

# CALM AND CONNECTED

PROMOTING SELF REGULATION

## Welcome to the June Newsletter

**Kate Keisler, Occupational Therapist**

Welcome to the June edition of Calm and Connected's newsletter! It's only a short one this month as I have been focusing on getting my online videos up and running. I admit it is quite daunting getting in front of the camera and creating a record of the things I have learnt! These videos are short snapshots of information and activities that I typically provide in my sessions for parents/therapists/teachers to use. Just a few more to go and then they will be live, so watch this space.

The **star kid** I have chosen this month is Dominic. He was having troubles crossing the midline and deciding if he wanted to use his left or right hand. He has loved all his activities, especially because he gets to do them with mum. Writing with chalk was his favourite and now my black pants don't quite look the same :) He can now write his name using his left hand from start to finish. Great work!

Once again, check out the resources below. If you have any preferred topics or useful tips that other families/therapists may benefit from, please let me know.

Warm wishes,

Kate :)



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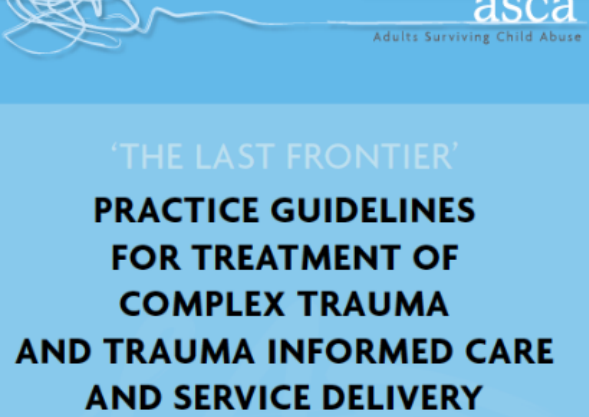
Forward

## Strategies to Support Kids



in FIFO Families

Families that live in a Fly In Fly Out lifestyle can find it difficult to manage a consistent routine and feel connected to the family member when they are absent. This can cause stress or anxiety among the adults and/or children in the family. On my blog, I have therefore put together some [Strategies to Support Kids in FIFO Families](#) together. These are some ideas of ways to maintain a routine and ensure that all members of the family can have a presence despite being away at work. Or print off this [page of strategies](#) and put them on the fridge to try.



At the last Complex Trauma Network meeting I attended this month, we had a fantastic presentation by two Psychologist who worked extensively with children. They presented ASCA's latest report 'The cost of 'The cost of unresolved childhood trauma and abuse in adults in Australia'. This report examines the economic costs of child abuse in later life and argues for it to be seen as a mainstream public health issue. The ASCA website appears to be a great resource. I found their evidence based [Trauma Informed Practice Guidelines](#) fantastic, and highly recommend all organisations read through it to ensures that they are delivering best practice services. Check out the website at: [asca.org.au](http://asca.org.au)

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**Contact details are:**

Ph: 0430 645 086

Email: [calmandconnected@outlook.com](mailto:calmandconnected@outlook.com)

Skype: calmandconnected

Website: [calmandconnected.com.au](http://calmandconnected.com.au)

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