

Lumos! Newsletter

TO OUR LOVELY FAMILIES...

Springtime Health Reminder ✨ ✨

As we embrace the joys of spring, we kindly remind all families to take extra care during this season of blooming flowers and increased pollen. Please be mindful of seasonal allergies and circulating viruses.

If your child is feeling unwell, we ask that you contact our admin team at your earliest convenience. Your cooperation helps us maintain a safe and healthy environment for everyone. If your child has a prescribed management plan for asthma or anaphylaxis, please ensure their therapist is informed so we can provide appropriate support.

在我们迎接春天的美好时光之际，温馨提醒所有家庭在这个鲜花盛开、花粉多的季节里要格外注意健康。请留意季节性过敏和流行病毒的传播。

如果您的孩子身体不适，请尽早联系我们的行政团队。您的配合有助于我们为大家营造一个安全、健康的环境。

如果您的孩子有哮喘或过敏性休克的治疗管理计划，请务必告知治疗师，以便我们提供适当的照护与支持。



LUMOS
NEW WEBSITE
IS ONLINE!
新网站已上线
欢迎访问

OT Week Thank You Treat

To celebrate Occupational Therapy Week, we're hosting a special Thank You Treat on October 30, 31 November 1

If your child writes a thank you note to their therapist, they'll receive a sweet candy! All new friends are welcome!

More details please contact our friendly staff

为庆祝职业治疗周
我们将在10月27日到11月1日
无论您是我们的老朋友
还是第一次来访的新面孔
欢迎敲门领取糖果



新朋友报名请扫码

www.lumospaediatrictherapy.com

SCHOOL READINESS
GROUP COMING UP
入学密集课即将开始报名

* Scan for Details *
扫描二维码 了解更多



Handwriting Challenges

'Handwriting Without Tears' is a certified programme by occupational therapy, using a multisensory approach, it breaks down the writing process into manageable steps, focusing on posture, pencil grip, and letter formation using simple, consistent language. Its hands-on materials and playful activities help children build confidence and improve legibility without frustration. For many kids, it transforms writing from a struggle into a skill they're proud of.

We will be using this program for one on one therapy and targeted group therapies. If you have any concern about your child's writing skills or fine motor skills, please speak to your therapist.

Handwriting Without Tears是一项获得职业治疗认证的写字教学方案，专为有书写困难的儿童设计。它采用多感官教学方法，将写字过程拆解为易于掌握的步骤，重点包括坐姿、握笔方式以及字母书写技巧，并使用简单一致的语言进行指导。

配有丰富的操作材料和趣味活动，帮助孩子在轻松愉快的氛围中建立信心，提升书写清晰度，减少挫败感。对许多孩子来说，它让写字从一项挑战变成了值得骄傲的技能。

我们在一对一及小组治疗可以使用这个方案！如您的孩子有疑似书写问题或小肌肉，请跟您的治疗师聊聊

New Faces

Welcome Elaine and Cynthia!

Elaine's warm smile and gentle voice help little ones feel comfortable as they arrive.

Cynthia is a caring art therapist and counsellor, dedicated to supporting children and young people.

欢迎 Elaine 和 Cynthia!



Elaine 亲切的笑容和温柔的语调，让小朋友一走进诊所就感到安心。Cynthia 是一位有耐心的艺术治疗师和心理咨询师，致力于支持儿童与青少年的成长与心理健康。



Hi, I'm
Cynthia



Hi, I'm
Elaine



FIND US
ON
SOCIAL
MEDIA



@LUMOSPAEDIATRICTHERAPY





Interview with Jing_(2).

Editor: Let's talk about your time working in China, was it a unique chapter in your journey?

Jing: It really was. I worked at a private paediatric therapy clinic run by an expat couple. The facilities were excellent, but most of the families we served were from high-income backgrounds. The fees were quite steep, and surprisingly, we rarely met the parents. It was usually the driver or nanny who brought the child in for sessions.

Editor: That must've made things more challenging from a therapeutic perspective?

Jing: Definitely. When parents aren't involved, it slows down progress. We couldn't get a clear picture of the child's home environment, and that made it hard to design a consistent, effective treatment plan. Cultural differences also played a role. Western families often prioritize independence, while many Chinese parents focus more on skill building and social development.



编辑：那我们再聊聊您在中国工作的经验吧～

Jing：那时我在一间由外籍夫妇开设的私立儿童治疗诊所工作，环境条件非常好，但服务对象主要是高收入家庭。诊金偏高，但经常连孩子的父母都见不到，大部分都是司机或保姆带孩子来做治疗。

编辑：哇，这样对治疗应该有更大的挑战吧？

Jing：没错。家长参与度低真的会影响治疗进度。我们难以了解孩子在家庭中的真实状况，也很难规划连贯完整的治疗方案。此外，也明显感受到文化差异带来的影响。像西方家庭常常很重视孩子的自理能力，而很多中国家长则更在意能力发展和社交技能。

Editor: How did you navigate that?

Jing: I've come to realize just how important family involvement is. In the early stages of a child's development, when parents actively participate in therapy, it not only eases stress for both the child and the parents which also makes the treatment much more effective. I began offering parent coaching, helping families understand that it's not that their child isn't expressing themselves, but rather that their way of expressing may not yet match age level expectations. Our role is to guide parents in understanding their child's developmental journey, and to encourage two-way communication; what we call "circles of communication." By following the child's lead and offering positive feedback, parents' responses and presence can truly make a profound impact on their child's growth.

编辑：那您当时是怎么应对的呢？

Jing：我越来越意识到家庭参与的重要性。其实在孩子发展早期阶段，只要家长愿意积极参与治疗，不但可以减轻孩子和父母双方的压力，也会让治疗更有效。我开始做一些家庭教育(parent coaching)，跟家长说明，孩子不是不表达，而是表达方式可能还没有达到同龄标准。而我们要做的，是帮助家长理解孩子的能力发展历程，并鼓励他们建立双向沟通(circles of communication)跟着孩子的引导，给与正反馈，因为家长的回应和陪伴真的会极大地支持孩子的成长。



Editor: That's incredibly insightful. It's clear that therapy isn't just about clinical skills. It's about empathy, connection, and understanding. When I walked into your clinic, I noticed a colourful, hand painted wall art. Is there a story behind it?

Jing: Yes! We had that wall custom painted. Compared to the more serious vibe of traditional medical settings, we wanted our clinic to feel warm and welcoming for kids. Beyond treatment, we want children to feel safe and build trust. It's also about helping parents and kids let go of anxiety and feel more at ease during their visits.

Editor: And the name "Lumos", what inspired that?

Jing: "Lumos" means light. For bilingual families especially, we hope this clinic can be a guiding light; a place that not only provides care, but also companionship. We want Lumos to be a supportive presence for children and their families throughout their healthcare journey.

Editor: Jing, thank you for sharing your story so openly. Lumos was born from clinical expertise, but it's deeply rooted in care, connection, and a commitment to serving multicultural, immigrant families.



编辑：真的很有启发！听完您的分享，更能感受到治疗不仅仅是“技术”，而是人与人之间的理解与陪伴。

编辑：进来诊所的时候，我还看到有一面充满童趣的彩绘墙？这面墙是不是有特别想传达的信息？

Jing：是的，那面墙是我们特别请人手工彩绘的。相比传统医疗机构的严肃氛围，我们希望儿童诊所能为孩子营造一个轻松、温暖的环境。除了治疗本身，更重要的是让孩子在心理上建立信任感，帮助他们和家放放下焦虑，以更安心的心情面对诊疗过程。

编辑：能跟我分享Lumos这个名字的由来吗？

Jing：“Lumos”象征着光亮。我们希望这家诊所不仅是一个治疗的地方，更是一个照亮前路、陪伴成长的角色。希望Lumos能成为孩子和家庭在医疗旅程中的温暖支持者。

访谈结语

Jing，感谢您敞开心扉，分享您的个人旅程。这家诊所诞生于医学的专业，也根植于关怀、联结多元文化社区里的移民家庭。

Holiday and 2026 Booking

As we approach the holiday season and the new year, we're beginning to plan our schedule for 2026. If you have any preferences for your bookings; whether you'd like to keep your current time slots, switch to a different time, or increase your session frequency, please let us know. We always prioritize our existing clients. However, please note that after school hours are in high demand and space is limited, so we appreciate your patience and flexibility.

着假期和新的一年临近，我们即将开始安排2026年的时间表。如果您希望保留当前的时间段、调整时间或增加频率，请通知我们。我们于11月开始排期，并优先考虑现有客户。课后时段的名额有限，感谢您的理解与配合。

