



Equip your child with
the skills to find their
**place in the
world**

sdn

children's services

www.sdn.org.au

1300 831 445

No two families are alike. This is why at SDN, you'll find a range of disability supports and therapy options to suit your family's unique needs.



We support your child and family to:

- ▶ develop skills to manage everyday life
- ▶ prepare for important milestones and transitions, like starting school and high school
- ▶ develop your child's self-care skills
- ▶ manage fussy eaters
- ▶ transform your most stressful times, like mealtimes, or getting to school, through supporting behaviour development
- ▶ develop your child's social skills
- ▶ help your child to use technology to communicate.

We also offer therapies including speech therapy, physiotherapy, occupational therapy and psychology.

We can:

- ▶ build your family's capacity to support your child to learn, grow and develop
- ▶ build the capacity of others in your child's life, such as teachers and respite workers
- ▶ advocate for inclusion of your child in everyday services such as school, sports and child care.

SDN Disability Services are available if you have an NDIS plan, or if you wish to self-fund.

No matter what unique challenges you face, SDN offers support as unique as your child.

Other benefits of working with SDN include:

More direction

From the very beginning, we'll discuss the skills you'd like to see your child develop. From here, we can develop a plan to achieve these goals.

Better understanding

Before any changes are made, we'll talk to you about what is working and what has worked before. We will then help you to build on these strengths so the whole family can make the changes that will benefit everyone.

Strengthened skills

Every child is unique and you know your child best, so with us you lead the way. We'll help you develop the skills you need to help your child every day.

Family workshops and playgroups

To find out about upcoming workshops and playgroups, please visit the SDN Facebook page or phone 1300 831 445. SDN runs workshops for families across NSW and ACT on topics including:

- ▶ understanding behaviours in children with a disability or developmental delay
- ▶ communication supports for children with a disability or developmental delay
- ▶ your child and the NDIS.

SDN Disability Services support children aged from birth until transition to high school. We are a registered NDIS provider and Early Childhood Early Intervention (ECEI) provider.

Carter's story

Carter was non-verbal before he started at SDN. He did try, but it was very frustrating and stressful for him and he couldn't keep up with the other children.

Now after getting support from SDN, he's relaxed, he's had a good day. He never used to laugh but now he laughs.



What locations do we work in?

SDN can work with your child and family wherever you feel most comfortable. This may be at your home, school, park, fitness centre or SDN office.

SDN Disability Services are available in the following locations across NSW and the ACT:

- ▶ Liverpool area and South Western Sydney
- ▶ Bankstown area and Greater Western Sydney
- ▶ North Sydney area and Northern Suburbs
- ▶ Blue Mountains and Central West NSW
- ▶ Sutherland Shire and St George Area
- ▶ Batemans Bay Area and Eurobodalla
- ▶ Sydney City, Eastern Suburbs and Inner West
- ▶ ACT and surrounds

Looking to develop your child's fine motor skills?

Look no further than playdough!



Playdough helps to build fine motor skills. All that squishing, rolling and flattening is perfect to help develop the muscles in your child's hands so one day they can do things like paint and hold a pencil. Playdough is also the perfect medium for imaginative play and making playdough involves maths and science skills as children learn, measure, mix and make colours.

Ingredients

- ¾ cups of salt
- 3 tablespoons of cream of tartar
- 3 tablespoons of vegetable oil
- 3 cups of flour
- 3 cups of boiling water

Instructions

- Mix all dry ingredients together then add oil, boiling water and food colouring.
- Once cooled, knead dough to a smooth consistency.
- Store in an airtight container.