



Preschool Boost Information Pack

Team



Mindful Behaviour Consulting is delivered by Matt Baker, Advanced Behaviour Support Practitioner, who has worked in behaviour intervention since 2014.

Matt has over 10 years' experience supporting neurodivergent children, including 8 years based in a group early childhood education setting supporting children aged 2–6 years.

Matt's practice embeds the National Quality Framework (NQF) and Early Years Learning Framework (EYLF).



Behaviour Support Approach

Positive Behaviour Support

- Understanding the 'why' of emotional support needs
- Teaching strategies to meet these needs
- Functional Behaviour Assessment & Behaviour Strategies
- Educator coaching and feedback in strategies
- Consideration of environment and sensory needs (e.g. ratios, childcare regulations, etc)
- Collaborative, flexible approach

Naturalistic Developmental Behaviour Intervention

- Small group direct therapy with 4-5 children
- Embedded naturalistically throughout day
- Child led teaching through play
- Teaching social skills, emotional regulation, self-advocacy, safety, school readiness, etc

Acceptance & Commitment Therapy

- Teaching emotional flexibility and acceptance of feelings through age-appropriate fun characters:
 - The Discoverer
 - The Noticer
 - The Advisor
 - Our Values



Naturalistic Developmental Behaviour Intervention/ Acceptance & Commitment Therapy

Small Group Behaviour Therapy Format

- Ongoing sessions
- Directly supporting small groups of 4-5 children
- Educator coaching, support and training
- Social skills, communication, self-advocacy, self-regulation skills, school readiness, emotional regulation, safety



Positive Behaviour Support Fortnightly Format

- **Week 1: Face to Face Educator Training/Coaching**
 - Modelling strategies on the floor
 - Coaching strategies (e.g. feedback, guidance)
 - Reviewing written strategies
- **Week 2: Functional Behaviour Assessments - Non Face to Face**
 - Aims to understand the emotional and learning needs of small groups and class wide
 - Reviewing data
 - Developing functional behaviour strategies
 - Video training
 - Resource development



Small Group Behaviour Therapy

Groups are run collaboratively with the therapist and educators through naturalistic opportunities with 4-5 children across a 1-2 hours session, focusing on the following goals:

- **Executive Functioning**
 - Visual schedules/first-then strategies
 - Visual supports
- **Emotional Regulation**
 - Co-regulation/Self-regulation
 - Understanding and Expressing Emotions
 - Environmental support (e.g. sensory needs)
- **Social Skill Support**
 - Turn Taking/Social Games
 - Building Social Connections
 - Managing Winning/Losing
- **School Readiness**
 - Joining and participating in small group times
 - Transitions
 - Managing waiting and finished
- **Communication**
 - Self-Advocacy (e.g. breaks, help, preferences)
 - Honouring neurodivergent communication differences through language modelling (e.g. spoken, sign, visual supports)
- **Safety Awareness**
 - Responding to safety instructions, safety concepts

Quotes

Small Group Therapy

Frequency	Face to Face Supports	Non Face to Face Supports (30 min)	Travel	Ongoing (48 weeks/year)
2.5 hours weekly	\$466 (2 hrs)	\$116.50	\$58.25/30 min	\$30,756 + GST
1.5 hours weekly	\$233 (1 hr)	\$116.50	\$58.25/30 min	\$19,572 + GST
2.5 hours fortnightly	\$466 (2 hrs)	\$116.50	\$58.25/30 min	\$15,378 + GST
1.5 hours fortnightly	\$233 (1 hr)	\$116.50	\$58.25/30 min	\$9,786 + GST

Travel to be calculated based on actual location

Positive Behaviour Support

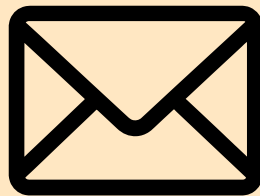
Frequency	Face to Face Supports Week 1 1.5 hours	Travel Week 1	Non Face to Face Supports Week 2 1.5 hours	Ongoing (48 weeks/year)
Weekly Ongoing	\$349.50	\$58.25/30 min	\$349.50	\$18,174 + GST

Based on a fortnightly rotation of F2F (week 1) and NF2F (week 2) supports across 48 weeks

Travel to be calculated on actual location

Contact

For further information, please reach out to Matt through the following:



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