

Lumos! Newsletter

TO OUR LOVELY FAMILIES...

Editor's Note

Welcome to the very first issue of Lumos Paediatric Therapy's newsletter! We're honoured to sit down with our founder, Jing, to hear her story—from her early days as an international student to becoming a passionate paediatric occupational therapist. Jing is not only the heart behind Lumos, but also the driving force that keeps our little clinic growing and glowing. (P.3)

欢迎来到 Lumos 儿童治疗诊所的第一期通讯！今天，我们有幸请到创办人 Jing，来聊聊她的成长故事和创办 Lumos 的初衷。她不仅是诊所的创办人，更是推动这片小天地不断前进的灵魂人物。(P.3)



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Kind Reminders

We understand caregivers juggle many responsibilities for your little loved ones—thank you for all that you do!

To help keep things running smoothly, please ensure invoices are paid by the due date. A late fee of \$30 (out of pocket) may apply for overdue payments.

我们理解照顾者在照顾孩子的同时，还要应对各种事务——感谢您的付出与支持！

为确保服务顺利进行，请您务必在截止日期前完成账单付款。逾期付款可能会产生 \$30 的自费逾期金。

In The Clinic

Cindy, our Creative Art Therapist, recently guided our team of therapists in using simple materials like crayons and paper to support children in expressing emotions without relying on words. These creative approaches are especially beneficial for children who experience challenges with verbal communication, offering a safe and gentle way to release emotions and connect through art.

艺术治疗师 Cindy 最近带领治疗团队，使用蜡笔和纸张等简单材料，体验孩子们在无需语言的情况下表达情绪。这种创意方式对那些在语言表达方面有困难的孩子尤其有益，提供了一个安全、温和的情绪释放途径，让他们通过艺术建立连接。



NDIS Update

NDIS participants are now encouraged to actively monitor their funding to ensure continued access to therapy services. If you'd like to understand how much funding is required for your desired therapy sessions, please speak directly with your therapist—we're here to help you plan ahead with confidence. If you haven't yet signed the Updated Service Agreement via Halaxy, please contact our friendly admin team as soon as possible. We'll guide you through the process and answer any questions you may have.

我们鼓励所有 NDIS 参与者主动查看自己的资金使用情况，以确保持续获得所需的治疗服务。

如果您希望了解完成所需治疗课程所需的资金金额，请直接与您的治疗师沟通，我们会协助您做好规划。

如果您尚未通过 Halaxy 签署最新服务协议，请尽快联系我们的行政团队。我们会协助您完成签署流程，并解答您的疑问。

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Interview with Jing

Editor: I'm really happy to have you here to share your story. What inspired you to pursue paediatric occupational therapy?

Jing: Thank you! I'm really happy to share a bit of my journey and reflections.

Editor: How did you choose your university major?

Jing: I came to Australia as an international student. In high school, we did a career personality test, and my results pointed toward health-related fields. I considered physiotherapy, speech therapy, nursing... but eventually chose occupational therapy (OT).

Editor: Did that choice reflect any personal values?

Jing: Like many students, I wasn't sure at first. But in my final year, I did a clinical placement at a children's autism association in Western Australia. That experience changed everything—I was drawn to the diversity of kids on the spectrum and loved the challenge. It felt like a perfect fit.



编辑：很高兴今天能邀请到Jing跟我们聊聊她的故事。是什么让你决定投身儿科职能治疗这个领域呢？

Jing：谢谢～很高兴可以跟大家分享我的一点人生经历！

编辑：你是怎么选定自己的大学专业的呢？

Jing：我是以留学生身份来到澳洲的。读高中时，学校安排了职业性格测试，结果显示我适合从事健康相关的专业。那时候我认真考虑了物理治疗、语言治疗、护理等等，最后决定读职业治疗（OT）。

编辑：这个选择和你的哪些价值观有关呢？

Jing：其实我和很多大学生一样，前三年对专业没啥头绪，直到第四年去临床实习才真的有点感觉。我在西澳的一家儿童自闭症协会实习，那次经验影响很深，我第一次接触到自闭症谱系孩子的多样性，而我本身就挺喜欢挑战，因此一下子被这个领域吸引了！

Editor: What challenges in OT drew you in?

Jing: What I love most is how OT aligns with my worldview—especially the holistic approach. We don't just look at symptoms; we consider the whole child, their environment, family, and identity. Therapy isn't a rigid formula—it's built through genuine interaction. That person-centred approach feels natural, sincere, and truly effective.

编辑：职业治疗的工作听起来很特别，它的什么挑战吸引到你？

Jing：我觉得最吸引我的是职业治疗的“整体性”理念。我们不只看病症，而是关注整个人，包括孩子的环境、家庭、身份等等。治疗过程也不是照本宣科，而是和孩子互动中慢慢建立的。这种“以人为本”的方式让我感受到治疗可以很自然、很真诚，也真的有效。

Editor: Was there a moment when you thought, “I want to be part of this change”?

Jing: Yes—during one session, I worked with a child who had very limited communication. But one day, he made a small movement and sound to try and connect with me. That moment deeply moved me. It reminded me that every child, no matter their abilities, has a desire to be seen and understood.

编辑：有没有哪一刻让你突然觉得：“嗯，我想成为这场改变的一部分！”

**Jing：有一次治疗时，遇到一位表达方式很有限的小朋友。但就在某次治疗中，他用微弱的动作和简单的发音尝试跟我沟通。当下我真的被触动到了——原来，就算孩子的能力受限，也有想表达自己的渴望。这体验让我意识到，每一个孩子都值得被看见、被理解。



Editor: We also know that, you pursued a master's degree in the U.S. What led you to NYU?

Jing: I wanted to broaden my perspective and deepen my understanding of OT. NYU has a strong reputation, and I was ready for a challenge—so I went for it.

Editor: How did your time in New York shape you?

Jing: Academically, the differences between Australia and the U.S. weren't huge. But culturally and practically, it was eye-opening. I worked with families from diverse backgrounds and learned how to build stronger therapeutic relationships. The U.S. system relies heavily on insurance, so treatment plans are more evidence-informed and sometimes more restricted. In comparison, Australia's system is more friendly with funding supports.

Editor: Was there someone who gave you direction or inspiration?

Jing: Absolutely! One of my professors at NYU, Professor Jim Hinojosa, is a leading figure in paediatric OT. He helped me think about long-term goals and the social impact of therapy. His guidance shaped how I collaborate across disciplines and advocate for children.



编辑：后来你去了美国攻读硕士，是什么促使你选择到纽约大学继续深造呢？

Jing：本科毕业后我想多看看世界，也想更深入地了解职能治疗这门学科。纽约大学在这方面很有声望，加上我也想挑战一下自己，就决定去纽约念书了。

编辑：在纽约的学习生活，对您有什么特别的影响吗？

Jing：理论课程方面，美国和澳洲差别不大，但生活和实务经验差异蛮明显的。美国文化的多元性让我接触到各种族群的家庭，也学习如何建立更好的医患沟通方式。另一方面，美国的医疗体系很依赖保险机制，也因此在治疗方式上更强调循证医学（evidence-informed），治疗方案更受限制，相较之下澳洲的系统还是更宽容一些。

编辑：有没有某个人或某个时刻特别给了您力量或方向感？

Jing：有的！我在纽约大学的指导教授 Jim Hinojosa，是儿科职能治疗领域非常有影响力的一位专家。他让我第一次深入思考治疗的长远目标和社会影响，也学到了很多跨专业合作的技巧。他的鼓励和指导对我后来真的有很大的帮助。

Editor: Many parents wonder—Is early intervention only for children with obvious symptoms?

Jing: That's a great question. Early intervention isn't just for children with clear diagnoses. Often, a child's development is simply different—not "abnormal." Our goal is to support their growth, confidence, and help families understand their child's unique needs. Therapy isn't about "fixing"—it's about empowering and walking alongside each child at their own pace.

编辑：早期干预和所谓的治疗是不是只适合有明显症状的孩子？

Jing：这是一个很好的问题！其实早期干预并不只是针对“有明显症状”的孩子。很多时候，孩子的发展呈现的是一种“不同”而不是“异常”。我们希望通过早期支持，帮助孩子更顺利地适应环境、建立自信，也让家长更了解孩子的独特需求。治疗不一定是“修复”，而是“陪伴”和“赋能”。每个孩子都有自己的节奏，而我们要做的，是在他们的节奏里，给予最适合的支持。

Curious about the story behind Lumos Paediatric Therapy? In our next issue, Jing takes us back to her roots in China, sharing how cross-cultural experiences continue to shape her vision and approach to care.

REACH OUT
FOR A CHAT

Let's chat!

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