

Lumos! Newsletter

TO OUR LOVELY FAMILIES...

Holiday season ✨ ✨ has arrived!

As the year draws to a close, we want to extend our heartfelt gratitude to all families who have been part of the Lumos community. May this festive season bring joy, rest, and connection. We look forward to welcoming you back in the new year with renewed energy and care. Christmas closure is effective from 20 Dec until 4 Jan. Happy New Year!

随着一年即将结束，我们谨向所有成为 Lumos 社群一份子的家庭表达最诚挚的感谢。愿这个佳节为您带来喜悦、休息与美好的连结。我们期待在新的一年里再次与您相见，并以满满的能量与关怀继续陪伴孩子的成长。圣诞假期于12月20开始至1月4日。新年快乐，阖家平安！



Sensory Gym Update

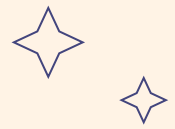
Our sensory gym continues to be a favourite space for children to explore movement, balance, and sensory play. For safety reasons, the gym will remain open only during therapy sessions from 2026 under clinician supervision. This ensures that every child can enjoy the equipment in a safe, structured, and supportive environment. Please keep food out of the therapy area.

我们的感统空间一直是孩子们最喜欢的地方，
可以探索动作、平衡和感官游戏。

自2026年起，为了安全起见，
感统空间将仅在治疗师陪同的课程中开放。

也请家长协助保持治疗区整洁，
避免携带食物进入。





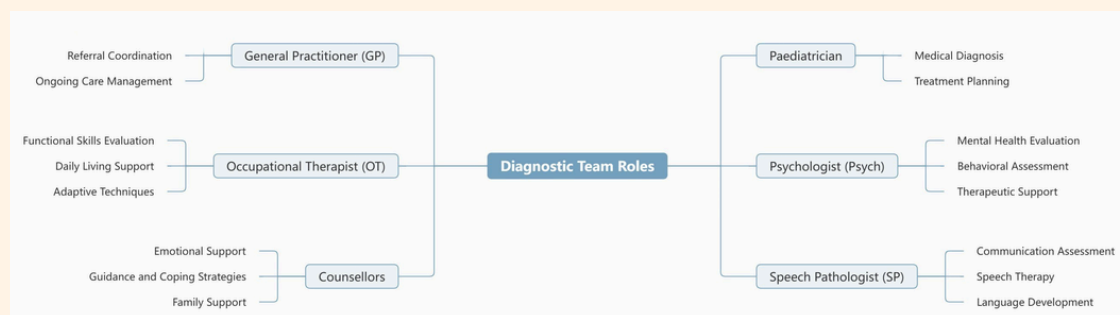
Understanding the Role of a Diagnostic Team

A diagnostic team is a group of health professionals who work collaboratively to assess and understand a child's developmental profile. Rather than relying on a single opinion, this approach brings together multiple perspectives to ensure that every aspect of a child's needs is considered, reducing the risk of important details being overlooked. This collaborative model also provides greater confidence, as recommendations are informed by collective expertise across disciplines.

Rather than focusing on one area alone, the diagnostic team considers medical, behavioural, communication, sensory, and emotional factors in context. This ensures that families receive a complete picture of their child's development and the supports that may be required.

所谓诊断团队，就是由一群不同专业的医疗人员一起合作，帮孩子做全面的评估与了解。和单一医生的意见不同，团队会从多个角度来观察孩子的状况，避免遗漏重要细节。这样的合作方式能让家长更安心，因为建议是由跨领域的专家们共同讨论出来的。

诊断团队不会只看某一个面向，而是会把孩子的医疗、行为、沟通、感官以及情绪都放在一起考虑。这样，家长就能得到孩子发展全貌的清楚说明，也更容易找到合适的支持。



Importantly, this approach is grounded in evidencebased practice. It aligns with guidance from organisations such as Autism Australia, which emphasise the value of multi disciplinary input in developmental assessments. By drawing on diverse expertise, the team ensures that recommendations are both rigorous and inclusive.

Beyond clinical evaluation, the team also offers emotional support for families. Counsellors play a vital role in helping parents and children process the diagnostic journey, providing strategies to manage stress and build resilience. This support helps families feel empowered throughout what can often be a challenging time.

The outcome of this collaborative process is tailored recommendations that are designed to integrate medical, therapeutic, and emotional needs, ensuring that interventions are practical and meaningful. Its capacity of ongoing monitoring by tracking progress over time, measuring developmental milestones, and adjusting supports as needs evolve, the team provides continuity and reassurance for families. This ensures that children receive consistent care as they grow.

更棒的是，这种方式是有科学依据的。像 Autism Australia（澳洲自闭症协会）就强调，多专业一起参与评估，才能让结果更严谨、更全面。

除了临床上的评估，团队也会提供情绪上的支持。例如，心理咨询师（Counsellors）陪伴家长和孩子走过诊断过程，教大家如何减轻压力、增强韧性，让家庭在挑战中也能感受到力量。

最后，诊断团队会给出量身订做的建议，结合医疗、治疗和情绪需求，确保方案既实用又有意义。而且团队还能长期追踪孩子的成长，记录进展、衡量发展里程碑，并随着需求调整支持。如此一来孩子在成长过程中就能持续得到稳定的照顾。

TERM 1 LITERACY
GROUP SIGNING UP
第一学期读写班开始报名

* Scan for Details *
扫描二维码 了解更多



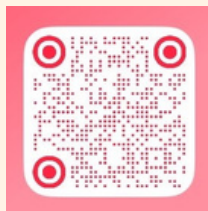
New Literacy Program

We are excited to launch our literacy program, designed to meet children exactly where they are. Each child begins at their current level and progresses through structured, step by step sessions that build confidence and skills in reading and writing. This 4 level program is designed to support diverse learning needs, ensuring that every child experiences success and growth along the way.

我们很高兴宣布推出全新的读写课程，这项课程专为孩子量身打造，以孩子目前的学习程度开始让每位孩子都在自己的起点出发，透过循序渐进、结构化的课程，一步一步提升阅读与写作的信心与能力。四阶段的课程设计，能够支持多元的学习需求，确保每个孩子都能在学习旅程中获得成功感与成长。



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2025 Clinic Questionnaire



If you haven't had the chance yet, we'd love for you to take just 2 minutes to complete our clinic questionnaire. Your feedback is invaluable—it helps us continue to provide the very best services for children and families. You're also welcome to leave a note of encouragement for your favourite therapists. These heartfelt messages truly brighten their day and mean so much to them!

我们诚挚邀请您花 2 分钟完成我们的诊所问卷。您的反馈非常宝贵——它能帮助我们持续为孩子和家庭提供最优质的服务。同时，您也可以为您最喜爱的治疗师留下鼓励的话语。这些真挚的留言总是能让他们的心情更加愉快，对他们来说意义重大！

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