

A group of children and two female therapists are engaged in a craft activity. The children are sitting on the floor around a table, working with white paper and other materials. The therapists are standing behind them, clapping and smiling. The background features a window with a colorful logo and a red banner.

Building Skills for Everyday Life

Structured Occupational Therapy
Groups at CFDC

CENTRE FOR
**Developing
Children**

Is your child experiencing challenges with...

- Emotional regulation
- Attention and participation
- Motor coordination or handwriting
- Transitions and routines
- Social interaction

These challenges are often linked to underlying developmental skills that are still emerging.

How our groups support your child



- OT-designed, structured programs
- Small group setting (3–4 children)
- Targeted skill development
- Real-life application of skills

Group Options

- Sensory-Motor Foundations
- Foundations for Learning
- Life Skills

Designed to support meaningful progress in everyday skills

Group descriptions



Sensory-Motor Foundations

Supports children to develop the underlying skills needed for regulation, coordination, and participation in everyday activities.

This group focuses on:

- Regulation and self-regulation skills
- Body awareness and coordination
- Motor planning (praxis)
- Confidence in movement and play

Sessions use structured sensory-motor activities, including reflex integration, to support posture, coordination, and overall regulation, helping children feel more organised and ready to engage.



Foundations for Learning

Supports children to build the key skills required for successful participation in everyday learning environments, both at school and beyond.

This group focuses on:

- Attention and task participation
- Fine motor skills (e.g., pencil control, hand use)
- Following instructions and completing tasks
- Confidence and independence in learning activities

Sessions are structured to help children develop the skills needed to engage, persist, and succeed in learning tasks at their own level.



Life Skills

Supports children and young people to develop independence, emotional regulation, and practical skills for everyday life.

Each 6-week program is theme-based, allowing for targeted skill development and meaningful progress.

Examples of themes may include:

- Toileting and self-care
- Emotional regulation
- Social skills and interaction
- Daily routines and independence

This approach ensures each program is structured, purposeful, and focused on real-life outcomes.

Program Structure

- 10-week structured program
- 60-minute weekly sessions
- Delivered across the school term
- Small groups (3–4 participants) to ensure quality and well-matched groups
- Occupational Therapist designed
- Goal-focused and outcome-driven

Program Fee

\$850 – 10-week program
\$85 per session

Casual (if available): \$95 per session

NDIS funding can be used

Delivered under Occupational Therapist supervision and clinical oversight

A young girl with long brown hair, wearing a white short-sleeved shirt and pink shorts, is standing on a balance beam. She is barefoot and looking down at her feet. The balance beam is supported by two stacks of foam blocks, one purple and one black. To her right, a woman with long dark hair, wearing a white t-shirt and white pants, is kneeling on the floor, smiling and looking at the girl. The background shows a therapy room with various equipment, including a hanging apparatus with colorful circles and a window with a smiley face graphic.

What you can expect

- Improved regulation
- Increased participation
- Better transitions
- Growing independence

Outcomes are targeted and monitored across the 6-week program



Secure Your Child's Place

To secure your child's place in a group program:

1. Book a free 15-minute consultation.

We'll discuss your child's needs and determine if a group is the right fit

2. Complete a brief screening.

This allows us to match your child to the most appropriate group

3. Confirm your child's placement.

We will provide your allocated group time and next steps





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