

Hello everyone!

It has been a busy month at Eucalypt OT, and we have been loving every second of it! It has been filled with lots of laughs, connection and big wins in session!

Recently, we have been working with some wonderful students across the business! We have had 6 students from Charles Darwin University join us for a 10 week project placement, working on 2 very exciting resources with us. We have also partnered with WACRH (Western Australian Centre for Rural Health), who currently have 4 students out in Mt Magnet. Zaryl and Alyssa have been able to connect with them, and Mia and Elise have joined them out in the community in some sessions. We love getting to support the up and coming generation of OTs.

Speaking of great OTs, there is a beautiful OT community up in Darwin. I run a monthly catch up for OTs to come together on a Friday afternoon once a month, and chat about all things being working in the NT. Connection is so important, especially for therapists that are new to the top end, and it has been so wonderful to see this community grow. Pictured down below is a group of us who found each other at the Darwin cup!

We also have some sad news that we will share more about soon. But our beautiful practice manager Em is finishing up her time with us. This has been a very bittersweet time as Em is such an important part of Eucalypt and has been from the beginning. Please be patient with us over the next little while as we navigate the changes and welcome some new members to the team.

We are looking forward to another beautiful month!

Holly,
Director

**Bubble Volcano Breathing**

Trying to get your kid to do more intentional breathing exercises? Try making it into more engaging games using household items.



Grab a straw and plastic cup. Add a little bit of dishwashing liquid and water into the cup.



Give it a mix using the straw.



Get your kiddo to blow some bubbles. You've got yourself a bubble volcano!! Add some food colouring for extra fun.

Bonus points if you can get your child to lean over, this will promote more diaphragm respiration and help with regulation!

Caitlin

**Team Spotlight: Emily**

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.

Lily

Em is the calm amongst the chaos! No matter how busy things are, she somehow always has everything organised and under control. Em has such a kind and calming nature and is someone you can go to with absolutely anything, and she will always take the time to listen and help. She is going to be so incredibly missed.

Holly

Emily is the Ying to my Yang and the calm to my chaos! She is the backbone of Eucalypt and is the reason why the day to day runs smoothly. We are going to miss her so much!

Building Independence Through Executive Functioning

Something I have been working on a lot in my sessions lately is finding ways to build independence into the everyday tasks the kids are already doing. One thing we always come back to a lot is executive functioning. These are the skills that help us plan, organise, remember, problem-solve, manage time and actually get things done.

Sometimes the kiddos might know what they need to do but still find it really tricky to work out how to get started, the order in which things should be done or what to do when something doesn't quite work out. Experiencing these challenges can look like avoiding tasks, becoming overwhelmed, needing lots of reminders or relying on someone else to step in to finish something.

To work on these skills, I have really been enjoying competing functional, everyday tasks like planning and making a snack, organising a school bag, following a recipe, planning an event/outing, and asking the kiddos to give advice to one another on how to complete specific tasks.

Some of the things we can work on include:

Planning: What do I need? What do I need to do first?

Sequencing: What comes next? Can I remember the steps?

Time management: How long will this take? Do I need a timer?

Organisation: Where do I find what I need, and where does it go afterwards?

Problem-solving: What could I try if something isn't working?

Flexible thinking: What can I do if the plan changes?

Getting started: What do I need to do first?

Self-reflection: How am I going? Do I need a break or some help?

Independence: Can we reduce the prompts and let them have a go themselves?

It's been really rewarding seeing how these small steps can build both confidence and independence in everyday tasks. I am super excited to keep learning and practising these skills with my clients.

Zarley



Resource of the month

Yoga



Yoga combines movement, body awareness, breathing, regulation and mindfulness. By slowing down and focusing on the poses, it encourages the child (and ourselves) to notice where their body is in space, recognise internal body clues, use breath work, as well as their strength, planning and coordination skills. It is also great for deep pressure and heavy work (proprioception), which provides additional sensory calming support. The activity can be guided by an App (Yoga for Kids), Youtube clips, or visual cards (Animal Yoga).

Alyssa



I am free on the App Store or Google Play

