Welcome to the autumn edition of oN the S.P.O.T.

We hope your child has settled well into the new academic year.

We are proud to give special mention to our staff who have been shortlisted for various SWBH Staff Awards. They are:

- Jackie Williams
- Linda Hodgetts
- Pushinder Kaur
- Jane Mills
- Louise Fisher

Our Children’s Therapies team has also been nominated for ‘Clinical team of the year’. Good luck to everyone!

Why is turn taking so important?

Good communication involves being able to listen and respond appropriately. This is a two-way process called turn taking. We can help children learn how to engage in turn taking and develop this skill.

- Leave time for your child to respond in any way. If they respond non-verbally they are still engaging in turn taking.
- Roll passing/together and knock them down.
- Sit opposite your child so they can clearly see your facial expressions.
- Use different voice tones to make the play more interesting.
- Use verbal / physical / visual prompts to help the child know that its their turn.
- Make simple sounds which are easier for your child to respond to, e.g. baba.
- Roll passing/throwing objects to each other. Use the anticipation of ‘go’!
- Make sure your child knows they have their turn.
- Leave time for your child to respond.
- Engage in turn taking activities especially those that allow children to use their observational skills.
- Watch children for any signs of improvement.

Inside this issue

- Who are we?
- Safe seating
- Good sleeping posture
- Turn taking
- Appointments missed
- Dates for your diary

Contact us

FASTA line - To make a new referral: 0121 612 2010
Therapies office: 0121 612 2345
Nurses Office: 0121 507 2633
Therapies office: 0121 612 2010

Other useful numbers:
- Sandwell Information & Support Service (SIAS) formerly Sandwell Parent Partnership: 0121 565 1821
- Sandwell wheelchairs (assessments): 0121 507 7550
- Woodisses (wheelchair repairs): 0121 555 1821
- Sandwell orthotics (footwear, AFO’s, etc.): 0121 507 2784
- Sandwell Orthotics (Wheelchair repairs): 0121 565 1821
The importance of a good sitting position...

For a child to learn they need to be comfortable. Sitting in a good position will help your child to be alert and attend to learning.

If a child is struggling to maintain a sitting position or has poor balance on a chair, they may fidget to re-adjust themselves and may concentrate more on how uncomfortable they are rather than on their learning!

A good sitting position also helps to support the body in a symmetrical way so the muscles and joints are kept in correct alignment. This helps to stop postural problems developing and encourages improved breathing and digestion.

Children that have difficulty moving independently may be at risk of developing pressure areas. They may benefit from specialist seating that can help to provide some relief.

Good seating promotes social inclusion and can therefore improve quality of life as well as communication. A good sitting position allows a child to concentrate on using their hands so they can help to develop fine motor skills such as handwriting and using a knife and fork.

Tips for Safer Sleeping

You can lower the risk of Sudden Infant Death (SIDS) by following safe sleep guidance from the Lullaby Trust. You can get further information by calling them on 0808 802 6869 or by email: info@lullabytrust.org.uk or from their website: www.lullabytrust.org.uk/safersleep

<table>
<thead>
<tr>
<th>Things to do</th>
<th>Things to avoid</th>
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<tbody>
<tr>
<td>✓ Always place baby on their backs</td>
<td>✗ Never sleep on a sofa or armchair with your baby</td>
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<td>✓ Keep baby smoke free</td>
<td>✗ Do not sleep in the same bed as your baby if you smoke, drink, take drugs or are extremely tired</td>
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<td>✓ Place baby in a separate cot or Moses basket in the same room as you for the first 6 months</td>
<td>✗ Avoid letting your baby get too hot</td>
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<td>✓ Breast feed (if you can)</td>
<td>✗ Do not cover your baby’s face or head while sleeping or use loose bedding</td>
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<td>✓ Use a firm, flat, waterproof mattress that is in good condition.</td>
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**Dates for your diary**

Coneygre Centre 0845 352 8789
Twinkly Tuesdays 10.00 - 11.30
Sensory Tots Weds 10.00—11:30
Physical Fridays 9.45 - 11.45

Autism West Midlands run lots of groups and events. For more information about these phone 0121 450 7582 or see website www.autismwestmidlands.org.uk/events

**Training coming up:**

Makaton Foundation Workshop for School staff and Professionals to be held at Community Room, Guns Village Primary School, Hanbury Rd, West Bromwich
On: 4th & 18th November 2015
Cost: £130. 00 per person
To book at place please email childrenstherapies@nhs.net

**Appointments missed**

You can help us to reduce wasted costs by letting us know when you cannot attend.

<table>
<thead>
<tr>
<th>DATE</th>
<th>APPOINTMENTS WASTED</th>
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<tbody>
<tr>
<td>April 2015</td>
<td>65</td>
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<tr>
<td>May 2015</td>
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<td>June 2015</td>
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