

DevelopME

doing | being | becoming

Hello & Welcome!

We are excited to welcome you and your child to DevelopME.
We look forward to joining you along your child's journey of development.

Here is some practical information about the group you've joined to help you prepare for your first DevelopME group.

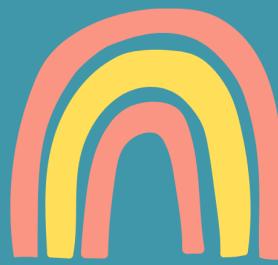
Group Structure:

- Each group will start with our DevelopME welcome song.
- The programme is set up using four stations with activities which stimulate the four different areas of your child's development: physical, cognitive, sensory and social-emotional.
- This setup allows your child to lead and guide you to the activities that interest them the most. There is no requirement to participate in every station. You can stay as long as your child wants at a station as long as they are enjoying themselves.
- There are 10 developmental principles which will be introduced to you each week by your DevelopME coach. These principles aim to foster engagement, bonding and a deeper understanding of your child's social, emotional and sensory needs.
- There will also be a 'calming' area for you to use when your child is feeling overwhelmed, stressed or overloaded during the group and in need of a break.
- Each group will end with the DevelopME goodbye song and 5 minutes of special reading time with your little one.

The 10 DevelopME Principles

1. Connect with me
2. Follow my lead
3. Set limits for me
4. Wait for me
5. Stretch my attention
6. Notice my sensory system
7. Regulate my sensory system
8. Reflect my feelings
9. Stay with my emotions
10. Problem-solve with me





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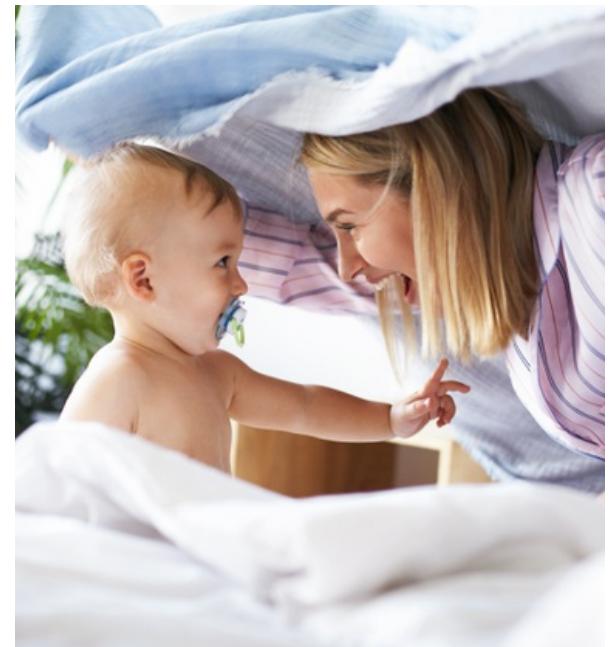
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Time and Duration:

- The group programme will run for 50 minutes with 10 minutes at the end to clean up and say goodbye. Please try to arrive promptly.
- Groups run on a termly basis once a week for 10 weeks.
- If a group falls on a Public Holiday or your DevelopME coach is sick, she will discuss another date for that specific group or invite you to attend another existing DevelopME group on a different day that week.
- If you or your little one is sick you are welcome to attend another DevelopME group that week. This make up group may be with another DevelopME coach at a different venue.
- If you miss groups during the 10 week term, these missed groups can't be made up the following term. You are welcome to make up any missed groups during the same term. Missed groups can be rescheduled with other DevelopME coaches at different venues.

Practical Suggestions:

- Bring snacks and a water bottle (we do have water to refill).
- Wear comfortable clothing so that you can get down on the floor with your toddler/baby.
- Bring a change of clothing for your child (in case we get wet & messy during our sensory play station).
- There will be a baby changing station available for you to use, but please bring along the necessary items you require (nappies, wet wipes, cream).



COVID Procedures:

Please ensure that you monitor your/your child's symptoms and notify your coach if you present with any COVID-19 related symptoms.

Upon arrival, your temperature will be taken using a non-contact infrared thermometer. Should your child's temperature read higher than 37.3 C, you will be required to return home.

All adults will be required to sanitise their hands on arrival, and wear protective masks covering their nose and mouth for the duration of the group session.

All toys, equipment and material used will be thoroughly disinfected and cleaned after each group session to minimise risk of transfer to others.