

FAQs

What will we need to bring?

Please bring a packed snack, lunch, drink bottle and hat for outdoor activities.

Can parents sit in on sessions?

The aims of this group are to develop peer relationships. To protect participants confidentiality and support friendship development parents are not able to sit in.

How will I know what is being covered in the groups?

Caregivers will be provided access to resources electronically for the duration of the group, and receive verbal feedback and information in the last 15 minutes of the day.

Are groups a good use of my funding?

Group programs are charged at a much lower rate than individual sessions making them a very cost effective way to learn and practice skills in a more natural manner than individual sessions.

Will I receive an individual report?

There will not be individual written reports as the groups focus on providing learning opportunities rather than assessing children.

Talking Matters



**Helping your
child reach their
potential**

How to book

Getting started is easy.

Just speak to your Talking Matters therapist or admin staff for information. Registration is completed online via the Talking Matters website at <https://www.talkingmatters.com.au/about-us/group-programs/>

Children who are not currently working with a therapist at Talking Matters may need to attend a 30 minute session along with their parent/s so we can determine if the group would be suitable and meet their needs. The standard therapy fee will apply.

This program may be funded under NDIA plans where it aligns with the child's goals. You can talk to your child's therapist if you need help to decide if the group would be useful for your child.

While families are able to leave for the duration of the day, they need to be easily reached and able to return to the Talking Matters office within a 15 minute time frame to support their child if required.



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Talking Matters

Social & Emotional Development Programs



**A group program to assist
children to build skills in successful
social interactions**

**A chance for children to learn
and practice social skills in a
fun day of activities with peers**

About the program

Social skills are vital to our well being and ability to participate effectively in the range of activities to get the best out of life. Many children struggle with this complex skill development.

Your child can now access a new program during the school holidays to develop their understanding about social expectations, how to get along with others and how to better manage their own emotions.

This unique program has been tailored to support two age groups. 7-9 years and 10-13 years. The younger age group package draws from programs such as *The Social Detective*, *What's the Buzz* and the *Alert Program*. The older group focusses on *The Zones of Regulation*, *What's the Buzz* and *SuperFlex* resources. Both groups also include *Arts & Crafts I* and *I Stretch & Relax* as the skills covered in these areas are highly relevant to social development and emotional well being.

The program runs across 3 days, 9am - 3pm each day. Children work with a number of therapists and an assistant across the day and benefit from the variety of skills the different allied health therapists bring.

Families return for the last 15 minutes of the session to receive feedback, ask questions and prepare to follow up on skills at home.

A whole day option builds student skills in managing social interactions in a more natural way than shorter sessions do. The timing is also more family friendly as families avoid spending hours in waiting rooms.

Aims of the program

This day program brings together a number of areas to better support your child's social development. These areas include:

Social skills explicit teaching - 1.5 hours daily

A combination of the *What's the Buzz* and *SuperFlex* programs build understanding of social expectations and getting along with peers.

Me & My Emotions - 1.5 hrs daily

Using the programs *Zones of Regulation Curriculum* and *The Alert Program* children build understanding of emotions and learn strategies to regulate their emotions.

Creative Problem Solving - 1 hour daily

In the art section they explore sensory experiences, express themselves through art while also developing social interaction skills, team work, fine motor skills and learn ways to work and share within a team environment.

Stretch & Relax - 1 hour daily

Building skills in relaxation helps them to develop skills in calming self when feeling anxious or stressed. This is also a team activity based and provides opportunity to participate appropriately in social activities.

Social Skills in Practice - 1 hour daily

In this section students practice skills learnt in 'Social Skills' and 'Me & My Emotions' topics, building social skills in sharing and negotiating as well as social interactions while eating.

Who is this group for?

This group is ideal for children **aged 7 years and over** who attend mainstream schools and who are aware and interested in engaging with their peer group. The program will support children who may be experiencing challenges in:

- understanding social expectations
- getting along with peers
- putting their social skill training in to practice
- managing their own emotions, feelings and behaviour productively
- managing the challenges of the school yard

Children also need to be able to:

- comfortably manage a whole day program
- manage their toileting
- follow instructions from an adult

Check our website for pricing, dates and location of our next group

