

Newsletter

"If you've met one person with Autism, you've met one person with Autism."

March 2026

Issue #01

Welcome to our very first Eucalypt OT newsletter!

Staying connected with our clients and community has always been such a big priority for us, and we are always thinking of new ways to share what we are up to. At our recent team retreat, we came up with the idea of creating a monthly newsletter filled with all the good stuff. You can expect helpful resources, travel updates from our outreach trips, little snippets of life outside of work, new services we are offering, and most importantly, celebrating the incredible things our beautiful team are doing!

February was a big one for us! It kicked off with my wedding on the Mid North Coast of NSW, which the whole team attended. It was a beautiful reminder that even though our team is based all over the country, we are so connected!

A huge congratulations as well to our amazing Practice Manager, Emily, who officially received her AHPRA registration for psychology. We are beyond proud.

Our OTs have also hit the ground running with back to school sessions and continuing the wonderful therapy work they do every single day. We are so excited to keep sharing more with you each month and feel so grateful to have you as part of our community.

Have a lovely month!

Holly,
Director



Try this at home



Grab two pieces of paper, a pen and sit back-to-back with your child.



Have One person draw and describe their picture while the other listens carefully and recreates the image on their own page (no peaking and no questions).



Compare your drawings at the end and chat about what helped (or made it tricky!) when giving and following instructions.

Great for building auditory processing, sharing ideas and perspectives, strengthening visual processing skills and so much more.



Team Spotlight: Caitlin

We are so lucky to have the most beautiful team at Eucalypt OT. Each month, we will be shining the spotlight on one of our incredible team members and sharing some of the things we love most about them.



Alyssa

Caitlin always brings such a positive energy to the Eucalypt team!! She is a wonderful mentor and has so many amazing resources!



Lily

Caitlin has the most gentle, calming presence and always brings a sense of positivity to our team. She has a wonderful way of making everyone feel supported, heard and welcome.

ARFID and The Vagus Nerve

What we've been learning!

I have recently been loving learning about the vagus nerve which plays a key role in the para-sympathetic nervous system and how this nerve can be stimulated to support people with Avoidant/Restrictive Food Intake Disorder (ARFID).

The vagus nerve is responsible for regulating many bodily functions including digestion, heart rate and emotional regulation. It acts as a communication highway between the brain and the gut, influencing how the body responds to stress and processes sensory information.

ARFID is a sensory based avoidance, fear or restriction of certain foods due to extreme sensitivities to texture, smell, temperature and appearance of the food.

Stimulating the vagus nerve for people who experience ARFID, may help reduce anxiety and improve digestive functioning which can make eating less overwhelming.

Deep belly breathing, gentle neck massages and throat humming are all examples of how stimulating the vagus nerve can promote a state of calm and enhance the body's ability to tolerate food textures and smells that might otherwise trigger discomfort or overwhelm

I can't wait to continue learning about this part of the nervous system as well as implementing and recommending these strategies within my own practice and seeing the benefit it can have across peoples lives.

Caitlin



Resource of the month

UNO Liars is a twist on the classic UNO where players can "lie" about the cards they put down, and others can choose to challenge them.

I LOVE it because it's a great game for working on impulse control, flexible thinking and emotional regulation as kids have to pause, think and cope with being challenged. It also naturally supports social skills like turn-taking, reading facial expressions and navigating winning and losing.



Kmart finds

Peanut medicine balls!! Basically a medicine ball shaped like a peanut! In therapy sessions, they are a great tool for building core strength, postural control, and coordination through fun movement activities like bouncing, rolling, and balance tasks - I like to challenge kids with yoga poses!

They also support body awareness and regulation, as the deep pressure and movement input can help kids feel more organised, regulated and engaged during tasks.

Zarly

