LITTLEVERSITY Loop

January 2026
Issue 1

Keeping you in the Loop!

Welcome to 2026 and the first issue of **Littleversity Loop**!

I hope you all had a wonderful Christmas, New Year, and holiday season!

With the start of a new year, I'm excited to bring you the first edition of Littleversity Loop - our newsletter dedicated to sharing Littleversity updates, tips, insights, and information of interest from the OT world.

Whether you're a returning family or new to Littleversity, this is a space for you to:

- Learn practical strategies to support your child's development at home
- Stay up-to-date on fun and engaging therapy ideas
- Hear about what's happening at Littleversity, including workshops, sessions, and events

Littleversity Loop is my way of connecting with you more regularly, sharing insights, celebrating achievements, and helping you feel confident in supporting your child's growth, both in therapy and at home.

What's Happening?

This month, I've adjusted my schedule to allow time for planning and preparation. Direct client appointments are being held on Mondays, Thursdays, and Fridays, with Tuesdays and Wednesdays dedicated to assessment reports and business planning. I'll return to my usual schedule once school resumes at the end of the month.

I'll also be working on finalising most client appointments for Term 1 and, where possible, for the rest of the year. I'll be in touch to confirm details as plans are finalised - some appointment confirmations may not be able to occur until school has returned.

Lastly, we're excited to be preparing for a milestone at Littleversity, as we welcome our first OT students, Anita and Ryan, who join us from February 2nd. They will be keen to connect with Littleversity families to help build something wonderful together - keep yours eyes out for ways to be apart of it all!

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Who Am I?

For those of you who are new to Littleversity, or for families I don't connect with as frequently because your child receives services at their day activity site, I'd love to take this opportunity to re-introduce myself.

My name is Olivia Hutchings and I am the Director and Principal Occupational Therapist at Littleversity.
I completed my undergraduate degree at the end of 2016 (almost 10 years ago!) at the University of South Australia, here in Adelaide. I started Littleversity after needing to leave my previous workplace to protect my boundaries and wellbeing, respect my morals and challenge myself a little more.

Rewind 15 years (WOW!), I always knew I wanted to work with children and support them to grow and develop, but I wasn't always sure how. After finishing high school in 2011, I initially followed my creative interests and began a graphic design degree. Bu after six months, I took a break from study to figure out what would truly make me happy. A friend suggested Occupational Therapy, and without fully even understanding what OT was, or where it might lead, I applied to start the following year — and I've never looked back.

Creativity is still a big part of my life though. In 2019, I bought my first home (a true fixer-upper!) and spent nine months renovating before moving in - just as COVID lockdowns began. Since then, I've continued working on the house and garden, and over the recent Christmas and summer break I tackled two big projects: replacing a fence that was *literally* held together with sticky tape (yes, Peter Coombe really did sing about that!) and beginning a kitchen renovation, which is still very much a work in progress.

I live at home with my partner Marcel, along with a 7.5-year-old Golden Retriever named Zephyr and a 2-year-old tabby cat called Pretzel. They get along surprisingly well, while still enjoying plenty of independent time.

Marcel and I also enjoy going to the gym around four times per week for strength and weight training, and when I have the time I love attending Pilate. Outside of work, I really value connecting with my family and friends, going for walks along the beach, and enjoying a good caramel coffee — or a donut or slice of cheesecake for a special treat!

In 2025, Marcel and I were lucky enough to travel overseas twice — first to Bali (which didn't quite go to plan, for reasons you can imagine!) and later to New Zealand in September. We don't have any big travel plans yet for this year, but we're hoping for a few adventures closer to home.

I'm really looking forward to working with you all in 2026, getting to know you and your children more, and supporting them as we work towards meaningful goals together.

Therapy & School Holidays

As we prepare for the return to school, I warmly encourage families to book a parent–therapist meeting with me before the new term begins. These meetings are a great chance to reflect on how things have gone over the school holidays, look ahead to the upcoming school year, and confirm which therapy goals feel most important right now. Meetings can be held in person, over the phone, or via video call — whatever works best for your family.

If you're thinking about taking a break from your child's therapy sessions during the holidays, please know that support can still continue in a flexible way. Children keep growing, learning, and navigating everyday challenges during the holidays, and therapy is designed to support these real-life moments. Parent–therapist sessions are a wonderful way to keep momentum going, even when children aren't attending sessions directly.

Your role as a parent is incredibly important in your child's development. Therapy works best when ideas, strategies, and learning are supported at home and in everyday life, and parent sessions are all about empowering you with practical tools and confidence.

School holidays can also be an ideal time to book a home observation. These are often very helpful for guiding therapy goals and approaches. Your child doesn't need to do anything special, I simply observe them going about their usual routine. You might choose a time of day where something feels tricky or where you'd like some guidance. This is therapy too.

If you'd like to book a parent meeting, explore holiday options, or talk through what might best support your child and family, please feel free to get in touch. I'm here to support you as we plan for a positive and meaningful year ahead.

Transitions to School

Whether your child is starting school for the first time or returning after the long summer holidays, the transition back to school can feel big. After six weeks out of regular routines, gentle preparation can help children feel calmer, more confident, and ready to learn for the new school year.

Practice morning routines.
Try a few "practice mornings" before school starts. Wake your child at a school-day time and practice getting dressed, eating breakfast, brushing teeth, and putting shoes on. Keep routines simple and predictable (toilet, dress, breakfast, teeth, shoes). Familiar routines reduce stress for children of all ages. Use a visual schedule to support the routine and independence.

Build independence.
Encourage your child to manage everyday tasks such as dressing themselves, packing their bag, opening lunch containers, and tidying away belongings. These skills support confidence and independence at school.

Talk about school.
Chat about what school days look like, changes you know about (such as new teachers and classrooms), read books about starting or returning to school, and acknowledge both excitement and worries. Talking things through helps children feel prepared and supported.

Use play and movement.
Active play, outdoor time, and hands-on activities like drawing, puzzles, or Lego help children regulate their bodies and emotions (important skills for attention, learning, and friendships at school).

Visit the school.
Take walks to school (if living close by), or go visit the school and talk about the entrances, where you might park to pick them up after school. Give your child's school a call in week 0 (the week before school goes back) to see if you can take a walk with your child through the school grounds before it is filled with children.

Remember: Transitions take time, and it's normal for children to need extra support as they settle back into school routines.