

# Emerge Allied Health

ACCEPTANCE | CONNECTION | INNOVATION



## WELCOME LISA!

Emerge Allied Health welcomes our newest team member! Lisa has moved from NSW for a tree change and is really loving Tasmania.

She is a Registered Psychologist, with a 30 year career, predominately in the out of home care and adoption sector, as well as experience in child and family assessment, court work, and trauma informed practice. She loves cold weather, good food and exploring nature. Lisa is looking forward to getting to know the families who access EmERGE.



## Games to improve attention

Do this, Do that.

One person is at the front of the group. They perform an action (standing on one foot, jumping, etc.). If they say "do this" the group follows the action. If they say "do that" the group does not follow the action. Anyone who follows the action when "do that" is said, is out.



## Talk, read, sing!

Oral language is the base from which literacy grows. To build oral language skills in children, talk, read and sing every day.

Nursery rhymes and simple songs are ideal ways to teach language skills and develop phonological awareness. Songs are also helpful to mark transitions, like pack up time.

You don't have to be a great singer. Children prefer your voice over recordings.

## Traffic light system

The traffic light system is a popular behaviour strategy that supports children to understand their own regulation levels, as well as supporting parents to make behavioural changes.

The system is modelled on the colours of a traffic light: Red = Stop; Orange = Slow down and think; Green = Good to go. With the child, talk about what behaviours might be expected for each colour, and create a visual prompt. This empowers the child in the process, ensuring they understand what behaviours might be expected and unexpected in different situations.

Orange and red should be associated with strategies to get the child back to green, for example breathing exercises or sensory regulation strategies. Children should always have the opportunity to bring themselves back to green, and the approach should not simply involve punishments for being at the red level.



## TRAINING FOR YOUR STAFF

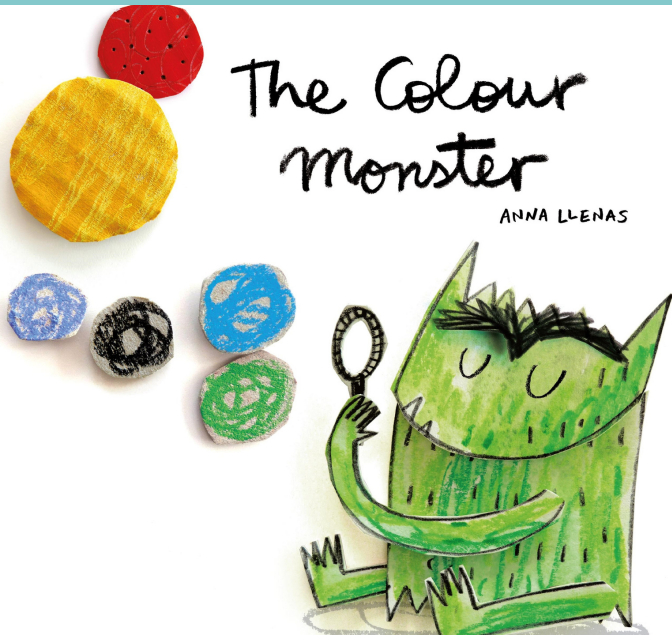
Emerge can work with you to provide training to your staff. We can provide training in speech and language development, positive behaviour management, sensory processing, daily living skills, Autism Spectrum Disorders, and more. Speak to your local Inclusion Support Agency around grants that may be available for educators. Explore how we have worked with other services

[here.](#)

Contact us at [admin@emergealliedhealth.com](mailto:admin@emergealliedhealth.com) to discuss your needs.

# Motivating Children

"The essence of motivation is finding out what the natural interest of the child is, what they like they do... Motivation is basically a good observer seeing what the child likes and building on this natural interest to help the child learn what he needs to learn. Thus, motivation is finding out what the child naturally enjoys doing and then building on that interest and motivation". - Stanley Greenspan, MD, 2007.



## For your Bookshelf

The Colour Monster by Anna Llenas is an engaging introduction to basic emotions. Written by an art therapist, The Colour Monster gives each feeling a colour. This can be a useful springing board for children's own art works.

View a video reading of The Colour Monster [here](#).

## LITTLE FOOD SCIENTISTS

A fun way to encourage children to try new foods is to become food scientists. Have your child start by describing how the food looks. What colour is it, what shape, big or small? Then have them describe how feels in their hands. Is it hard, soft, squishy, sticky? Next, how does it smell? Sweet, stinky? They can then move to putting a bit in their mouth and focussing on how it feels in their mouth. Is it crunchy, chewy, soft? Then we can describe the taste. Sweet, sour, bitter, salty? Finally, you can ask your child to rate how much they liked the food. A lot, a little, not at all?

Be sure to offer the same food on other occasions: research shows that repeated daily exposure is the best way to encourage children to eat new foods.



PSYCHOLOGY | SPEECH PATHOLOGY | BEHAVIOUR, PLAY & OCCUPATIONAL THERAPY

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