



Contact Information

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Student OT's

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Our Project Plan

Our project focuses on understanding what families want from Littleversity and how they prefer information to be shared to **better support children's daily routines at home.**

Week 7 Highlights

- Spoke to members of our reference group
- Posted on social media (Facebook) to find participants for focus group
- Had a meeting with our University supervisor to discuss project progress
- Working on project report (presenting findings)
- Organising focus group meeting
- Drafted several different formats of the one-page summary resource template

What's Next

The next steps for us are:

- Running a focus group with members of the community and reference group
- Creating a series of one-page summaries on various topics
- SPEF-R2 meeting (end of placement meeting using the SPEF-R2 tool to assess our performance on placement with Olivia and our University supervisor)
- Presenting findings from report to the community
- Continue report writing

Tip of the Week

Breathe Together

- Practice deep breathing with your child when they're calm (not just when they're upset).
- Practice by: smelling a flower, blowing out a candle, blowing bubbles, blowing into a straw.

Why?

- Supports nervous system for emotional regulation.
- Builds the skill before they need it

