



Sensational Kids

6th August, 2020

Letter to our Families: Update on Services

Dear Families,

I hope that you are all keeping well and managing okay in these times of frequent change. I know that for a lot of you there have been significant impacts on your day to day life from family, work, childcare, schooling and your general sense of freedom.

Thank-you for your continued effort and commitment to therapy via telehealth and your home programs during this time. Our team are enjoying working with your kids at the moment and seeing their continued progress as well as being able to offer support to them and you ongoing.

Update on Sensational Kids services

Sensational Kids is deemed an essential service as we provide healthcare services. As such we are allowed to continue to operate with our skeleton team onsite supporting our therapists to work from home. Back in May we were excitedly planning our return to clinic. We are now planning for return to clinic once Stage 2 restrictions are back in place. This is again contingent on our ability to provide services safely to our vulnerable caseload so we will keep you posted as more information comes to light over the next few months. At this stage it will likely be at least mid September before we have enough information to make an informed decision.

Looking after yourself

It's important at times like this that we continue to focus on the important things such as spending time with our families, exercising, taking some quiet time out for ourselves and eating healthy food. Looking after our mental health can have significant and lasting impacts on how we cope with the frequent changes and new burdens that our COVID world has thrown our way.

Please here for a details on a range of Mental Health support services via hotlines:
<https://www.healthdirect.gov.au/mental-health-services-infographic>.

If you need to talk to one of our team also, please contact our clinic and we will be able to guide you. If you feel your kids would benefit from some additional support during these times, your therapy team are available so please call and book in some sessions.

Medicare Update

The Federal Minister for Health Greg Hunt announced an extension to the Better Access to Mental Health (BAMH) Service on Monday. Currently the BAMH funding is accessed by way of a GP referral - with a total of 10 sessions (6 sessions + an additional 4 if needed). The addition to the program means that those with an existing Mental Health Plan in place are eligible for a further 10 Medicare rebated sessions.

Clients will be required to have a Mental Health Treatment Plan and a review with their GP to access the additional sessions. This measure will commence on Friday 7 August and be available until 31 March 2021. Please send through any Mental Health Plan paperwork to our admin teams prior to your appointment.

Parenting and homeschooling during isolation is tough!

Our Ormond Psychologist Bronwyn Blake has put forward a few tips/ hints for parents during this unusual and unprecedented time. We hope that you may find some of them helpful:

- Maintain a healthy routine and structure to your day and ensure predictability
- Ensure your children know that you are available to talk and that you are attuned to their needs



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- Discuss and clarify what are the expectations of your children during this time with both school and home. Also, evaluate your own expectations.
- Daily special one on one play time doing creative and child lead activities - Even just 10 minutes can be helpful.
- Specific, enthusiastic, and positive praise for your child's efforts and the behaviour you want to encourage and see more of.
- Keeping a calm home - I know this is a hard one!! Try modelling how you are managing your own big feelings.
- Avoid big decisions at this time - now is not the time to change schools etc..
- Reach out and connect with others and set up play dates online, connecting to friends and extended family is important as we are social creatures.
- Consistency is key and this is very important - especially with families that are separated. Having clear expectations and routines that are the same is helpful, especially around the online learning.
- Remember mental wellbeing comes before learning - your child cannot learn if they are stressed.
- Ensure open communication with teachers to discuss expectations and feedback and how to support flexibility in your child's learning.
- Take a break and engage in daily exercise - it is essential to move our bodies!
- Establish and maintain boundaries and have consequences for inappropriate behaviour
Take a breath, pause and slow down - you are doing the best you can
- Look after yourself - ensure you practising self-care in all areas of your life - physical, emotional, spiritual, relationships, workplace, psychological
- Be compassionate towards yourself.

Resources for Kids

We have found a lovely book today called "Windows". It's the story of lockdown in a lovely positive, engaging format for young children. Please show your children and take the opportunity to chat with them about how they are feeling about lockdown also.

The book link can be found here: https://youtu.be/_yQv4_rhU4

Booking Appointments & Cancellations

If you are new to Sensational Kids - welcome! We hope you enjoy your experience and we can't wait to meet you in person. For all of our clients, please ensure you are checking your bookings well ahead of time and ensuring you have the correct number and frequency of sessions booked through. Also, please ensure you have read and understood our cancellation policy (as this has changed recently) or ask one of our friendly team if you need clarification.

Clinic Updates

Ormond: We have opened up an extra downstairs 'wing' at Ormond now for our Psychologists to work out of. It's a lovely space and we can't wait to see you in there in person. We also welcome Jessie Pearson (Dietitian) to the team - Jessie starts August 18th.

Kensington: We have our brilliant climbing frames (x 3) delivered and ready to be set up at our brand new Kensington clinic. We are so excited to get in and use this space also and can't wait for your kids to come in and explore this new space with us!

Keep an eye on our social media pages also for updates, handy tips, informative blogs and other fun things.

Until our next update, stay well, stay safe and take care.



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Warm regards,
The Sensational Kids Team