



Emerge Allied Health

ACCEPTANCE | CONNECTION | INNOVATION



JESS PAYNE

Administration



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Psychologist

WELCOME TO THE TEAM!

Emerge Allied Health is thrilled to welcome some new faces to our team. Check out our website [here](#) to find out more about what they can do to support the children in your life.



SHANNON BOWER

Physiotherapist

Tips for improving sleep hygiene

Families commonly ask our therapists how they can improve their child's sleep. The tips below come from the Sleep Health Foundation, and you can find further tip sheets at their website [here](#).



Establish a regular sleep pattern

Bedtime and waking up time should not vary by more than one hour across all days of the week.

A consistent bedtime routine

Establish consistent quiet activities in the half hour before bed.

Make sure the bedroom is comfortable

Your child's bedroom should be quiet, comfortable and dark, excepting a night light if required. The bedroom should not be a place for punishment.

Bed is for sleeping, not entertainment

Limit TV and tablet time to outside the bedroom.

Exercise and time outside

Exercise and time in the sunlight promotes better sleep.

Swallowing awareness

Did you know our Speech Pathologists not only support children with speech sounds and literacy, but also with feeding difficulties. Some feeding difficulties can stem from issues with swallowing.

A swallowing difficulty can be an issue with sucking, keeping lips closed so food doesn't dribble out, and chewing, amongst other concerns. Swallowing difficulties can result in poor nutrition, pneumonia, choking, and impaired growth and development.

Signs that your child may have a swallowing difficulty may include difficulty sucking at bottle or breast, taking 30+ minute to eat meals (otherwise unexplained), frequent chest infections (otherwise unexplained), being short of breath when eating, or unexplained weight loss.



Referring to Emerge just got easier! Visit our website to use our new online referral form

[here](#).



For your Bookshelf

Available at Kmart, the Zen Zoo series includes several titles that encourage children to use mindfulness and breathing strategies to support their regulation.

The Zen Zoo series also includes cards that can be used to select particular activities and strategies. Why not try selecting a card after high energy play to support children to rest and relax.



Activity ideas

Some children find the concept of deep breathing difficult to understand and practice. Here are some ideas to support the children in your life to learn this valuable skill.

- Encourage children to take turns at blowing the bubbles as well as popping them.
- Whilst laying on their back, place a teddy on the child's tummy and encourage them to make the teddy rise and fall.
- Use an expanding ball to illustrate the tummy expanding to fill with air, and then contracting slowly.



Games to improve problem solving

Ball run.

Use recycled materials to create a ball run. You can tape tubes, tubs, and ramps to a box or a wall. Encourage children to plan their design, think about where the ball will roll, test their ideas and change their design in response to things not going to plan. This activity can be done as an individual or team challenge.



PSYCHOLOGY | SPEECH PATHOLOGY | BEHAVIOUR, PLAY & OCCUPATIONAL THERAPY



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