

Our Vision
Transforming children's lives

Our Mission
To help children flourish through
therapy and family support

Accessing our services

Families can contact us directly to access most of our therapy services. A referral from a doctor or other allied health professional is not required for our private services, but families need to meet eligibility requirements to access government funded programs.

Cost of services

The cost of service depends on the funding source, length and type of service required. Some therapy services can be partially claimed through Medicare if a referral for a GP / Team Care Arrangements Plan is made by a GP. Private health rebates may also apply. As a charitable organisation, the cost of Kids Are Kids! services are subsidised to be affordable for all families.

Payments and cancellations

Payment is required at the time of the service. Payment for assessments is required at the first assessment appointment. The assessment report will be released once full payment has been made. We require 24 hours notice for cancellation or rescheduling of appointments otherwise a 50% fee may apply.

Enquiries and appointments

We understand that the health system can be complex and we support families to understand which programs and services you may be eligible to receive. For further details about any of our programs or to discuss your child's difficulties and needs please contact us.

REACHING POTENTIAL TOGETHER

The Kids Are Kids! team is passionate about helping children and families.

Our dedicated team of qualified therapy professionals provide specialist therapy services including:



Speech Pathology
Occupational Therapy
Physiotherapy
Clinical Psychology
Parent Workshops & Support

Kids Are Kids! is registered to provide supports for National Disability Insurance Scheme participants



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Sensory Processing

www.kidsarekids.org.au

KIDS ARE KIDS!
THERAPY & EDUCATION CENTRE INC.

What is sensory processing?

Sensory processing refers to our ability to take in information through our senses (touch, movement, body position, smell, taste, vision, and hearing), organise and interpret that information, and make a meaningful response. For most people, this process is automatic. We hear someone talking to us, our brains receive that input and recognise it as a voice talking in a normal tone, and we respond appropriately.

Children with sensory processing difficulties don't experience such interactions in the same way. The way their brains interpret the information that comes in, and how they respond to that information with emotional, motor and other reactions is different. If a child does not 'make sense' of all the information coming in, they may behave in ways that are socially inappropriate and that keep them from learning.

For example, some children are over-responsive to sensation and feel as if they're being constantly bombarded with sensory information. They may try to eliminate or minimise this perceived sensory overload by avoiding being touched or being particular about clothing. In a classroom situation they may be unable to attend to instruction from a teacher, because they are irritated by the texture of the carpet or distracted by the breeze from the air conditioning.

Sensory processing is different from person to person and from day to day. It depends upon factors such as fatigue, stress or hunger.

For families who have a child with sensory processing difficulties it can be helpful to have a better understanding of their child's sensory processing style, as well as explicit strategies and activities that can be used throughout the day to keep their child well regulated and better able to handle sensory challenges when they occur.

Signs that a child may be having difficulty with sensory processing:

- Seems over-sensitive to sounds (cries or covers ears when hearing normal or loud sounds)
- Has trouble paying attention to normal sounds
- Is always making noise and sounds that bothers other people e.g. banging, screaming, humming, etc.
- Over-sensitive to touch (cries or lashes out when touched by people, gets upset when touched by different fabrics or objects)
- Is always touching things to the point of annoying others e.g. rubbing other people's faces or skin, touching other people's hair, etc.
- Very nervous about movement or heights e.g. doesn't like swings, nervous about stairs, etc.
- Is constantly moving, to the point of being unsafe or bothering others e.g. climbing on things, jumping from great heights, spinning, running, banging head, can't stop moving
- Over-sensitive to light (squints or covers eyes when others have adjusted to the light)
- Enjoys looking at things in an odd way, or in a repetitive way e.g. flicks lights on and off, holds toys or fingers up close to his eyes, watches ceiling fans, etc.
- Seems extremely clumsy for their age
- Does not seem to notice pain



Family Centred Approach

We are a family-centred practice, meaning that families are an integral part of the intervention team, and work with therapists to develop their child's skills together. This approach recognises the expertise of the family who knows their child's needs the best. The family and therapy team work together to set goals based on the family's objectives.

How we can help

Our team of therapists can help you and your child through the challenges experienced with sensory processing.

There are many strategies that can be implemented to assist your child cope with sensory processing difficulties. At Kids Are Kids! we will work together with you to help identify problem and plan strategies in therapy to assist and improve sensory difficulties:

- Assessment of your child's sensory processing
- Identifying sensory strategies that match your child's sensory processing style, to keep your child well regulated and better able to handle 'sensory challenges'
- Empowering your child to independently identify and use the tools they need to match their level of alertness to the demands of the task at hand