

NEWSLETTER

Family Edition



ISSUE #1 2020 | 14th April 2020

Welcome

Welcome to the first edition of the newsletter for you, our families, parents and friends of our younger clients. This will be a fortnightly newsletter and will include up-to-date details from our service as well as tips and tricks to help you through the new term.

Please let us know if you would like a copy mailed to you.



Update on SCHS and COVID-19

If you haven't already, check out our Facebook page [@SunraysiaCommunityHealth](#) for regular updates regarding COVID-19 and other information [#StayHomeMildura](#).

Most SCHS services are currently working from home and we are not seeing clients face-to-face. Our clinicians are in the process of learning about telehealth (video sessions). If you have been involved in this process, thank you for your patience and giving this a go!



Your clinician will contact you to discuss a plan for how therapy will look for your family this term. Thank you all for your understanding and we hope to see your smiling faces on our screens in the future.

What to do at home?

Having the whole family at home may have its challenges from time to time. In this section, we will provide ideas for how to engage our children and what you can do to continue to support their learning and development from the comfort of your own homes.

Shared Reading- Help Books Come Alive!

Reading has many benefits;

- Helps prepare for school and learning.
- Develops speech sounds, vocabulary and language skills including speaking, listening and understanding.
- Promotes attention span and quieter activities.



TIPS FOR SHARED READING

- Change your voice and have fun with words
- Talk about the pictures and tell your own stories
- Have your child turn the pages
- Explain word meanings
- Reading a book, word for word, is not always the goal

Ask questions; for example "What do you think the book is about?" "What can you see?" "Who is your favourite character?" "What will happen next?"

If you don't have many books at home, there are free online books <https://www.freechildrenstories.com/>. You can also borrow books online e.g. MRCC. Try a google search to find children's books.

You can have someone else read the book by searching for book readings on YouTube. You can pause to talk about the book and ask questions, or at <https://www.storylineonline.net/> different celebrities read children's books.

#StayHomeMildura
by staying home you are saving lives and protecting our health system

I like to “move it, move it!”

It is important to allow your children to have movement breaks. Whether they are playing with toys, about to go to/come home from day care, watching TV or before they eat...it is important to give your child time to move.

Here are some ideas for quick movement break exercises, which can be done inside or outside.

10 elephant jumps	
	10 star jumps
Crab walks	
	5 push ups (on the ground or against the wall)
10 kangaroo jumps	
	5 deep breaths

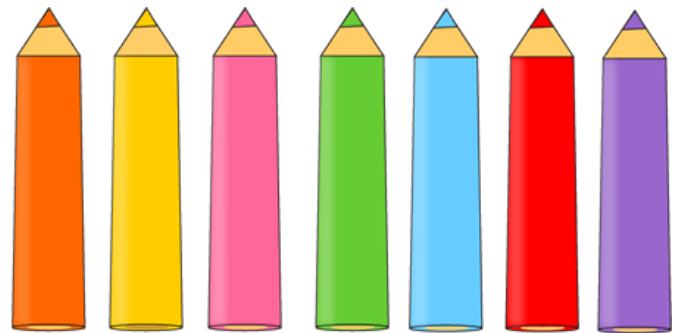
FUN ZONE!

In each newsletter, we will include a fun zone with activities to complete. If you have any suggestions for fun activities or ideas you would like to share, send them to cnapoli@schs.com.au

This week’s activity is...

- **Colouring in**

Pictures provide a great opportunity to expand your child’s language skills and vocabulary. Talk with them about what they can see, ask questions or make up stories.



Have a colouring in competition with your children. Use this time to bond with your children, colouring in has benefits for adults as well as children.

It can help reduce anxiety and...it’s fun! Send us your completed colouring ins if you’d like, or any photos of the competition in progress. Get creative!

For more free colouring pages go to www.crayola.com/featured/free-coloring-pages/.

Take Care,
Your SCHS Team



#StayHomeMildura
by staying home you are saving lives and protecting our health system