

Early Childhood Intervention

All the best, all together



Cerebral Palsy
ALLIANCE



Making all the difference for your child

0-6
yrs

Giving your child the best possible start in life

The first five years of a child's life are critical in laying the foundations for all areas of learning and development.

Introducing carefully designed activities and learning experiences at this time of rapid brain development helps children to form new neural pathways much more readily. Cerebral Palsy Alliance's program aims to maximise this time, helping young children to reach their full potential.

Based on best practice early intervention principles, this innovative program is supported with the latest international science and research in neuroplasticity. Cerebral Palsy Alliance Research Institute constantly reviews cutting-edge evidence to evolve interventions to help improve your child's future.

As well as all-inclusive groups, children have access to a range of individualised therapies, ensuring each child receives a holistic approach to early childhood development.

When applied in a caring, supportive environment, and in a way that is based on your child's personal goals, this comprehensive program will help your child have the best possible start.

Cerebral Palsy Alliance looks forward to welcoming you.

Professor Nadia Badawi AM
Macquarie Group Foundation Chair of Cerebral Palsy





Introducing our Early Childhood Intervention program

Building the program foundations

All children, regardless of age or ability, learn through play-based activities and social interaction. With this understanding and using an evidence-based learning framework, our early intervention teachers and therapists assess your child's needs to develop their personalised program.

Working all together

Unique to the program is our holistic approach which brings together group learning and individualised therapies delivered by an experienced and dedicated team.

Parent support and coaching is a key principle, giving you the skills and confidence to continue the learning experience at home.

Our holistic approach to Early Childhood Intervention



At every stage of your child's development we work closely with you to ensure everyone is working towards your goals.

Making the most of our program

Why choose our approach?

At Cerebral Palsy Alliance we understand that every family is unique, with their own preferences and goals based on the needs of their child. We understand the importance of listening to family concerns and aspirations in designing your child's program.

“I was really keen for Max to have a lot of intensive therapy. By having individual therapy and taking part in the groups he has more opportunity to put what he's learnt into practice, with kids his age.”

All the expertise is here

Our highly skilled and dedicated staff cover a range of individual specialist areas. They work closely together and share information to ensure that your child's development goals are carried over into group sessions.

Our specialised therapy staff are also available to provide coaching and advice during group sessions if required. You have access to a team of:

- Physiotherapists
- Occupational therapists
- Speech pathologists
- Early intervention teachers
- Psychologists
- Therapy and allied health assistants
- Social workers.

Tracking progress, celebrating success

We will track every step of your child's development and celebrate every achievement. By providing you with photos, updates and regular progress reports, together we can refine the program to optimise success. Your input and feedback is welcome and valued along the way.

“You can see how deeply they care about Krishna. Her progress is at the heart of everything they do.”





Knowing more about our Early Learning Groups

Each one is delivered in small groups, that are ability and age appropriate, during weekly two hour sessions.

Group activities are designed to maximise your child's abilities across five key areas:

- 1 Understanding and communicating messages
- 2 Thinking, learning and solving problems
- 3 Self-help skills, e.g. eating and dressing
- 4 Social and emotional development
- 5 Movement and mobility.

“After talking the options through with our therapist, we decided to split our NDIS package so that Shai could attend two group terms, and then use the rest for therapy and equipment needs. Getting the best of both worlds is so good for his development and keeps us all motivated!”

What's included?

- Personalised assessment of your child's abilities and goals.
- Two hour group session once a week, during term time.
- Facilitation by an early intervention teacher with a transdisciplinary therapist on hand.
- Regular group routine including greeting, circle time, indoor/outdoor play, toilet routine, snack time and farewell.
- Parent coaching and easy to follow information sheets to help you practice skills at home.
- Ongoing monitoring of your child's achievements.
- Personalised assessment at the end of each term to review progress and ongoing needs.

Changing your child's future

Understanding and communicating messages

By encouraging play with others, children learn communication and social skills that will help them throughout life.

We use a range of activities to improve talking, listening and understanding, for example:

- Peek-a-boo or hide-and-seek
- Mirror and imitation games
- Talking to photos of your child and others.

It sounds simple, but for an experienced early intervention teacher, play-based activities provide a platform to introduce and strengthen the core concepts we want children to learn.



Playing the peek-a-boo game in the group, and at home, helped Jack understand that things continue to exist even when he can't see them.'

Thinking, learning and solving problems

Young children don't always understand that they are separate from their parents. This can be a particularly challenging concept to grasp for children living with disability. We help your child learn that they are a person with an identity; a name, a body and their own likes and abilities.

Our specialist staff use play-based activities that gently encourage your child to push the boundaries of their understanding and capacity such as:

- Songs and stories using your child's name
- Games to learn cause and effect
- Sorting toys by colour and shape.

We also use story time as a pre-reading activity to help children understand actions such as turning a page and viewing words from left to right.



Hearing Maya's name during song time really helped her to realise her own identity, and seeing her face light up in excitement was truly delightful.'



Self-help skills e.g. eating and dressing

When children learn the names of their body parts, they begin to develop a sense of self. This helps to develop skills such as feeding and dressing, and improves self-awareness, confidence and independence.

Examples of the play-based activities used to develop these skills include:

- Action songs and rhymes
- Playing dress-ups
- Using two hands to hold toys during play.



Linh has been working with her occupational therapist to strengthen her hands, which she's been able to put to practice during group sessions.'



Changing your child's future

Social and emotional development

Young children experience many of the same emotions as adults but they can't always tell us how they feel. Instead they show us.

Learning about and improving emotional understanding is the beginning of learning to self-manage their own personal emotions.

Play-based activities we use to learn about emotions include:

- Taking turns
- Playing with toys displaying different emotions
- Games using faces and our bodies to show our emotions.



I'm amazed that James will now look at people, smile and greet them in his own unique way. It's really helped improve his interactions and integration with other children his own age.





Changing your child's future

Movement and mobility

In a fun environment children will feel stimulated to interact and develop movement skills naturally through play. To encourage movement we use activities such as:

- Push and pull toys
- Carrying and holding
- Movement to music.

We will celebrate with you and your child as they make progress towards their own goals.



The movement and music sessions are our favourite. Ben has always loved music and he is so happy being able to experience this fun activity with other children his own age.



Designing your specialised therapies

Our highly skilled staff work with you to develop the best combination of therapies to meet your child's personal goals. Based on the latest cutting edge evidence our therapies are effective, tailored and holistic and designed to help your child:

- Develop new skills and build upon existing skills
- Complete daily tasks by modifying the task or environment
- Prevent secondary impairments from occurring.

Sebastian may do things differently to his sister, like holding a spoon, but the point is he can do it himself and that's priceless to us and him.

We offer a range of therapeutic approaches to help your child build:

- Independent mobility
- Strength, flexibility and endurance
- Balance and coordination
- Gross and fine motor skills and motor planning
- Thinking and problem solving skills
- Understanding of words and language
- Play and social skills
- Feeding skills.

It's not all about function, we aim to make therapy fun and centred on family, friends, fitness and the future of your child.

One of my greatest worries is that Ava won't be able to make, grow and maintain strong friendships throughout life. Developing her social skills, confidence and independence is very important to all of us.



Welcoming you is
something we're
really looking
forward to



We're on this journey with you

We know you care deeply about making the right choices for your child. Let us help you make the most of your NDIS Early Childhood Intervention package with our customised program that includes our Early Learning Groups and individualised therapies.



1300 888 378



cerebralpalsy.org.au



ask@cerebralpalsy.org.au



Cerebral Palsy
ALLIANCE

Giving your child the best possible start, starts here