



THERAPY & EDUCATION CENTRE INC.
REACHING POTENTIAL TOGETHER

ActiveAte Group Program

ActiveAte is a group designed to promote wellbeing through teaching parents how to support their child to explore food and increase physical activity. Parents come together to learn and share strategies to progress their child's engagement in meals. Children will join in fun movement activities and learn how to explore food in a positive way.

Children have the opportunity to:

- Take part in fun movement games
- Explore foods based on sensory properties
- Socialise with other kids

Topics covered with parents include:

- Exploring ongoing opportunities for physical activity
- Mealtime myths
- Creating a positive mealtime routine
- How to support your child to explore food choices
- Trouble shooting barriers to eating a range of foods and participating in physical activity
- The role of technology

This group will be hosted by two of our therapists. The content of the group has been developed by Occupational Therapists, Physiotherapists, Speech Pathologists, Clinical Psychologists and a Dietitian.

When: Term 2, 2019, Tuesdays for 8 weeks

Time: 3:30 – 5pm

Where: Kids Are Kids! Bateman

Cost: \$250 for the 8 week program

Register your interest: Please call 9313 6566 or email info@kidsarekids.org.au

The program is made possible and has been subsidised for families by funding from the Helen Leech Endowment through Perpetual's IMPACT Philanthropy Program.

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www.kidsarekids.org.au



THE THERAPY & EDUCATION CENTRE INC.
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ActiveAte Group Program

ActiveAte is an 8 week program that you attend with your child.

Before starting, you will also attend a 30 minute pre-group meeting to discuss your child's current mealtime and physical activity routines. This helps us to better understand you and your child in order to track progress over the duration of the group. It is also an opportunity for you to ask any questions about the group before it begins.

Outline for Parents

- Week 1- Goal setting and guidelines for child wellbeing
- Week 2- Breaking down mealtime myths
- Week 3- Getting ready for change at mealtimes
- Week 4- Understanding the sensory properties of food
- Week 5- Understanding the sensory properties of food and expanding food choices
- Week 6- Parents and children exploring food together
- Week 7- The role of technology on wellbeing
- Week 8- Pulling it all together

Outline for Kids

- Weeks 1-3- Taking part in fun movement activities and learning about food groups.
- Weeks 4-8- Taking part in fun movement activities and learning how to explore food.

We hope that families continue to maintain changes and have positive outcomes after ActiveAte. We would love to check in with you three months after the group to see how things are going for you. If you agree, we will have a survey for you to complete at this time.

Feedback from parents who have attended has been overwhelmingly positive. Parents have noted changes in their child's mealtimes. Parents have reported feeling supported and connected with other parents, through sharing their progress and journey each week.



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