



NEWSLETTER

Term 4, 2015

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NSW Disability Service Standards Certification Number: HDS40118

Our Vision

To support families in their quest to provide an environment for their child which ensures safety and well-being, creates resilience and seeks connections to their community and culture.

We're BACK! The Mobile Parenting Support Service (Toy Truck) and our Playgroups and new play sessions are back for Term 4, 2015. Please see inside for details or check out the website www.playability.com.au



Dealing with Tantrums!

Geoff Johnston, Early Intervention Specialist

Tantrums can be one of the most difficult behaviours we face as parents. OMG! This explosion of sound and energy from our children often takes place in public with our hands full under the gaze of onlookers. However, understanding the reasons behind them provides a framework to better manage and actually use them to strengthen our relationships with our children.

I recently read an article written by an organisation called Hand in Hand. Their core messages are that: 1. Children are naturally easy going and cooperative. 2. Their good nature is obscured by bad feelings such as frustration and embarrassment. 3. Hurt feelings lead to behaviour that is actually a request for help. 4. Recovery from these feelings can be supported by an adult who listens.

This framework asks us to change our assumptions about this behaviour. Firstly, all children are good, and this behaviour is not bad. Children naturally get frustrated and upset by the adult world which denies them opportunities to touch, explore and learn in the way their young brains are wired to do. Once upset, they are also unable express how they feel. The build-up in frustration leads to the tantrum, which is actually the first step in the recovery process.

The tantrum is the child's way freeing tension; don't fight it (easier said than done I hear you think). Firstly, drop everything and get them to a less public area. Secondly, keep them safe from hurting themselves or others but don't comfort until it is over. Prepare to be patient, caring and responsive. Support them to express what upset them when they are ready. Negotiate solutions for next time. You may find they recover very quickly and soon act like nothing happened. Perfect angels again!

Each child will have their own set of situations that wind them up. Try to identify these and prepare for them to be less stressful. Consider timing and exit strategies before you need them. Good luck.

For more information go to: www.handinhandparenting.org/uploads/Tantrums.pdf

We wish to acknowledge the Traditional Owners of the land and waters of the Bega Valley Shire, and pay our respects to Elders past and present.

Early Intervention



PlayAbility welcomes the newest member of our Early Intervention Transdisciplinary Team, **Rowan Cox**



Rowan is a Speech Pathologist and offers our clients another specialist aspect to their Individual Learning Plan and will be working with your Key Worker to achieve the best outcomes for your child in language and communication.

PlayAbility Needs YOU!

Are you ready to make a valuable connection with your community? We are always looking to access a new pool of skilled and willing helpers for our Board of Management. Meetings are only once a month and are a great opportunity for you to use your knowledge and skills to build and support PlayAbility. With the introduction of the NDIS fast approaching we are looking for members to lead us into this new and exciting period. If you have a couple of hours to spare a month please give Marcelle a call on 64961918.

What does Transdisciplinary Team mean?

Transdisciplinary Team is the terminology being used to describe early intervention teams like PlayAbility.

What it means in a nutshell is that rather than having multiple specialists in various locations, we can provide your child with a holistic approach to their early intervention. Our team of experts work together with the child's family/caregivers to allow the best outcome for their early development and their participation in their local community and culture.

Third Party Verification

We are pleased to announce that PlayAbility has passed their third party verification.

As part of the preparation for the NDIS all service providers are required to undertake third party verification of their performance against the NSW Disability Service Standards (NSW DSS), once during the life of each funding agreement. This process will include recognition of other quality standards and systems a service provider may have in place.

Through the use of external third party verification, people with a disability, their families and carers, the NSW Government and other stakeholders will have assurance that all service providers are meeting the current NSW DSS. We found the process to be an excellent opportunity to update and review our policies, procedures and general operations.

THE NDIS Rollout in NSW

The National Disability Insurance Agency (NDIA) has just announced that the rollout of the NDIS will begin in our area from July 2016. We have not received any further clarification about what that means for Early Intervention or our area specifically.

We have uploaded the most up-to-date information on our website www.playability.com.au or you can go directly to the NDIS website www.ndis.gov.au

We will keep all our families and caregivers as informed as possible, please contact Marcelle if you would like to discuss any concerns you have.



"Let Me Create My World"

Creating strength based programs for children and parents alike, focusing on the importance of creating a world where children feel connected to their community, culture and allowing them to create their world.

We are excited to be back again for term 4 with a full schedule of Mobile Parenting Support Service visits, Playgroups and play sessions.

We are pleased to introduce Amber Spires to our team as the Mobile Parenting Support Service Facilitator. Hopefully you can catch up with her and the toy truck at one of our playgroups or on a regular visit around the shire. Check out the back page of this newsletter for the timetable.

Kylie and Aunty Kim are now joined by Mahala, our former Mobile Parenting Support Service Facilitator, in the Indigenous Parenting Support Team and they are excited to be launching their new program under the Indigenous Advancement Strategy "Let Me Create My World".

We hope to see you soon, or give us a call for a chat.

Kylie, Mahala, Glenda, Amber & Aunty Kim

Phone the office on 64961918 or Kylie 0427 677 066, Mahala 0419 126 482 or Aunty Kim 0447 233 848

Playgroups



Cobargo Playgroup:

Starts Tuesday 6th

October @ Cobargo Public School Wandella Rd

10.00-11.30am

Bega Playgroup: Starts Monday 12th October @

Bega PlayAbility centre 30 Church St

9.30-11.00am

Play Sessions

"Let Me Create My World"

Bega Djamalong: Starts Monday 12th October @

Columbine Park, East St 12.30-2.00pm

Eden Murra: Starts Wednesday 7th October @

the Park on Endeavour Ct 10.30am-12.00pm

Mobile Parenting Support

Services-Toy Truck

The Mobile Toy Truck will be back on the road as of the **6th of October**.

Please see the back page for the timetable.

Aboriginal Family Support

Contact Glenda @ Bega PlayAbility Centre,

30 Church St Bega

Mon — Wed & Fri 9am & 4pm or

phone: 0439 939 751

Do you have a child starting school in 2016?

We can provide you and your child with the tools to ensure a successful start to school that allows you and your child to feel:

- comfortable and connected to your school and community
- that you have the knowledge to give your child the best start to learning

We can also assist you with referrals, parenting support, filling in forms, numeracy and literacy.

Give me a call or come in for a yarn.



Mobile Parenting Support Service

Term 4 - 2015 Timetable



BEGA
MONDAYS @ PlayAbility Office
0930am - 11.00am
October - 19th
November - 2nd, 16th, 30th
December - 14th
MONDAYS @ Columbine Park,
East St
12.30pm - 2.00pm
October - 12th, 26th
November - 9th, 23rd
December - 7th

COBARGO
TUESDAYS @ Cobargo Primary
School, Wandella Rd
10.00am - 11.30 pm
October - 13th
November - 10th
December - 8th

EDEN
WEDNESDAYS @ the park off
Endeavour Court
10.30am - 12.00pm
October - 7th, 21st
November - 4th, 18th
December - 2nd, 16th
PlayAbility Office , Crown Lane
1.00pm - 3.00pm
October - 14th, 28th
November - 11th, 25th
December - 9th

CANDELO
TUESDAYS @ Candelo Community
Playgroup - Market Grounds
9.30am - 10.30 am
October - 27th
November - 24th
December - 15th

BERMAGUI
FRIDAYS @ Bermagui Preschool
09.30am - 10.30am
&
@ Tiny Teddies Community
Playgroup
CWA hall, 10 Corunna St
10.45am - 11.30 am
October - 16th, 30th
November - 13th, 27th
December - 11th

TATHRA
THURSDAYS @ Community Hall,
Beach St
10.00am - 11.00am
&
@ Lot Stafford Playground,
Andy Poole Dr
11.30am - 12.00pm
October - 8th, 22nd
November - 5th, 19th
December - 3rd, 17th

PAMBULA
WEDNESDAYS @Pambula
Community Gardens, off
Merimbola St
10.00am - 11.00 am
October - 14th, 28th
November - 11th, 25th
December - 9th

BEMBOKA
TUESDAYS @Bemboka Community
Playgroup - Bemboka Primary
School, Kameruka St
11.00am - 12.00 pm
October - 27th
November - 24th
December - 15th

For further information
please contact Amber on
0428 667 924 or @ the
PlayAbility office on
64 961 918



**A big thanks to
Coles Bega & Eden for raising over \$5500
for PlayAbility.**

