

# oN the S.P.O.T!



The newsletter from the:

Children's Community Nurses, Speech, Physio and Occupational Therapies team

Autumn 2015

## Who are we?

Nursing	Speech and Language Therapy	Physiotherapy	Occupational Therapy
We help children with long term conditions so that their medical needs can be managed in the community and they can spend as much time at home as possible.	We can help children who have difficulties with communication and those with feeding and/or swallowing difficulties.	We can help to develop and restore movement and function when a person is affected by disability or illness.	We work with children who have a physical disability which affects their participation in everyday activities.

## Inside this issue

Who are we?

Turn taking

Safe sleeping

Good seating posture

Appointments missed

Dates for your diary

## Contact us

**FASTA line - To make a new referral:**

0121 612 2010

Therapies office:

0121 612 2345

Nurses Office:

0121 507 2633

**Other useful numbers:**

Sandwell Information & Support Service (SIAS) formerly Sandwell Parent Partnership:  
0121 565 1821

Sandwell wheelchairs (assessments):  
0121 565 7950

Woodisses (wheelchair repairs):  
01902 494336

Sandwell orthotics (footwear, AFO's, etc.):  
0121 507 2784

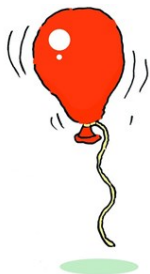
## Hello again!

Welcome to the autumn edition of oN the S.P.O.T. We hope your child has settled well into the new academic year!

We are proud to give special mention to our staff who have been shortlisted for various SWBH Staff Awards. They are:

- ♦ Jackie Williams
- ♦ Linda Hodgetts
- ♦ Pushbinder Kaur
- ♦ Jane Mills
- ♦ Louise Fisher

Our Children's Therapies team has also been nominated for 'Clinical team of the year'. Good luck to everyone!



## Why is turn taking so important?

Good communication involves being able to *listen* and *respond* appropriately. This is a two-way process called 'turn taking' that can be learnt from an early age through different activities, especially those that allow children to use observational and listening skills, these are vitally important in the development of turn taking.



- \* Leave time for your child to respond in any way. If they responds non-verbally they are still engaging in turn taking.
- \* Sit opposite your child so they can clearly see your facial expressions.
- \* Use different voice tones to make the play more interesting.
- \* Use verbal / physical / visual prompts to help the child know that its their turn.
- \* Make simple sounds which are easier for your child to respond to, e.g. baba.
- \* Rolling/passing/throwing objects to each other. Use 'ready—steady—go' to help build up the anticipation of "go"!
- \* Build towers together then knock them down
- \* Play group games, puzzles, card games and skittles





## Tips for Safer Sleeping

You can lower the risk of Sudden Infant Death (SIDS) by following safe sleep guidance from the Lullaby Trust. You can get further information by calling them on 0808 802 6869 or by email: [info@lullabytrust.org.uk](mailto:info@lullabytrust.org.uk) or from their website: [www.lullabytrust.org.uk/safersleep](http://www.lullabytrust.org.uk/safersleep)

Things to do	Things to avoid
<ul style="list-style-type: none"> <li>✓ Always place baby on their backs</li> <li>✓ Keep baby smoke free</li> <li>✓ Place baby in a separate cot or Moses basket in the same room as you for the first 6 months</li> <li>✓ Breast feed (if you can)</li> <li>✓ Use a firm, flat, waterproof mattress that is in good condition.</li> </ul>	<ul style="list-style-type: none"> <li>✗ Never sleep on a sofa or armchair with your baby</li> <li>✗ Do not sleep in the same bed as your baby if you smoke, drink, take drugs or are extremely tired</li> <li>✗ Avoid letting your baby get too hot</li> <li>✗ Do not cover your baby's face or head while sleeping or use loose bedding</li> </ul>

## The importance of a good sitting position...

For a child to learn they need to be comfortable. Sitting in a good position will help your child to be alert and attend to learning.

If a child is struggling to maintain a sitting position or has poor balance on a chair, they may fidget to re-adjust themselves and may concentrate more on how uncomfortable they are rather than on their learning!

A good sitting position also helps to support the body in a symmetrical way so the muscles and joints are kept in correct alignment. This helps to stop postural problems developing and encourages improved breathing and digestion.

Children that have difficulty moving independently may be at risk of developing pressure areas. They may benefit from specialist seating that can help to provide some relief.

Good seating promotes social inclusion and can therefore improve quality of life as well as communication. A good sitting position allows a child to concentrate on using their hands so they can help to develop fine motor skills such as handwriting and using a knife and fork.



### Dates for your diary

**Coneygre Centre** 0845 352 8789  
 Twinkly Tuesdays 10.00 - 11.30  
 Sensory Tots Weds 10.00—11:30  
 Physical Fridays 9.45 - 11.45

**Autism West Midlands** run lots of groups and events. For more information about these phone 0121 450 7582 or see website [www.autismwestmidlands.org.uk/events](http://www.autismwestmidlands.org.uk/events)

### Training coming up:

**Makaton Foundation Workshop for School staff and Professionals** to be held at Community Room, Guns Village Primary School, Hanbury Rd, West Bromwich  
**On:** 4<sup>th</sup> & 18<sup>th</sup> November 2015  
**Cost** £130. 00 per person  
 To book at place please email [childrenstherapies@nhs.net](mailto:childrenstherapies@nhs.net)

### Appointments missed

You can help us to reduce wasted costs by letting us know when you cannot attend.

DATE	APPOINTMENTS WASTED
April 2015	65
May 2015	57
June 2015	75