

OCTOBER 2025

CAPACITY CONNECTIONS NEWSLETTER



THIS MONTH

- **Esperance Show , October 17 & 18**
- **Occupational Therapy Week October 27- November 2**
- **Book in for Puberty Workshop, 5pm 12/11/2025 with OT Darcie**



Realise Ability News

We are pleased to welcome a new member to our team. Nicole will be joining us in an Admin role. Please make her feel welcome next time she greets you in the office or gives you a call!



We love getting to know the other adults that are involved in your child's life. If they are going to be involved in pick ups, drop offs or sessions with your child, please make sure to introduce us and update us with their name and contact details.

Spotlight on Charlie!

Charlie has been working with his team on improving his ability to concentrate to tasks for extended periods of time and on positive communications in group settings.

These school holidays we've seen Charlie thrive in the holiday group sessions and you can see him pictured here working on a handwriting task- one he attended to for over 20 minutes!

Well done, Charlie! We love seeing you smashing those goals!



THERAPY FOCUS

Group Sessions

Group activities provide a wonderful opportunity to work on communication and social skills, team work and problem solving, cooperation and turn taking. And also, they are just fun! During the recent school holidays, many of our clients participated in our groups sessions, which included a beach day and scavenger hunt in the great outdoors, as well as some epic crafting, dress ups and the cake stall at the clinic. Thanks to all our clients for your activity suggestions. We look forward to planning some more fun school holiday groups for the summer break!



Quote of the month

Tell me and I forget, teach me and I may remember, involve me and I learn.

Benjamin Franklin

OCCUPATIONAL THERAPY IN FOCUS...

What is Paediatric Occupational Therapy?

Paediatric occupational therapy is all about supporting children in developing the physical, emotional, and social skills they need for everyday life. This can encompass a wide range of activities, from learning to dress themselves and play cooperatively with peers to focusing in a classroom setting and participating in sports.

Why is Parental Involvement So Important?

Research has shown that children tend to benefit more from OT when their families engage in the process alongside them. In fact, about 13% of the time spent in paediatric OT is dedicated to coaching you on how to support your child's development at home and in their everyday routines. By working together, we can reinforce the skills learned during therapy and ensure they become meaningful parts of your child's life.

Paediatric Occupational Therapy Week (October 27th - November 2nd) offers us an excellent chance to recognise the exceptional efforts made by therapists, families, and communities in the field of paediatric OT. If you are a parent of a child in OT, a fellow professional, or simply a supporter, I encourage you to share your stories about the progress and achievements you're witnessing in your child's journey. Let's celebrate their successes and the hard work they put in every day!

Check out the full blog online on our website