

Lumos! Newsletter

HELLO FAMILIES...

Early blooms are here!

As we welcome the first signs of spring, our clinic is buzzing with fresh energy, new programs, and plenty of opportunities for children to grow, explore, and thrive. We're also excited to celebrate the upcoming Moon Festival with the children. Our team has designed a special Moon Cake Cooking Group that blends cultural learning, creativity, and social skill development.

随着春天的第一丝气息到来，诊所也充满了新的活力与期待，我们为孩子们准备了更多学习、探索与成长的机会。我们也同样期待与孩子们一起庆祝即将到来的中秋节。团队特别设计了“月饼厨神小组”，结合文化体验、创意活动与社交技巧练习，让孩子在欢乐中学习。



Clinic Update

School holiday is on the way. Please advise us of any planned absences

学校假期即将到来！如果您的孩子假期期间有外出安排，或需要取消/更改预约，请提前通知我们。

We have limited space on Wednesday for Art Therapy. Through creative activities and artistic expression, our therapist supports children in exploring their feelings, expressing themselves safely, and building emotional regulation skills

每周三的创意艺术治疗的有少量名额。治疗师透过创意表达及艺术协助孩子表达及建立情绪调节能力。



**HAPPY
MOON
FESTIVAL**
SCHOOL HOLIDAY
SOCIAL GROUP
DATE: 22, 23 OR 24/9



Call us now!

Led by Speech Pathologists and
Occupational Therapists.



Have you ever watched your child avoid writing, rush through homework, or become upset when letters “don’t look right”? You’re not alone. Many parents worry about handwriting, whether their child is keeping up, whether their grip is “correct,” or why writing seems so tiring. What we want you to know is this: handwriting challenges are common, and they’re rarely about ‘laziness’ or ‘lack of effort’. Most often, they’re about the foundations underneath the pencil; as Sylvia and Jess from Lumos OT team explained in the recent webinar on how children rely on core strength, motor skills, bilateral coordination, hand eye coordination, and visual perception every time they pick up a pencil. We understand that when these underlying abilities aren’t fully developed, writing can feel tiring, messy, or frustrating for children. 您是否曾看过孩子避开写字、匆匆完成作业，或因为字母“看起来不对”而感到沮丧？请相信您并不孤单。许多家长都会担心孩子的书写能力，包括孩子是否跟得上、握笔方式是否“正确”、为什么写字看起来那么累。我们想让您知道的是：书写困难非常常见，而且几乎从来不是因为“懒惰”或“不努力”。更多时候，它与握笔背后的基础能力有关；正如 Lumos OT 团队的 Sylvia 和 Jess 在近期网络讲座中所解释的，孩子每次拿起铅笔，都需要依靠核心力量、精细动作、双侧协调、手眼协调以及视觉感知等多种能力。当这些基础能力尚未完全发展时，写字对孩子来说就会变得疲惫、凌乱或令人挫败。

The encouraging part is that these foundations can be strengthened in simple, playful ways at home and during therapy sessions. More than just what it seems than rolling Play Doh, building LEGO, threading beads, colouring big shapes, cutting with scissors, or helping with small household tasks all build the muscles and coordination needed for writing without feeling like extra homework. Even switching up writing tools, such as chalk, whiteboards, paintbrushes, or sand, can make practice more enjoyable. 令人鼓舞的是，这些基础能力可以透过简单、有趣的方式在家中或治疗课程中逐步加强。看似只是玩黏土、拼 LEGO、串珠子、涂色、剪纸，或参与一些简单的家务，其实都在帮助孩子建立写字所需的肌肉力量与协调能力，而不会让他们觉得是在做额外的功课。甚至更换书写工具，例如粉笔、白板笔、画笔或沙子，都能让练习变得更有乐趣。

Parents often ask, “How do I motivate my child?” The answer is to keep writing meaningful. Shopping lists, birthday cards, treasure maps, labels for their belongings. These small, real life tasks give children a sense of purpose and pride. And when you praise their effort (“I love how carefully you started your letters”) rather than the final result, you help them build confidence that lasts far beyond handwriting. 家长常问：“我该如何让孩子更有动力写字？”秘诀是让写字变得有意义。购物清单、生日卡片、藏宝图、给物品贴标签——这些真实生活中的小任务能让孩子感到有目的、有参与感，也更愿意投入。而当您赞美他们的努力（例如：“我很喜欢你这次开头的字母写得这么认真”），而不是只看最终成果时，您正在帮助孩子建立一种能延伸到书写之外的自信。

Handwriting is a long term skill, and progress happens in small steps. Just ten minutes of fun, meaningful practice each day can make a real difference. 书写是一项长期技能，进步往往来自一点一滴的累积。每天十分钟有趣、富有意义的练习，就能带来真正的改变。

The Building Blocks of Handwriting

Core strength: helps them sit upright without slumping.

Motor skills and hand strength: give them the endurance to press a pencil onto paper.

Bilateral coordination: allows one hand to write while the other steadies the page.

Hand eye coordination: guides each stroke.

Visual perception: helps them recognise letters, judge spacing, and copy from the board. When even one of these areas feels shaky, writing can quickly become exhausting.

Core strength

Motor + hand strength

Bilateral coordination

Hand eye coordination

Visual perception

Strong building blocks today, confident writers tomorrow.

www.lumospaediatrictherapy.com

TERM 3
HOLIDAY PROGRAM
SIGNING UP

第三学期假期小组开始报名

* Scan for Details *
扫描二维码 了解更多



Lumos X Jellystone

We are delighted to announce that Jellystone Sensory Toys are now available for purchase at Lumos at a special price. These high-quality sensory tools are loved by therapists and families alike for supporting emotional regulation, focus, and calming through safe, durable, child-friendly designs.

我们非常高兴地告诉大家：Lumos 现已开始提供 Jellystone 感官玩具，并以特别优惠价供家长选购！这些高品质的感官工具深受治疗师和家长喜爱，能帮助孩子调节情绪、提升专注力，并以安全、耐用、适合儿童的设计带来稳定的感官输入。



Clinic Favourites

Therapist curated regulation tools for home, school and everyday play.

**DIY CALM DOWN
BOTTLE
VISUAL REGULATION
CALM & FOCUS**



FOLLOW
US!



@LUMOSPAEDIATRICTHERAPY



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Strong building
blocks today,
confident writers
tomorrow.



Core strength



**Motor + hand
strength**



**Bilateral
coordination**



**Hand eye
coordination**



**Visual
perception**



Call us if you have any queries
0433 150 820