

Lumos! Newsletter

TO OUR LOVELY FAMILIES...

A Warm Winter Downunder

As we step into the cooler months, we're excited to share updates and the summary of online webinar on "Bilingualism" by our Speech Pathologists to support your child's growth journey.

随着天气渐渐转凉，我们很高兴与您分享一些诊所的最新动态、和近期收到热烈回响的“双语支持”网路讲座，帮助孩子和家长在成长道路上更顺利发展。



Clinic Update

We're excited to announce new openings for Creative Art Therapy sessions on Tuesdays and Thursdays. These sessions encourage self expression, creativity, and emotional wellbeing.

我们很高兴宣布在每周二和周四开放创意艺术治疗的新名额。这些课程将帮助孩子通过艺术表达自我、激发创造力，并促进情绪健康。





Supporting Bilingualism: Myths, Facts, and the Power of Home Language

Raising a bilingual child is a rewarding journey, but it often comes with questions. In our recent Lumos Webinar, we broke down the science behind bilingual development, dispelling common myths to help families confidently nurture multiple languages at home.

培养双语宝宝充满收获，但也常伴随疑问。在近期的 Lumos 线上讲座中，我们深入剖析双语发展的科学原理，为大家破除常见迷思，帮助家长更有信心引导孩子发展多种语言。

What is Code-Switching? 什么是“语码转换”?

If your child mixes languages in the same sentence, don't worry! This process is known as **code switching**, and it is a completely normal and expected part of bilingual development. Children code-switch because they are flexible communicators. They may use the word that comes to mind first, or they might know a word in one language but not the other. It simply shows they are resourcefully using all their linguistic tools to communicate effectively—a habit shared by many bilingual adults. 如果您发现孩子在同一个句子中混用不同语言，请不用担心！这个现象被称为**语码转换**，是双语发展中完全正常且必然经历的阶段。孩子会混用语言，是因为他们是非常灵活的沟通者。他们会直接说出大脑最先想到的词，或因不确定另一种语言的表达方式。这代表他们正灵活运用所有语言资源来有效沟通，许多双语成人也是如此。

Myth 1: Learning two languages confuses children.

迷思 1：同时学习两种语言会让孩子感到混淆。

Children's brains are naturally wired to learn multiple languages through interaction. Millions of children worldwide successfully learn two, three, or more languages without confusion. 孩子的大脑天生具备学习多种语言的能力。全球数百万孩子成功学会两三种甚至更多语言，双语本身并不会造成混淆。

Myth 2: You should stop speaking your home language if your child has language difficulties.

迷思 2：如果孩子有语言困难，应该停止对他们说母语。

Research supports maintaining your home language. Keeping up with your native language supports a child's identity, builds strong family relationships, and ensures meaningful communication with family and community.

大量研究强烈支持维持使用母语。在家使用母语能支持孩子的文化认同、建立紧密的家庭关系，并确保与长辈及社区的深度交流。

TERM 3 SAS
SOCIAL PROGRAM
SIGNING UP

第三学期社交小组开始报名

* Scan for Details *
扫描二维码 了解更多



Navigating the AI Era: The SAS Social Skills Program

AI is reshaping the landscape of technical skills. However, one human asset remains irreplaceable: authentic, empathetic communication and social emotional connection. Moving forward, strong social communication skills will be the ultimate competitive advantage for our children. The SAS program goes beyond theory to provide a comprehensive support system that integrates into a child's daily life:

人工智能（AI）正逐步取代许多技术性工作。然而，有一种能力是AI永远无法复制的；那就是真实、具同理心的人际沟通与社交情感联结。在未来的世界里，出色的社交沟通能力将成为孩子们最核心的优势。

SAS 课程不仅是一套社交理论，更是一个融入孩子日常生活的全方位支持系统：

- 情感识别与调节：帮助孩子识别自己和他人的情绪（如愤怒、焦虑和悲伤），并学习科学地自我冷静策略。Emotion Recognition and Regulation: Helps children recognize emotions in themselves and others (such as anger, anxiety, and sadness) and teaches proven coping strategies to stay calm.
- 提升社交自信：教授孩子如何开启与维持对话、融入同伴群体，并妥善应对校园欺凌。Boosting Social Confidence: Teaches children how to initiate and maintain conversations, join peer groups, and effectively handle bullying.
- 加强团队协作：在模拟情境中培养孩子解决冲突、协商配合的弹性思维。Enhancing Teamwork and Collaboration: Fosters flexible thinking, conflict resolution, and collaborative skills in real world scenarios.



Important Reminder

Please note that our 48-hour cancellation policy is based on working hours (business days) for clinic management purposes, rather than calendar hours. If you have any questions, please feel free to contact us.

请注意，我们的48小时取消政策是以工作时间（工作日）为准，旨在帮助诊所进行合理的时间管理，而非自然时间。若有任何疑问，欢迎随时与我们联系。

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