



Emerge Allied Health

ACCEPTANCE | CONNECTION | INNOVATION



WELCOME TO OUR NEWSLETTER

By subscribing, you can look forward to keeping up to date with all our latest services and offerings. We'll also be sharing some tips, articles and ways to build your resources. We'd love to hear your feedback and anything you would like us to include at

admin@emergealliedhealth.com



Games to improve self regulation

Give kids percussion instruments. One person plays the conductor, a baton in hand (a pen, ruler or stick will do).

The conductor sets the tempo and everyone must speed up and slow down accordingly.



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.

It's never too early to start building a love of books. Babies love playing with board or fabric books, especially black and white high contrast books or books with sensory patches or flaps.

Pretend Play

Pretend play is important for children's problem solving, empathy and understanding of their own emotions, and narrative skills. It can build a sense of self-esteem and identity, as well as decrease stress and prepare children for potentially stressful events (like going to the dentist).

Pretend play involves three symbolic skills: using one object as another (e.g., a shoe as a phone); giving an item attributes (e.g., the 'tea' is hot), and; an object is invisible (e.g., the storm is coming). Children can pretend that a doll or teddy is alive, play a character themselves, give themselves special powers, and play out a story.

You can encourage pretend play by providing symbolic toys (like tea sets, doctor kits, dolls, miniatures, and cars), dress ups, puppets, and loose parts.



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

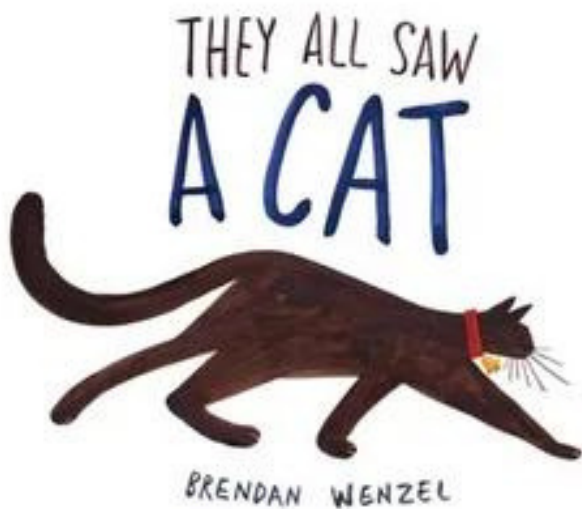
[here.](#)

Contact us at admin@emergealliedhealth.com to discuss your needs.

Observe, Wait, Listen

Adults often take the lead in play, asking questions or suggesting solutions to problems.

Instead, we invite you to wait. Allow the child time to think, lean forward and look at the child with interest. Show them you expect them to initiate play. If a child asks what they should play with, often a simple 'hmmm...' can prompt them to come up with their own ideas.



For your Bookshelf

They all saw a Cat by Brendan Wenzel depicts the same cat as seen by various different creatures. You can use this book to explore how different people see things from different perspectives.

View a video reading of They all saw a Cat [here.](#)

HEAVY WORK

You no doubt know of the five key senses: touch, taste, smell, sight and hearing. Proprioception is a little known sense, which refers to our sense of body awareness and balance.

Sensory seeking children may seek proprioceptive input by jumping off furniture or crashing into other children. To provide proprioceptive input in a safe way, try heavy work. You can ask a child to do push-ups against a wall, stretch an exercise band, push a wheelbarrow or pull a wagon, or do dinosaur stomps around the yard.



PSYCHOLOGY| SPEECH PATHOLOGY| BEHAVIOUR, PLAY & OCCUPATIONAL THERAPY

[Meet our team here.](#)



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