

WHAT ARE THERAPEUTIC SUPPORTS?

A multidisciplinary approach to support children from 7-12 years of age to develop their regulation, social emotional, communication, play and independence skills. Each child has their own individual profile and we work with the child to optimise their strengths. We work with the parents/ caregivers to support the child reach their full potential.

At My Therapy House® we believe in the importance of relationships and building on those relationships to enhance children's development. We are a specialist team with certification in different evidence based therapeutic techniques. These allow us to meet the child's individual needs. These include DIR Floortime®, Attachment Theory, Marte Meo®, Hanen Parent Training Programs®, PEERS Social Skills®, and Social Thinking Curriculum®.

We work in a variety of environments including sensory motor, pretend play, and outdoor play and exploration.

We support children to develop meaning around their world, and to connect, interact and communicate with those around them through playful experiences, supporting their foundational development.

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MY THERAPY HOUSE
Opening doors in communication and relationships

THERAPEUTIC SUPPORTS

Supporting children and their families to build their foundational developmental skills in physical, social and emotional wellbeing.

WE ARE:

- A family-friendly early developmental specialist team supporting children with developmental delays from 7-12 years* of age and their families and carers through Therapeutic Supports.
- A service which offers practical and creative ideas, programs and environments that families can replicate and implement at home.
- A South Australian owned small private practice located in a family friendly environment at Mitchell Park.

*We may see clients that are older than 12 years on a case by case basis depending on the availability of our resources.



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WE WORK... WITH THE CHILD

The My Therapy House® Therapy Supports specialist team provides an individualised program to meet the needs of each child's development. We work with the child individually, with their parent, and in supported peer sessions.

WHEN BUILDING THE PROGRAM WE CONSIDER THE CHILD'S:

- Unique needs
- Interests
- Learning styles
- Physical abilities
- Sensory processing preferences
- Body awareness
- Communication abilities
- Comprehension
- Developmental levels

THE FOLLOWING AREAS MAY BE ADDRESSED:

- Regulation
- Exploration of Ideas
- Connecting with Others
- Play
- Communication
- Gross Motor and Fine Motor

WE WORK... WITH THE FAMILY

We work with the family to build trusting relationships between the child and the parents/caregivers.

WE SUPPORT FAMILIES WITH:

- Understanding their child's development profile
- Understanding their own profile
- Understanding how their child sees and interprets their world
- Understanding how their child relates to others
- Understanding how their child learns
- Providing them with strategies to support their child's development
- Providing them with the information to access other service providers and supports for their child

WE WORK... WITHIN A TEAM

We are a dedicated specialist team who will work to support children to develop connections, interactions and to communicate with their significant others through a play based and sensory/ motor exploratory environment.

