

TLC

NEWS

All The Latest From The TLC Centre Community

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GET TO KNOW OUR THERAPISTS!

Meet Helen!

Helen has over 25 years experience working with students, staff and schools across all aspects of behavioural supports systems, improving wellbeing outcomes, utilising the Wellbeing Framework and School Excellence Frameworks for all students, but in particular students with disabilities and special or additional learning social or emotional needs.

At TLC, Helen is to provide parenting consultation support first and foremost to parents and carers regarding any aspect of their parenting needs and requirements. Some parents require regular discussion sessions-question and answer style approach to problem solve or coordinate the best most proactive approaches to their day to day parenting issues.



My Availabilities!

Individual Therapy:

Tuesday: 4.15pm - 6pm

Thursday: 4.15pm - 6pm

Saturday: 9am - 1pm

Social Skills Groups:

An 8-week program, tailored to your child!

Focus areas:

Emotional regulation + Resilience

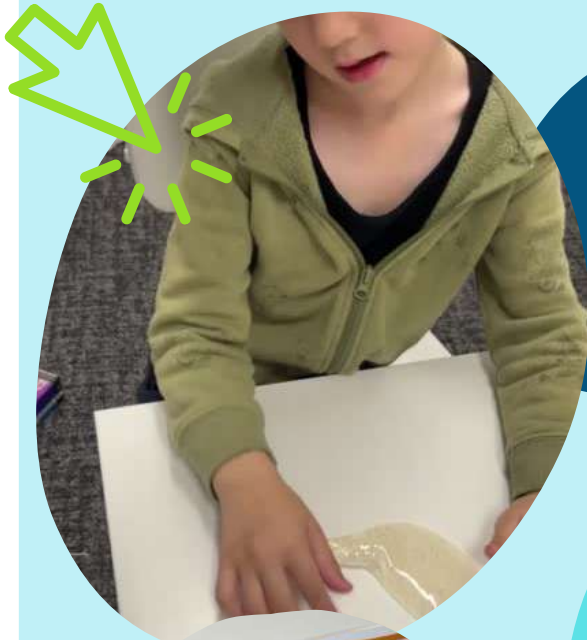
Coaching + Conflict Resolution skills...

and more!



WHAT A HIT OUR HOLIDAY PROGRAMS WERE!

APRIL 2022



A special thanks to our amazing therapists for running these programs!



Parent information sessions: The benefits of “Learn to play therapy”

with Barbara Leiton

WHEN?

Day 1:

Friday 29th April:

1pm – 2:30pm

Day 2:

Wednesday 4th May:

6pm - 7:30pm

WHERE?

TLC CENTRE

325 Homer Street Earlwood



To register to one of our sessions, click on the links below:

[Friday 29th April](#)

[Wednesday 4th May](#)

Be sure to take advantage of your NDIS funding for Parent capacity building.

A perfect opportunity to learn about the innovative and unique outcomes of play therapy so you can help your children further!

Learn to Play Therapy - Pretend Play

"Play is the most powerful medium for learning!" - Barbara Leiton

What does Pretend Play involve?

Pretend Play is the focus of Learn to Play Therapy. Pretend play is a complex form of play that many children do not develop naturally.



Learn to play Therapy

The Learning Toolbox

What are the benefits of the Therapy?

Learn to play therapy develops a child's ability to spontaneously initiate pretend play.

Pretend play is essential for a child's development of:

- Learning
- Language & Narrative
- Social skills - theory of mind, emotional self-regulation, creativity and problem solving

So what is Learn to Play Therapy?

Learn to Play Therapy is for children aged 18 months to 10 years who find playing with toys or objects difficult or they need help to be able to play with friends.

Pretend play is the focus of Learn to Play Therapy. Pretend play is a complex form of play that many children do not develop naturally.

Who is it for?

Learn to Play Therapy was developed for children with developmental difficulties including children with Autism Spectrum Disorder, acquired brain injury, learning difficulties, language disorders, and developmental issues that impact on language and social ability.

Examples of other indicators of children who would benefit from Learn to Play Therapy are children who:

- Are not socially aware of others
- Destroy the play scenes of siblings or peers
- Want to socially interact with others but do not know how
- Do not understand a story
- Find it difficult to think of a story or what will happen next in a story
- Have delayed expressive and receptive language
- Have poor narrative language
- Are highly anxious in social situations



Social Benefits

Because pretend play is associated with social and language abilities, the following changes should also be observed:

- Increased social awareness
- A decrease in the destruction of siblings and peers play scenes
- Increased language utterances
- Increased ability to follow a short story
- A happier child, with more awareness of what their siblings or peers are playing.

For large changes in pretend play ability, research has shown that 22 to 24 sessions are needed for children with autism spectrum disorder.

Who to contact for a Referral:

Barbara Leiton
Early Intervention and Special Education
Therapist
The Learning Toolbox
info@learning-toolbox.com
Ph: 0417491161



AUTISM AWARENESS

What is Autism Spectrum Disorder?

Understanding

- The Autism Spectrum Australia organisation states that 'Autism is a condition that affects how a person thinks, feels, interacts with others, and experiences their environment.' It is a lifelong disability and varies from person to person.
- The top 3 characteristics of autism include:
 1. Underdeveloped social skills
 2. Slow expressive and receptive communication
 3. Repetitive and restrictive behaviour



What challenges are associated with Autism?

- Intellectual disability, epilepsy, gastrointestinal difficulties, ADHD, dyspraxia, anxiety, and depression are all common physical, developmental, or mental health conditions associated with autism.
- Many of the disabling issues associated with autism, on the other hand, arise when people with autism lack the respect, understanding, and support they need to function in a non-autistic society.

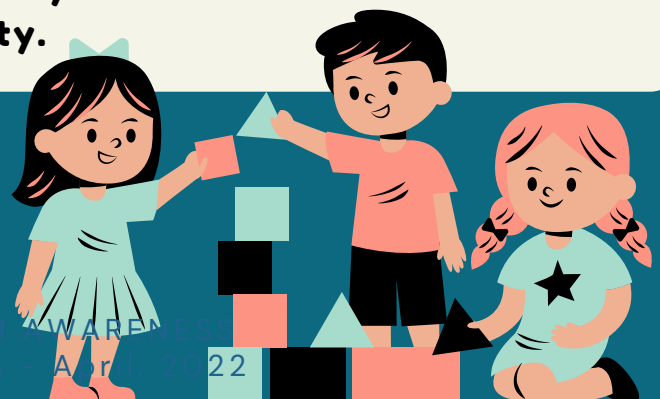
Your contribution...

Autism Australia recognises Autism as a different brilliance and believes as a society we can:

- Respect difference and diversity.
- Build a persons skills based on their strengths, interests, aspirations and support needs.
- Develop Autism-friendly environments.

To learn more about Autism Spectrum Disorder, visit
<https://www.autismspectrum.org.au/about-autism/what-is-autism>

AUTISM AWARENESS
TLC News - April, 2022



Misconceptions and Myths

What you need to know ...

What are some misconceptions about Autism

Autism is a disease

Autistic people don't feel emotion

Autism can be 'grown' out of

Autistic people cannot learn

Autistic children are more violent

The spectrum is not linear and involves different characteristics in the ways of communicating, social interactions and leisure.

Tips

Instead of considering autism a linear process, think of it as a constellation.



What are the facts



Affects 1 in 68 children

Boys are 5 times more likely to be diagnosed with ASD

ASD is more common than childhood cancer, diabetes and AIDS combined

Adults can be diagnosed with autism

The autism spectrum is not linear



What to look out for!

Strengths:

- A strong eye for detail
- Advanced technological skills
- Great memory, better than the average persons
- Visual thinker
- Specific interests on certain topics or non-popular topics

Social Interactions:

- Busy and loud social settings to cause discomfort
- Play alone
- Less eye contact

Display of Emotions:

- Emotional and strong connection to others
- Stress coping through clapping or pacing
- Delayed learning due to heightened emotions

Communication Skills:

- Honesty and directiveness
- Dislike of jokes
- Repetition of words
- Extra time to process information

Sensory features:

- An increase in the five senses
- Sensory overload with light, noise, and touch
- Avoiding stressful situations through ear covering, hiding, and blocking out sensations
- A lack in recognising inner sensations such as hunger or pain

Thought Patterns:

- Uneven pattern of thinking
- Focus on one thing for long
- Difficulty switching thought process
- Strong eye for detail, patterns, changes



GAME PAGE



WEATHER



B R S D R O P N E L W C
 K O Z N F W I R H O T L
 W G U R O J S E C Y A D
 E V C I S P U L F B M R
 S N O W J A N D W T H E
 Z B L G R F S Q I K Y P
 T U D M X C H A N C E O
 C P K B O Z I F D S L R
 O J M H E S N Y G R U T
 O W E A T H E R L A S B
 L C R I F M T H P I D G
 D A G L S U K B L N E R



CHANGE	HAIL	SNOW
COLD	HOT	SUNSHINE
COOL	RAIN	WEATHER
DROP	REPORT	WIND



HELP TOMMY TORTOISE FIND HIS SHELL.

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DAD JOKE OF THE WEEK

Why do Dads take an extra pair
 of socks when they go golfing?
 In case they get a hole in one...



DIRECTORY

HEALTH

SPEECH PATHOLOGY

TLC Speech Pathology
Assessments; Therapy; Telehealth; Adults +
Elective Therapy; Transgender Voice
Modulation
Earlwood, Lakemba, Leichhardt

OCCUPATIONAL THERAPY

M.A.D. Therapy
OT assessments and sessions
Earlwood

PSYCHOLOGY

Katrina Thornley
Therapy for children and adults
Earlwood


ORTHOPTICS

Lisa Raad
Vision Therapy; Vision Tests; Information
Processing Tests
Earlwood

BEHAVIOURAL THERAPY

Helen Ganis
Behaviour expert; improving wellbeing
outcomes, capacity building & support
for parents; social skills groups
Earlwood

CONTACTS

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 staff@tlcspeechpathology.com.au

 [@tlc_centre](https://www.instagram.com/tlc_centre)

LEARNING

MULTISENSORY + EDUCATIONAL THERAPY

**Barbara Leiton - The Learning
Toolbox**
Early Intervention; Educational
Therapy; MSL Therapy; Educational
Assessment

MUSIC - ART - DANCE

M.A.D. Therapy
Music Therapy; Art Therapy; Dance
Therapy; Counselling
Earlwood

EARLY INTERVENTION

Lift Off Early Intervention
ESDM Therapy
Earlwood

COMMUNITY

SUPPORT GROUPS

SEMINAR AND MEETING FACILITIES

SCHOOL READINESS AND OTHER HOLIDAY PROGRAMS

TLC acknowledges the Traditional Owners of the land where we work. We pay our respects to Elders past, present and emerging. We celebrate the stories, culture and traditions of Aboriginal and Torres Strait Islander Elders of all communities who also work and live on this land.