

Lumos! Newsletter

TO OUR LOVELY FAMILIES...

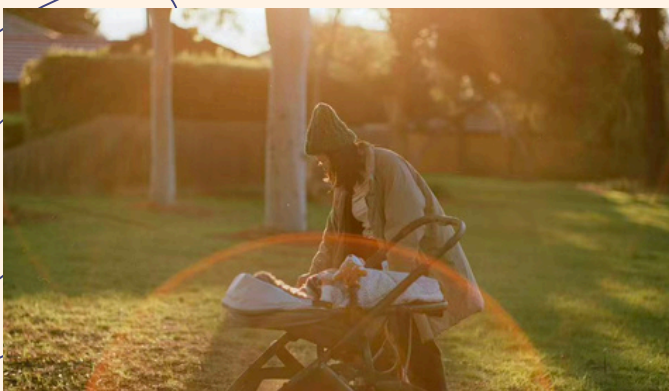
A New Chapter of Growth

As we step into this new year, we want to wish everyone a wonderful return from the festive season! We hope you enjoyed some quality rest and are feeling refreshed for the year ahead.

To kick off 2026, we have officially launched our Online Webinar Series. These sessions are designed to help both existing and new parents understand their children's development more deeply through professional clinical insights.

随着新的一年开启，我们衷心祝愿每个家庭在度过温馨的节日后，都能有个美好的开始！希望大家在假期中都有好好休息，准备好迎接充满活力的一年。

为了给新的一年拉开序幕，我们正式推出了“线上专题讲座”。通过专业的临床视角，我们希望能帮助老朋友与新加入的家长们，都能更深入地了解宝贝们的成长与发展。



Family Waiting Zone

We would like to extend a big thank you to everyone for making great use of the family waiting area and adhering to the new guidelines for the sensory gym. More importantly, it provides a fantastic opportunity for our children to practice following rules and routines in a supportive environment. Thank you for helping us keep the gym a safe and structured space for growth!

非常感谢大家对家庭休息区的爱护，并配合感统空间的新规则。最重要的是，这为孩子们提供了一个绝佳的机会在受支持的环境中练习遵守规则。谢谢您与我们共同维持一个安全、有组织的成长空间



Webinar Takeaways: Understanding Self Regulation

Lumos Paediatric Therapy Founder, Junjing Fan (MAOT/BsCOT), who brings over 10 years of paediatric clinical experience, recently led an insightful session on self-regulation. Here are the core takeaways:

Lumos Paediatric Therapy 创办人 Junjing Fan (MAOT/BsCOT) 拥有超过 10 年的儿科临床经验，近期主持了一场关于“自我调节 (Self-Regulation)”的精彩讲座。我们为您整理了核心重点：

- Regulation is about Connection: It is a common myth that being "regulated" means being quiet or calm. Real regulation is the ability to connect—to ourselves, to others, and to our environment.
- 调节的核心在于“连结”：很多人误以为“调节好”就代表孩子必须安静或冷静。实际上，真正的调节是指孩子有能力与自己、与他人，以及与周遭环境建立连结。
- Body Before Logic: Regulation starts in the nervous system, not the "thinking" brain. Before we can use logic to solve a problem, a child's body must first feel safe.
- 身体感知先于逻辑：调节是从“神经系统”开始的，而不是“思考大脑”。在我们尝试用逻辑去解决问题前，必须先让孩子的身体感受到安全感。
- Understanding "Neuroception": Our bodies have an internal surveillance system that constantly scans for safety. If a child feels "unsafe," they may move into a "fight, flight, or freeze" response.
- 理解“神经觉 (Neuroception)”：我们的身体内建了一套监控系统，会不断扫描环境是否安全。当孩子感到“不安全”时，身体可能会自动进入“战斗、逃跑或冻结”的反应模式。
- Co-Regulation: Especially in the post-COVID era, we all need a "booster" in regulation. As parents, the best way to help our children regulate is to ensure we are regulated ourselves first.
- 共同调节 (Co-Regulation)：特别是在后疫情时代，我们每个人都需要调节能力的“加强剂”。作为家长，帮助孩子学会调节的最佳方式，就是先确保我们自己的状态是稳定且安适的。

Join us: If you wish to join future sessions, please contact our admin team at 0433 150 820. 小提醒：如果您想参加未来的讲座，欢迎联系我们的行政团队：0433 150 820。



TERM 2 LITERACY &
LANGUAGE PROGRAM
SIGNING UP
第二学期小组开始报名

* Scan for Details *
扫描二维码 了解更多



Launching Soon: Literacy & Language Program

The transition to Prep and Lower Primary is a major milestone. To support our "new schoolers" who may be finding this adaptation a little challenging, we are launching our tailored Literacy Program. This program is specifically designed to assist children facing: 从预备班 (Prep) 衔接到小学低年级是孩子成长中非常关键的转型期。为了支持那些适应较慢的“准小学生”们，我们特别推出了量身打造的***“读写计划”***。本计划专为面临以下挑战的孩子设计：

- Language Mixing: Support for children navigating multiple languages who may experience vocabulary or syntax confusion.
- 语言混淆：针对在多语言环境中感到困惑或表达“混在一起”的孩子提供支持。
- Speech & Articulation: Targeted help for sounding difficulties and achieving clear pronunciation.
- 发声与构音：针对发音困难提供专门指导，协助孩子掌握正确发音。
- Writing & Fine Motor: Assistance for stiff movements, mirror writing (reversing letters), or pencil grasp issues.
- 书写与精细动作：改善写字过于费力、镜像字（如：b/d 不分）或握笔姿势等问题。
- Classroom Readiness: Helping children who find it difficult to stay seated or attend to tasks.
- 课堂适应：帮助在教室里坐不住或难以集中注意力的宝贝。

Please do not hesitate to seek support! Our small class therapy is perfect for tailoring the program to each child's specific needs, building the confidence they need for the big classroom at school. 请不要犹豫寻求支持！我们的小组治疗能针对每个孩子的需求提供个性化引导，帮助他们建立进入大课堂所需的自信心。

A Note on Seeking Support

If you feel your child is struggling with intense daily patterns or if you are unsure how to respond to certain behaviors, you don't have to wait for a long pediatrician queue. You can:

如果您觉得孩子在日常生活中面临较大的行为起伏，或是不确定该如何应对特定的行为模式，您不需要等待漫长的儿科医生排队名单。您可以选择：

1. See your GP for a Medicare referral to an Occupational Therapist (OT) or Speech Pathologist (SP). 咨询您的全科医生 (GP)：获取 Medicare 转诊单，预约职能治疗师 (OT) 或言语治疗师 (SP)。
2. Contact us directly for a quick questionnaire or screening assessment to help you understand your child's needs better. 直接联系我们：进行快速的问卷调查或筛查评估，帮助您更清楚地了解宝贝的需求。



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