



# Child and Family Services Newsletter

volume 1 | 2018



**Hello!**

## **Welcome to the first edition of our Child and Family Services newsletter.**

**The year is off to an exciting start for the children's services team at Carrington Health, as our services continue to grow and expand.**

In this issue, we'll introduce you to Emily Grace, an Oral Health Therapist, who has been busy educating children and families in the City of Whitehorse about the importance of dental health at an early age. You'll also read about Cate and Ella, a family who we supported through a range of services.

Our friendly team of specialists, therapists and clinicians have many years' experience supporting children and their families to live healthier and happier lives. We visit children at kindergarten, at school, or at our office in Box Hill, to develop a comprehensive understanding of their needs and obtain the best possible outcomes for their health and general well-being. Services can be accessed individually or as part of a group program.

The PATCH, our paediatric clinic, helps children aged 0-10 years with medical and behavioural problems. The team includes a Paediatrician, Occupational Therapist, Psychologist and Speech Pathologist. All services are located in one place, from treating asthma and allergies to help with feeding problems and developmental concerns. These services are family-centric, have short waiting lists, and provide a range of payment options to cover each family's personal and financial needs.

I encourage you to read these stories and understand some of the amazing work the team at Carrington Health provide. If you'd like to learn more about how we can support your centre, staff or your students, please don't hesitate to get in touch.

Email us at [info@carringtonhealth.org.au](mailto:info@carringtonhealth.org.au) or phone 9890 2220.



Warm regards,  
**Ronda Jacobs**  
Chief Executive Officer



# Child and Family Services

Our experienced and qualified teams support children and their families to live happier, healthier lives. The services can be delivered at the home, kindergarten/child care/school or at our office in Box Hill.

## Our services include:

- Therapeutic services, including speech pathology, psychology, occupational therapy, podiatry and dietetics
- Groups for Children and Families
- Oral health
- NDIS support coordination
- The PATCH - Paediatric Services
- Counselling

## Our team can help with:

- **Developing independence** – getting dressed, showering, cutting food and tying shoelaces
- **Concentrating** – being attentive at kinder or school
- **Communicating** – reading, writing, and communicating effectively with others
- **Understanding feelings and managing behaviours** – managing anger, decreasing anxiety, and making friends

Contact us **9890 2220** or email [info@carringtonhealth.org.au](mailto:info@carringtonhealth.org.au).



# Meet Emily

## Emily is an Oral Health Therapist at Carrington Health, and has been working here since late 2014.

Through the Little Smiles program, she visits early-childhood education centres to educate children between the ages of two and five, and their families, about the importance of dental health. Although Emily focuses on children's dentistry, she treats patients of all ages in the clinic. She is passionate about furthering dental health education in the community.

### Emily, what prompted you to become an Oral Health Therapist?

I grew up with health professionals as parents, which prompted me to undergo a career in the health field. I'm passionate about general health, and my focus on dental health in particular is motivated by its profound influence on our overall well-being.

### What's an average day for you?

My work day is divided between treating clients in the clinic and doing community outreach with kindergartens and childcare centres.

### What is it that you love most about what you do?

I love seeing the increased confidence that children have after they've had a really positive dental experience, and working with such an amazing team of colleagues who are all incredibly passionate about the health of the community.



Last year,  
**2,113 children**  
took part in our  
Little Smiles  
program.

For more information on the Little Smiles program or to book contact **9890 2220**.



## Cate and Ella's Story

**To meet Ella's needs, mum Cate has been working with our paediatrician and team of allied health clinicians to organise support services.**

"My daughter Ella just turned ten, and we started at Carrington Health when she was about three. It was our paediatrician who recommended we see an occupational therapist, speech pathologist and a physiotherapist. We also had some dental and podiatry work through Carrington Health, but once she started school we had to go private. She started seeing an occupational therapist at Monash Hospital, who recommended some specific programs. I wondered if Carrington Health would offer what they suggested, so I rang Lisa, who we used to deal with when Ella was younger. I hadn't spoken to her in four years, so I didn't expect her to remember me, but she did! I explained our situation to her, and she recommended Ella attend the PATCH. Lisa told us she would chat to the occupational therapist there, and see if we could be one of the first families through. We were there the first day it opened."

**"We've received affordable and effective care from Carrington Health without the long waits. We're mostly using the occupational therapist at the PATCH, who's been really supportive. She's helped with Ella's handwriting issues and sensory coordination. When Ella goes in to see her, she feels really special and welcome. Everyone remembers her, and they're all so kind. It's a really nice environment"**

The intensity of the demands on both mother and child can be overwhelming, but both the physical and emotional support provided by Carrington Health has made a real difference to their lives.

"We never have to update the occupational therapist -- even if there's been a gap of six months since we last saw her, she remembers all the details. I know that she will always try to help me with anything I need."

**- Cate (mum of Ella)**



# Groups for children and parents

Below are just some of the groups we offer throughout the year.  
Please contact us if you'd like to find out more.

## The Alert Program: How does your engine run?



**This program was developed to assist children to:**

- Explore ways to support children to manage their levels of alertness and attention
- Explore and learn about ways to manage or change engine speeds

This 6 week group uses car engine speeds (running high, low or just right) to describe levels of alertness or energy.

## School Readiness Group



**The Group is for children in 4y/o preschool who are likely to start school next year.**

The program is fun and interactive, demonstrating activities that can be used to support learning at home. Each session will help develop skills which are important in preparation for school:

- Skills required for early reading and writing
- Fine motor skills
- Attention and listening skills
- Comprehension and use of language
- Understanding the relationship between letters and sounds
- Social skills

The key focus is to equip parents with the strategies to continue to develop their child's school readiness skills after the group has finished.

## Tuning Into Kids (for parents)



**Tuning Into Kids is an evidence-based parenting program that focuses on the emotional connection between parents and children.**

The program develops skills in emotion coaching, which teaches parents how to recognise, understand and respond to their children's emotions with support and acceptance.

# Little Smiles for schools and early childhood centres

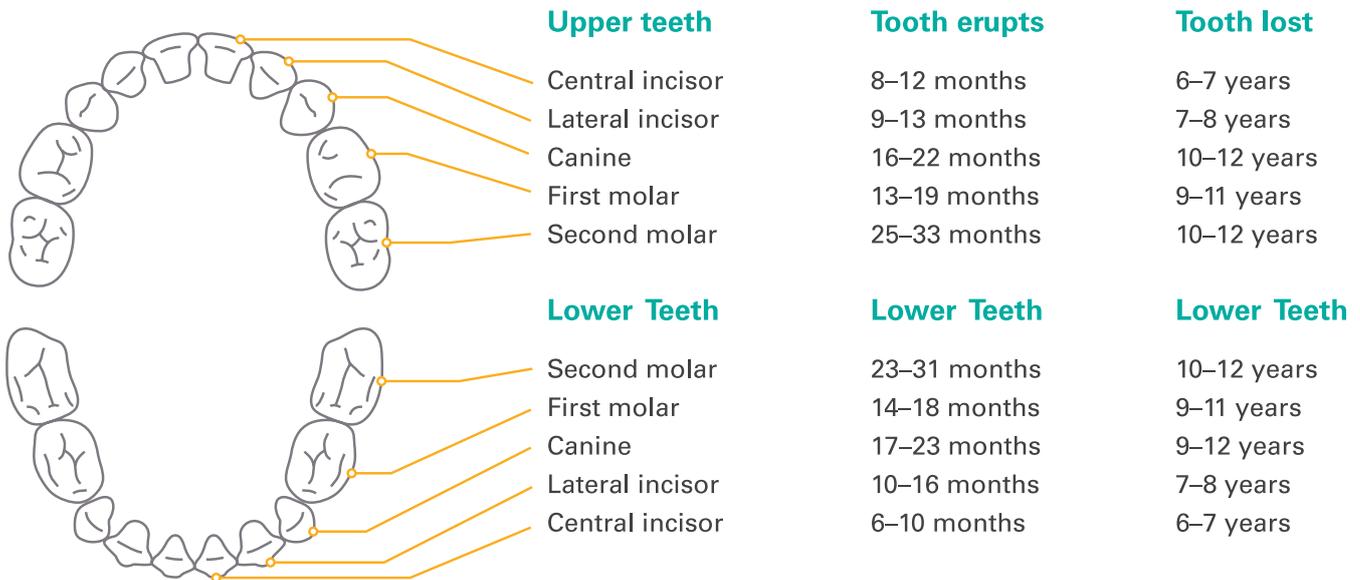
Little Smiles is a fun and educational health promotion program that works to improve the oral health of children. Our friendly, qualified dental professionals visit local kindergartens and early childhood centres to conduct dental checks for children.

**Book a free session at your kindergarten, child care or school!**

Contact **Emily Grace**, Oral Health Therapist, Box Hill Public Dentistry

✉ [egrace@carringtonhealth.org.au](mailto:egrace@carringtonhealth.org.au)  
☎ 9897 1792

## Baby (deciduous) teeth



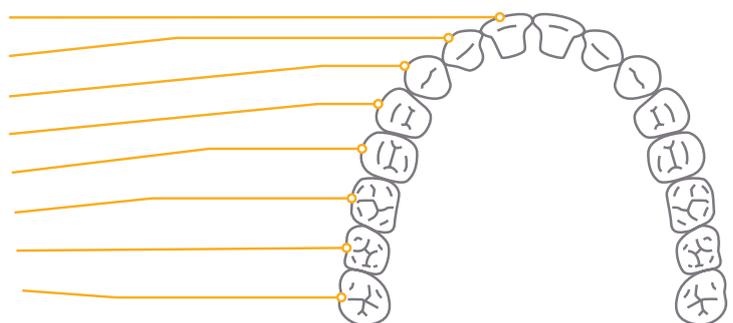
## Adult (permanent) teeth

### Upper teeth

- Central incisor
- Lateral incisor
- Canine
- First premolar
- Second premolar
- First molar
- Second molar
- Third molar (wisdom teeth)

### Tooth erupts

- 7–8 years
- 8–9 years
- 11–12 years
- 10–11 years
- 10–12 years
- 6–7 years
- 12–13 years
- 17–21 years

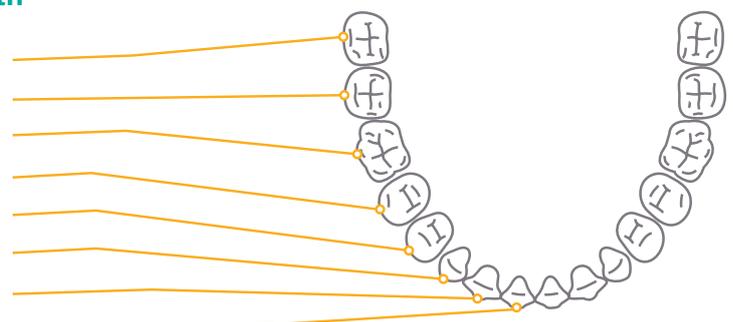


### Lower Teeth

- Third molar (wisdom teeth)
- Second molar
- First molar
- Second premolar
- First premolar
- Canine
- Lateral incisor
- Central incisor

### Lower Teeth

- 17–21 years
- 11–13 years
- 6–7 years
- 11–12 years
- 10–12 years
- 9–10 years
- 7–8 years
- 6–7 years



# Playdough recipe

**Everyone seems to have a favourite playdough recipe, but this is a favourite for the team at Carrington Health.**

## What you'll need

- 1 cup water
- 1 tablespoon vegetable oil
- 1/2 cup salt
- 1 tablespoon cream of tartar
- Food colouring
- Saucepan
- 1 cup flour

## Directions

- Combine water, oil, salt, cream of tartar, and food colouring in a saucepan and heat until warm.
- Remove from heat and add flour.
- Stir until well mixed.
- Knead until smooth.
- Store dough in an airtight container or a Ziploc freezer bag.

**The cream of tartar makes this dough last 6 months or longer, so resist the temptation to omit this ingredient if you don't have it on hand!**

## Hey teachers!

Curious about what Carrington Health does and how we can support your kindergarten, centre or school?

Contact us on  
9890 2220 or via email  
[info@carringtonhealth.org.au](mailto:info@carringtonhealth.org.au)



# Friendship Chairs

## Volunteers from Carrington Health's Men's Shed program in Nunawading have been busy over the past few months building a friendship chair for students at Vermont Primary School.

Friendship chairs are designed for students who find themselves with no one to play with during their lunch break. By sitting on the seat, the student will alert teachers and other students that they are lonely and other students will be encouraged to include the student in their lunchtime activities.

President of the Parents & Friends Association Kylie Seedy co-ordinated the project with Men's Shed Manager Barry Phillips. Barry says "We are thrilled to be involved with such a valued project, especially as two of the Men's Shed

volunteers Keith Moulder and Neil Wakeman both have grandchildren who attend the school".

The Shed was originally established in partnership with the City of Whitehorse and the Box Hill Rotary Club. The program was developed from recognition that certain groups of men, such as those who were post retirement, living alone, married or not were at an increased risk of social isolation and subsequent health issues. The program encourages local men from these groups to get together and undertake projects that build community responsiveness and support social connectedness.

The Men's Shed program is run from the Nadrasca site in Springvale Road Nunawading and has been supporting the Whitehorse community for nearly 10 years, with over 125 men benefiting directly from the program.



Men's Shed volunteers with their grandchildren

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