



On the S.P.O.T!



The newsletter from the **S**peech, **P**hysio and **O**ccupational **T**herapies team

Summer 2015

Who are we?

Speech and Language Therapy	Physiotherapy	Occupational Therapy
We can help children who have difficulties with communication and those with feeding and/or swallowing difficulties.	We can help to develop and restore movement and function when a person is affected by disability or illness.	We can help children who have a physical disability which affects their participation in everyday activities.

Inside this issue

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Contact us

FASTA line - To make a new referral:
0121 612 2010
 The Lyng Centre
 0121 612 2345

Other useful numbers:

Sandwell Information Advice & Support Service (SIAS) formally Sandwell Parent Partnership.
 0121 555 1821

Sandwell wheelchairs (assessments)
 0121 565 7950

Woodisses (wheelchair repairs)
 01902 494336

Sandwell orthotics (footwear, AFO's, etc.)
 0121 507 2784

Welcome!

Children's Therapies and Community Children's Nurses have now joined together as one team.

The Children's Community Nursing Service is based at Sandwell General Hospital and you can contact them on the following number:
0121 507 2633



Backward Chaining... Is an approach used to help develop children's skills one step at a time. Each component of the task is seen as a "link" in the chain and the aim is to enable children to master each stage of the task before introducing another. Backward chaining is very helpful for teaching feeding skills as children will have an immediate reward, and want to continue to help themselves. For e.g.

- Think about the sequence of actions needed to feed yourself using a spoon.
- Write down the order you would do this in.
- Physically assist your child with all of the stages except the last one (holding spoon, taking spoon to dish, scooping food onto spoon, & lifting spoon up towards mouth).
- You may need to help with placing spoon into the child's mouth a couple of times and then refrain from doing so to see if your child does this for themselves.
- Once they can independently do this focus on the next stage. And so on..



Occupational therapists and Physiotherapists do not recommend the use of **baby walkers** for the following reasons:

SAFETY: Each year there are a high number of accidents reported including; head injuries, trapped arms and legs, burns and scalds.

DELAYED DEVELOPMENT: Contrary to popular belief, baby walkers do not teach your child to walk, they often can delay development and cause a child to walk on their toes.

If you do choose a baby walker:

- ◇ Never leave your child unsupervised
- ◇ Make sure both feet are on the floor and not on their toes
- ◇ Not suitable for children who **are** not able to support their heads
- ◇ Use for a maximum of 20 minutes per day.

The Association of Paediatric Chartered Physiotherapists www.apcp.org (June 2010)

www.capt.org.uk (Child Accident Prevention Trust)

www.safekids.co.uk/baby-walker-safety.html



Our recent developments:

- ◇ We have been busy working with the publishers on the updated WellComm Screening Tool for early language. The new edition, which was released in April, now has a DVD for supporting parents in developing their child's early language. Following feedback from users, there are also changes to some of the picture assessment material and forms. Our next project is supporting the development of an e-learning module for practitioners who use WellComm in their early years settings.

Dates for your diary

Orchard School 0121 563 7041
Moving Mondays 1:15 - 2:30

Coneygre Centre 0845 3528789
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 go to:
www.autismwestmidlands.org.uk/events
Or phone: 0121 450 7582

ELKLAN

We are planning to run a course in the autumn term: look out for the flyer coming to your school!

Promoting development

Once your baby is able to sit by him/herself encourage your baby to move by putting toys just out of their reach.

Encourage development of hand skills by placing finger foods e.g. rusks, pieces of banana in front of them to pick up.

Encourage your child to communicate with you by copying the noise they make and showing expression in your face.

DNA figures

You can help us to reduce wasted costs by

DATE	APPOINTMENTS WASTED	COSTS
Jan 2015	82	£7,727
Feb 2015	79	£7,444
Mar 2015	80	£7,538

What's coming up in the autumn issue....

- ◇ Tips for Safe Sleep
- ◇ The importance of a good sitting position
- ◇ Ideas for turn taking!