensive parent consultation after every 6 LEGO Based Therapy sessions or upon request.
- If any traumatic, concerning, or potentially disruptive events occur between sessions, please inform your therapist via phone or email.
- Positive changes noticed in your child are valuable for us to be aware of.
- Feel free to reach out with any concerns or questions between parent consultations. If the therapist is unavailable, leave a message for a prompt response.

### **What can I expect for my child in LEGO Based Therapy and will I be informed about their play activities?**

- Each child is unique, and the LEGO Based Therapy approach will be tailored to their individual needs and experiences.

- While there are general stages in the Therapy process, they will be discussed with you in relation to your child.
- Specific details of your child's play are not typically disclosed to maintain their freedom of expression.

Feel free to reach out with any further queries or concerns.

## **LEGO Based Therapy: A Closer Look**

### *Teamwork and Social Skills*

At our Little Life Warriors LEGO® club, it's all about teamwork! Kids team up in small groups, taking turns being the Builder, the Architect, or even the Supplier. Each role comes with its own special rules, teaching them to respect and listen to one another. This collaborative spirit fosters focus, sharing, good behavior, and social connections. The facilitator is there to sprinkle social skills magic and keep the fun going!

### *Communication and Language Skills*

Ever seen kids teaming up to conquer a LEGO® project? It's like a mini United Nations in action! They chat, listen, and throw in ideas, mastering the art of negotiation and teamwork. Even solo players cook up tales with characters and dialogue, leveling up their language skills.

### *Problem Solving, Mathematics and Spatial Awareness*

Delving into problem-solving, math, and spatial skills! By decoding instructions, grasping order, and exploring brick quantity, symmetry, and patterns, kids boost their math muscles and spatial smarts. This playful process sparks their problem-solving superpowers and inspires fresh, out-of-the-box ideas!

### *Creativity and Experimentation*

Let's dive into the magical world of LEGO® where kids turn into master builders and storytellers! In the Little Life Warriors LEGO® club, young creators not only build together following instructions but also unleash their inner artists by freestyling with LEGO® bricks. It's a playground of creativity, imagination, and self-expression! With LEGO®, kids can let loose, be daring, and explore endless possibilities to build their wildest ideas.

### *Physical Development*

Playing with LEGO® isn't just about building cool stuff, it's also a super fun workout for those tiny fingers! The gentle pressure needed to put those bricks together is like a mini gym session for little hands, prepping them to conquer writing tasks with ease. In a world of screen wizards, flexing those fine motor skills with LEGO® play is the secret handshake to success!

### *Perseverance and Management of Frustrations*

Playing with LEGO® can be a nail-biting adventure where one wrong move sends the bricks crashing down. But hey, that's all part of the fun! Surprisingly, this brick-tastic playtime can teach kids the superpowers of sticking with it and conquering frustrations. As they rebuild their creations, they learn that it's okay to stumble and that mistakes are just stepping stones to success. With LEGO®, kids can unleash their creativity fearlessly, knowing that even a toppled tower can rise again. It's all about the thrill of trial and error, where every mishap is just a chance to shine brighter!

### Self-Confidence

Building with LEGO® isn't just about stacking bricks, it's about crafting a masterpiece of self-confidence! Kids get to bask in the glow of success, boosting their self-belief and paving the way for tackling even trickier challenges.

### Lowering Anxiety and Stress

Dive into the world of LEGO® and watch stress and anxiety vanish like magic! It's not just child's play – building with LEGO® can sprinkle calm over a chaotic day, offering a therapeutic escape route.

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