

School Readiness Funding - Allied Health



Allied Health services provided by Ballarat Community Health (BCH)



SRF Allied Health

Disciplines

- Speech Pathology
- Occupational Therapy
- Psychology

The role of Allied Health in School Readiness Funding

Speech pathology, occupational therapy and psychology professionals will work with educators, staff and families to share specialist skills and knowledge that will better support the educational needs of all children.

Allied Health supports align with the School Readiness Funding priority areas:

- Communication (Language, Literacy & Numeracy)
- Wellbeing (Social, Emotional & Executive Function)
- Access, Inclusion and Participation

BCH Allied Health Team

Speech Pathology

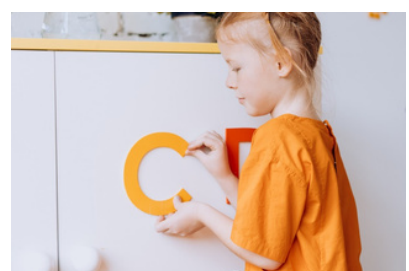
- Anna Mathison, Speech Pathologist & SRF Team Leader
- Kate Herbertson, Speech Pathologist
- Brittany Kirby, Speech Pathologist
- Madeline Backshall, Speech Pathologist
- Jan Ditchburn, Speech Pathologist

Occupational Therapy

- Chris Gawronski, Paediatric Occupational Therapist
- Natasha Morozoff, Paediatric Occupational Therapist

Psychology

- Jessica Rutherford, Psychologist
- Alexa Field, Psychologist
- Sheree Cartledge, Psychologist



Types of Support

All Disciplines

The Allied Health team will work closely with the kindergarten to determine how their allocated sessions can be delivered, depending on the needs of the kindergarten.

The following types of sessions can be provided, across each of the discipline areas:

- Observations and feedback to educators
- Mentoring - collaborative reflective practice
- In-session modelling/coaching of skills and strategies
- Professional Learning sessions for educators
- Information sessions for families
- Resources for educators and families – e.g.
 - Pre-recorded presentations
 - Videos modelling different skills or providing information
 - Information handouts
- Supporting educators with parent/carer conversations
- Q & A sessions
- Attendance at team meetings, orientation days, or open days.
- An allied health **session** equates to approximately two hours of direct service time with the service (on-site or online) by one suitably qualified Allied Health clinician.

NOTE: If sessions occur 'after-hours', additional session allocation will be required.

Refer to SRF Allied Health Program Guidelines pg12-13 for further information. If you require further clarification of session types, please discuss with the SRF clinician assigned to your Kindergarten.



Speech Pathology

Focus Areas

- Speech sound development
- Expressive language skills
- Receptive language skills (understanding language)
- Pragmatic language skills (social use of language)
- Play skills and their link to language development
- Stuttering
- Social and emotional development
- Early Literacy
- Early Numeracy
- Creating positive meal-times

Communication modules

Teacher Talk series (Hanan): 3 separate modules

A. Encouraging Language Development in Early Childhood

B. Let Language Lead the Way to Literacy

C. Fostering Peer Interactions

Each module will include the following AH sessions:

- Planning – 1 session
- module delivery – 3 sessions per module
- additional sessions required for follow-up mentoring with educators (session numbers to be determined, depending on number of staff attending)

4 sessions
per module

*additional
sessions
required for
mentoring

Cued Articulation –

Cued Articulation is a simple visual and tactile system of hand signals that show how speech sounds are made. It's a useful tool for supporting speech sound development and early literacy skills.

This session focusses on:

- How we produce speech sounds.
- What Cued Articulation is and when to use it.
- The Cued Articulation signs.

1 session

Speech Pathology

Communication modules

Key Word Sign A tool to help children understand language and get their message across. <i>*1 session for the KWS presentation. Additional sessions will be required for mentoring within the Kindergarten setting.</i>	1 session plus mentoring
Early Literacy The building blocks of early literacy development.	1 session
Early Numeracy What numeracy means in the early years setting.	1 session
Supporting Culturally and Linguistically Diverse Families Supporting children who learn more than one language, being culturally inclusive, communication with families and services/supports available.	1 session
Referral Processes How and where to refer children presenting with speech, language or overall developmental concerns.	1 session
Expressive and Receptive Language Development This session focusses on two areas of language development: children's understanding of language and how they communicate their needs and wants. Educators will learn about: • The ages and stages of language development. • How to support expressive and receptive language development. • Communication skills and regulation.	1 session
Social Language Development (Pragmatics) • The ages and stages of pragmatic language development. • How to support social skills in the kindergarten setting. • Supporting peer interactions.	1 session
Speech Sound Development What to expect, and how to support children with their speech and language development.	1 session

Occupational Therapy

What is Occupational Therapy?

Occupational Therapy (OT) supports children to participate meaningfully in their everyday activities, including play, learning, self-care, and social interactions.

OT practitioners focus on child development aspects such as sensory processing, self-regulation, motor skills, and play-based learning. They help teachers integrate strategies into routines to foster environments encouraging participation and inclusion for every child.

Focus Areas

- Sensory Processing - creating sensory experiences
- Developing play skills
- Social skills - i.e. sharing, turn-taking, waiting
- Visuals - supporting implementation
- Routines & Transitions
- Inclusive environments - table top set-ups, whole room, sensory considerations
- Self-help activities i.e. dressing, packing bags, sleep, toileting, eating
- Motor development (Fine & Gross movements)



Occupational Therapy

Packs for educators with mentoring components

Support inclusive, regulation-friendly environments package

3 sessions

Including:

1. Professional development on how the layout of the room facilitates emotional regulation, peer interaction and meets their needs (x1 session).
2. An environmental checklist that supports educators to reflect on their room set up and how support different developmental areas (x1 session).
3. A follow up session with the OT to support reflective practice and implementation of room layout (x1 session).

Toileting Training package

4 sessions

Including:

1. Professional development on toileting skills (x2 sessions).
 - Session 1: discuss the skills and development of toileting.
 - Session 2: strategies to support toileting in the kinder room.
2. Resource pack that can be shared with families re: toileting training (x1 session).
3. A follow up session with the OT to reflect on learnings and support the implementation of strategies (x1 session).

Supporting play skills

3 sessions

Including:

1. Professional Development on play skills (x1 session).
2. Follow up session to reflect learning and how to integrate learning into kinder program (x1 session).
3. In room modelling on how to extend play skills through intentional teaching (x1 session).

Sensory Processing

3 sessions

Including:

- Professional development on sensory processing (x1 session).
- Professional development of understanding the invisible senses (Vestibular, Interoception and proprioception) (x1 session).
- Collaborative discussions on the sensory preferences of the cohort (x1 session).

Occupational Therapy

Packs for educators with mentoring components

Developing play skills

Including:

- Professional learning on play skills with a follow up session to reflect learning and how to integrate learning into kinder program.
- In room modelling on how to extend play skills through intentional teaching.

2 sessions

Resources

- Challenging conversations with parents: A guide to childhood development (x1 session + x1 session for implementation discussion).
- Environmental Checklist (x0.5 session).
- Holiday activities pack for parents (x0.5 session).
- Sensory Activities for the classroom (x0.5 session).
- Toileting Package (x1 session).
- Play skills at home (x0.5 session).
- Gross & Fine Motor resource for parents (x0.5 session)

0.5 - 2 sessions
per resource

Parent sessions

- Toileting Training
- Sleep Support

1 - 2 sessions
1 - 2 sessions



Occupational Therapy

Professional Development

Motor planning Motor planning is the ability to think about, plan, and carry out movements so we can move our body and use objects successfully.	1 session
Sensory processing (choose 1 or both). • Sensory processing: The fundamentals (x1 session). • The invisible senses (x1 session) <i>* Must complete "Sensory processing: The fundamentals" first.</i>	1 - 2 sessions
Play skills This looks at play skill development, the skills required for play and discusses why some children may have trouble entering play. Discuss strategies on how to support and extend on play skills.	1 session
Rough and tumble play	1 session
Fine and Gross Motor Skills	1 session
Impulse control	1 session

Psychology

Focus Areas

- Emotional regulation skills building
- Anxiety, including Separation Anxiety
- Trauma-informed care
- Attachment and relationships
- Neuro-difference / Developmental concerns
- Positive caregiving strategies
- Responding to and supporting behaviours
- Mental Health / Wellbeing / Self Care
- Executive Functioning

Packs for Educators with Mentoring Components

The Function of Behaviour: Tips & Tools

This program equips educators with an understanding of the multiple underlying factors that influence behaviour, with provision of practical tools (templates and diagrams) and strategies to support identification, understanding, and responding to children's emotions and behaviours.

Due to the breadth and scope of the content, the program will be delivered collaboratively by two disciplines within the SRF Team.

Session allocation:

- Planning – 1 session
- Training (4 hours) – 4 sessions (2x 2hr sessions with 2 clinicians)
- 2 x on-floor Observation with Coaching – 2 sessions (1 per clinician)
- 2 x off-floor Collaborative Reflective Meetings – 4 sessions (2 per clinician)

11 sessions

Packs for Educators with Mentoring Components

Circle of Security (COS) for Educators

The COS Approach for Educators applies attachment theory to early care settings, equipping professionals to build secure teacher-child relationships that foster social-emotional growth and school readiness.

Session allocation:

- Planning – 1 session
- Training – 5 sessions

* Catchment-wide sessions will be offered for up to 2 staff per kindergarten. For more than 2 staff, will require COS to be delivered at the individual service.

6 sessions

Brain and Behaviour:

This program provides educators with an understanding of neurodevelopment and its influence on behaviour, learning, regulation, and social and emotional development. It looks at how the brain develops, what triggers children to use big behaviours, and how we can support children to regulate in these moments.

Session allocation:

- Planning – 1 session
- Training – 2 sessions
- Mentoring (1 hour per educator) – approx. 1 to 3 sessions

4 to 6 sessions

Supporting Anxiety

This program provides educators with an understanding of what anxiety is from a neurodevelopmental perspective, how it presents in children, and the function it provides for them. It explores how educators can help children develop coping skills within the kindergarten environment and facilitate growth in their emotional literacy. Topics such as separation anxiety and when anxiety becomes dysfunctional are introduced.

Session allocation:

- Planning – 1 session
- Training – 2 sessions
- Mentoring (1 hour per educator) – approx. 1 to 3 sessions

4 to 6 sessions

Psychology

Emotion Coaching

This program discusses effective ways of guiding children with big feelings and behaviours. It explores the five steps of emotion coaching: emotional awareness, connecting, listening, naming emotions and finding good solutions—and explains how these can be used to build trusting and respectful relationships with children.

Following the completion of this training educators will:

- understand the steps and approaches to emotion coaching
- draw on and use emotion coaching techniques in various situations
- assist children in identifying and naming their emotions
- support children's self-regulation skills so they can solve problems and find good solutions
- turn moments of negative behaviour into teaching opportunities
- build trusting and respectful relationships with children.

Session allocation:

- Planning – 1 session
- Training – 2 sessions
- Mentoring (1 hour per educator) – approx. 1 to 3 sessions.

4 to 6
sessions

Professional Development for educators: online or in-person delivery

- Separation Anxiety
- Self Regulation for Educators
- Staff Wellbeing
- Neuro-affirming practice
- Trauma in Early Childhood
- Vicarious Trauma
- Executive Functioning

1 session
per topic

Kindergartens can also speak to their SRF psychologist about a Professional Development session on a topic of their choice.

SRF Allied Health

Additional Options

Fee for Service:

All types of allied health supports detailed in this document may be purchased by Kindergarten services using their own funding, with a 'Fee for Service' arrangement. Ballarat Community Health may be able to provide additional allied health sessions, in line with SRF guidelines, through the 'Fee for Service' agreement which is negotiated between Ballarat Community Health and the kindergarten service. To discuss this further, please contact the SRF team.

Contact Information:

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Administration: Fiona Bullen 03 5338 4561 (Mon – Wed)

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