LUMOS PAEDIATRIC THERAPY

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。



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

Call us now!
Led by Speech Pathologists and Occupational Therapists.

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 Wedneday 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

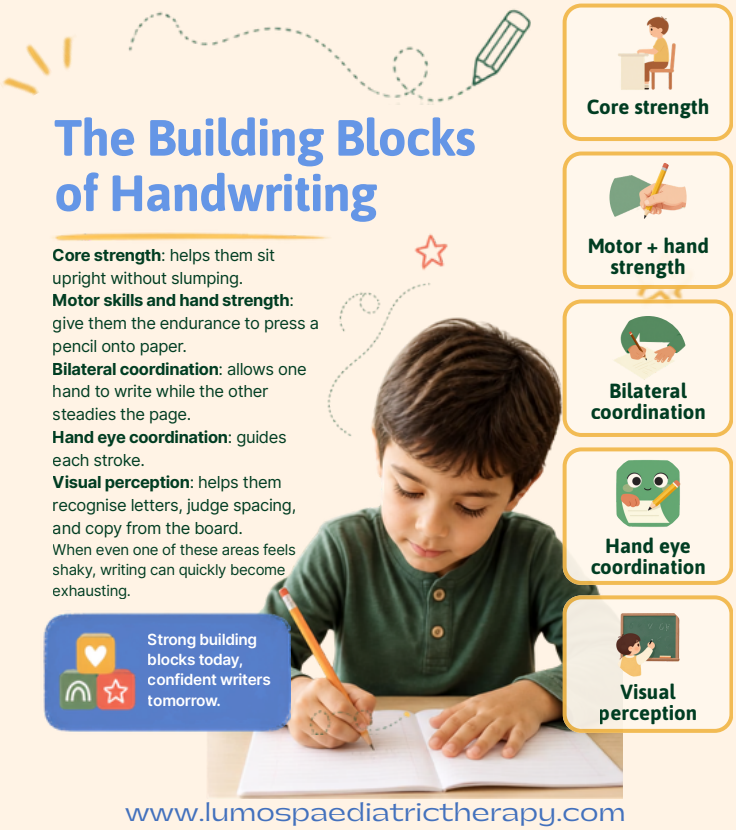
每周三的创意艺术治疗的有少量名额。治疗师透过创意表达及艺术协助孩子表达及建立情绪调节能力。

IHave 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 us 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。



Newsletter #7

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









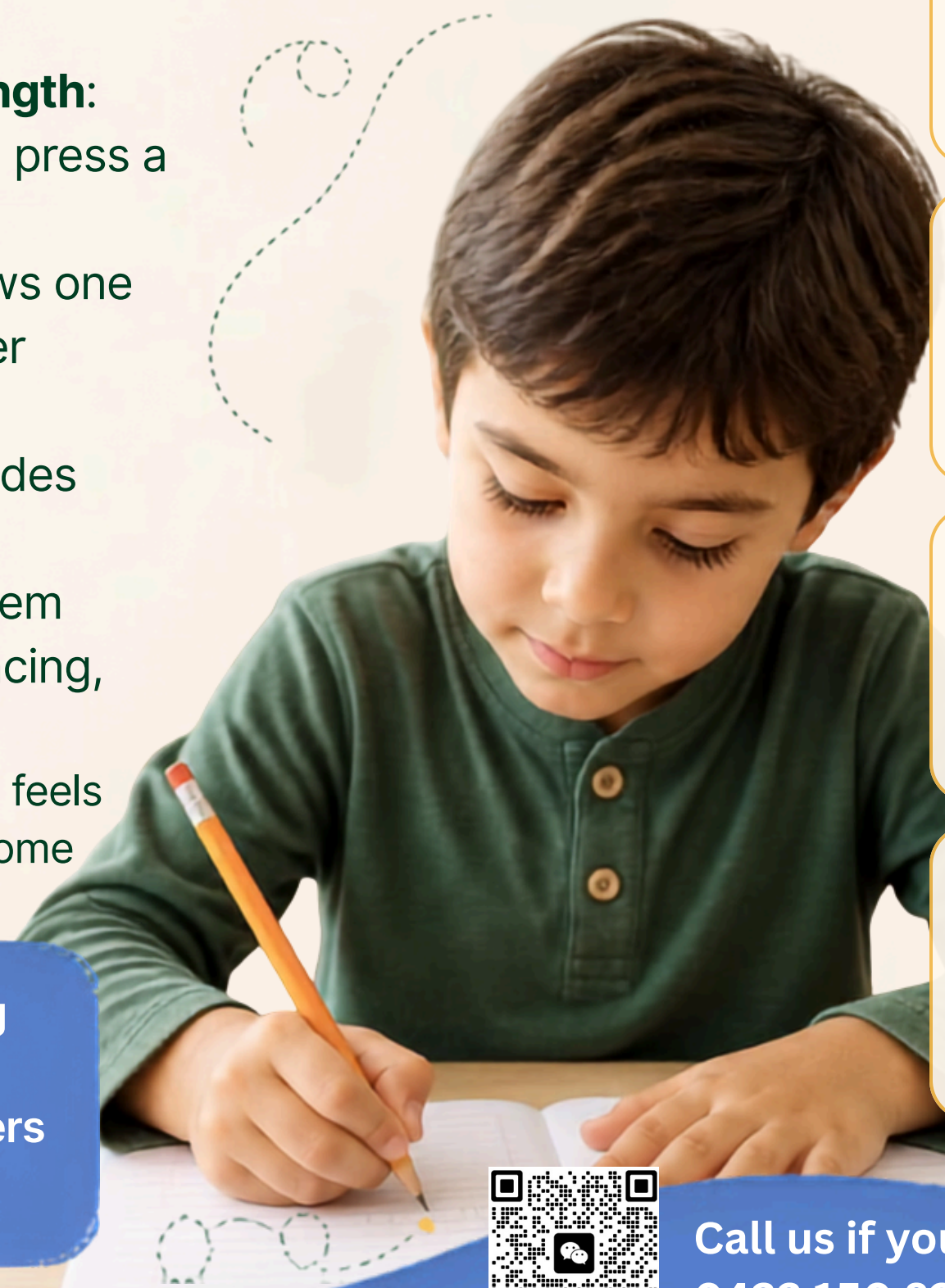
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The Building Blocks of Handwriting

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.

Call us if you have any queries
0433 150 820

LUMOS PAEDIATRIC THERAPY

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 *
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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。

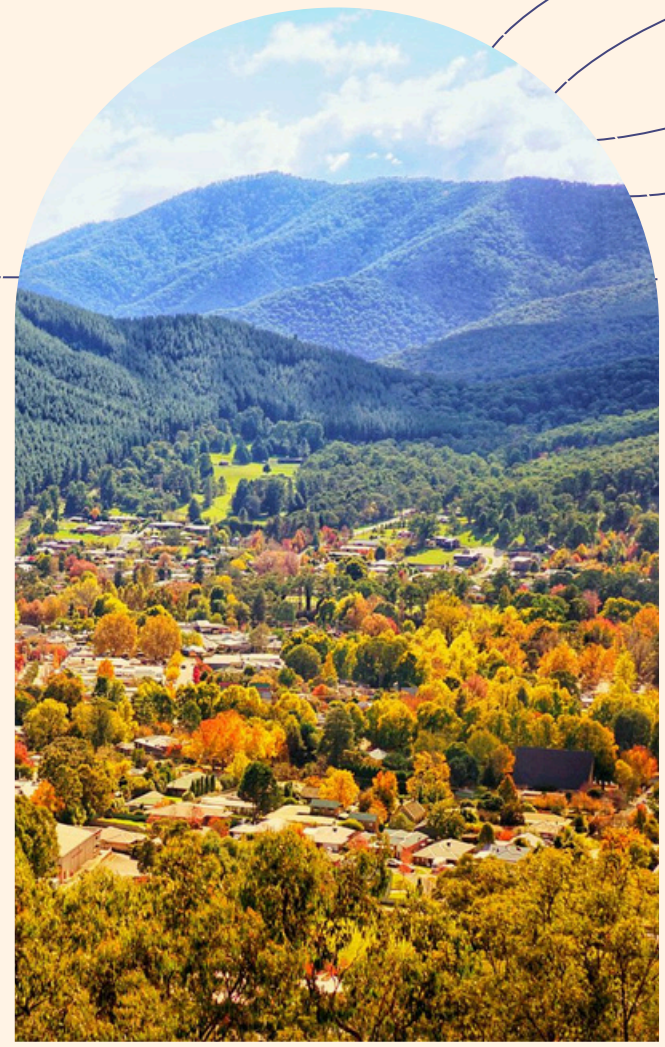
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Lumos! Newsletter

TO OUR LOVELY FAMILIES...



A Beautiful April in Melbourne

April in the southern hemisphere paints Melbourne in warm shades of red and gold. This year's autumn feels especially gentle — crisp air, soft sunlight, and a pace that naturally slows us down. As the weather cools, we prepare alongside our children for the colder days ahead.

南半球的四月，把墨尔本染成一片温暖的红与黄。今年的秋天格外柔和，空气清爽、阳光恰好，让人愿意放慢脚步，静静感受季节的变化。随着气温渐凉，我们也陪着孩子们，一起准备迎接更冷的日子。

Health Reminder

Larger temperature shifts, children may be more prone to illness.
Flu vaccines are now available
The latest nasal spray flu vaccine has been released in Australia — a friendlier option for children who dislike needles

昼夜温差加大，
孩子更容易生病。
流感疫苗已开放施打，
最新喷剂式（鼻喷）疫苗已在澳洲上市，
对害怕打针的孩子更友善。

Understanding Sandplay Therapy: Big Feelings in a Small World

On an autumn afternoon, our art therapist (Counsellor) Cynthia guided our team through a sandplay therapy experience. She opened several boxes filled with miniature toys including figurines, animals, stones, shells, plants, building tools. The room instantly was filled with curiosity and excitement.
In sandplay therapy, each object can carry symbolic meaning. These symbols don't have fixed interpretations, but they help children express emotions and experiences that may be difficult to put into words. The sand tray, with its defined boundaries, becomes a safe "canvas" where children can create freely. The blue base and soft, sun dried sand offer a calming, nature like atmosphere that helps children settle.

一个秋日午后，我们的艺术治疗师 Cynthia 带领团队体验沙盘治疗。她打开装满迷你玩具的盒子——人偶、动物、石头、贝壳、植物、建构工具……让大家瞬间进入期待的状态。
在沙盘治疗中，玩具不一定有固定意义，却能成为孩子表达情绪与经验的媒介。那只带有边界的沙盘，就像一块安静的画布；蓝色底板与柔软海沙，让人自然放松，也让孩子更愿意靠近自己的内在世界。

During the group session, Everyone was invited to choose items that spoke to themone picked a cactus, one picked a dinosaur, others picked a small boat, a fence, a crystal. With gentle prompts, we built a shared world inside the sand tray.
The room remained quiet and focused. No one spoke, and Cynthia did not comment on anyone's choices or arrangement. This non judgmental space allowed everyone to feel safe, accepted, and fully engaged. Later in the discussion, we learnt that children of different ages - preschoolers, primary school students, and teens, often express themes in their sand worlds that reflect their developmental stage. These creations offer valuable insight into a child's inner world and guide the therapeutic process.

在团体体验里，Cynthia 引导大家挑选吸引自己的玩具——仙人掌、恐龙、小船、栅栏、矿石…… 整个过程安静、专注，没有评价、没有压力。这样的空间让每个人都能安心投入，感受到被接纳的温度。
Cynthia 也分享，不同年龄的孩子常会在沙盘中呈现与其发展阶段相关的主题，这些作品帮助治疗师更贴近孩子的真实感受。



Sandplay is especially helpful for children who: 沙盘治疗特别适合以下孩子：

- Are shy or struggle to express themselves 害羞、不善表达
- Experience anxiety or emotional sensitivity 容易焦虑或情绪敏感
- Are adjusting to family changes 面对家庭变动
- Face social or school challenges 在学校遇到社交或适应困难
- Have low confidence or fear of failure 缺乏自信、害怕失败
- Have experienced trauma or major events 有创伤或重大事件经验
- Learn best through play and symbolic expression 透过游戏与象征更容易表达自己

TERM 2 SOCIAL PROGRAM SIGNING UP
第二学期社交小组开始报名

* Scan for Details *
扫描二维码 了解更多

Does Sandplay Combine with Other Therapy Approaches?

Depending on each child's needs, therapists may integrate:

- CBT (Cognitive Behaviour Therapy) To help children understand the connection between thoughts, feelings, and actions when they are ready.
- Art and Creative Activities Such as drawing or crafting characters to extend the stories created in the sand.
- Play Therapy Elements Supporting social skills, emotional regulation, and natural interaction.

This flexible approach ensures each child receives support that truly fits them.

我们会根据孩子的需要灵活运用不同方法，让治疗更贴近他们的节奏：

- CBT（认知行为治疗）技巧：在孩子准备好时，协助理解想法、情绪与行为的连结。
- 艺术创作与手作活动：延伸沙盘中的故事，让表达更完整。
- 游戏治疗元素：在自然互动中练习社交与情绪调节。







Important Reminder for Plan Managed Families

If your child is Plan Managed, please ensure your Plan Manager processes invoices before the billing deadline. NDIS does not cover late fees, so any overdue charges will need to be paid by families.
若您的孩子是 Plan Managed，请确认 Plan Manager 是否在账单截止日前完成付款。 NDIS 不承担逾期费用，若产生滞纳金将需由家长自行负担。

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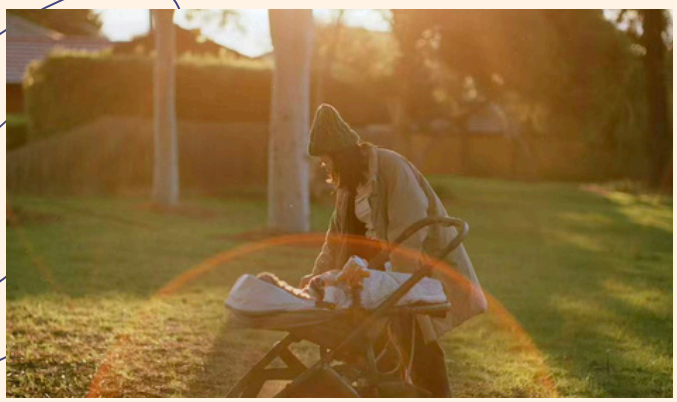
Lumos! Newsletter

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。



Newsletter #4

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

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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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LUMOS PAEDIATRIC THERAPY

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。



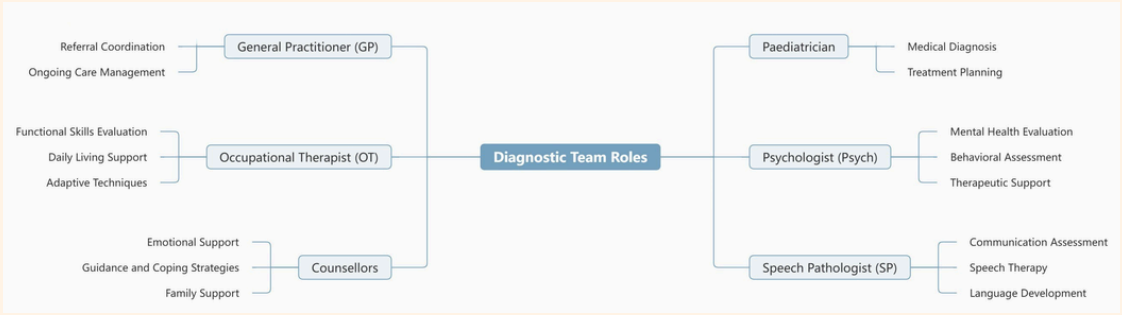
Understanding the Role of a Diagnostic Team

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 Programe

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, stepby 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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www.lumospaediatrictherapy.com

Panda Kids Discount code

Starting today, you can go to Panda Kids website to enjoy 5% off your purchase！The discount code is “LUMOS”.

即日起，只要到 诺诺官网，结账时填写优惠码 LUMOS就能享受 95折优惠！



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！

Panda Kids Discount code

Starting today, you can go to Panda Kids website to enjoy 5% off your purchase！The discount code is “LUMOS”.

即日起，只要到 诺诺官网，结账时填写优惠码LUMOS就能享受 95折优惠！



LUMOS PAEDIATRIC THERAPY

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。



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



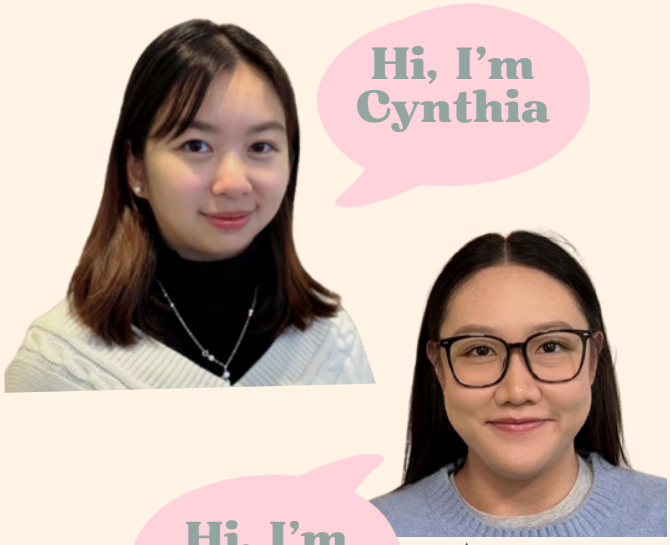
Handwriting Challenges

'Handwriting Without Tears' is a certified programe 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' 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。



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@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，帮助他们和家长放下焦虑，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。
我们将于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。



想知道更多关于养育孩子的故事?
期待下一期!

LUMOS PAEDIATRIC THERAPY

Lumos! ✧
#1 | AUG 2025

Lumos! Newsletter

TO OUR LOVELY FAMILIES...

Editor's Note

Welcome to the very first issue of Lumos Paediatric Therapy's newsletter! We're honoured to sit down with our founder, Jing, to hear her story—from her early days as an international student to becoming a passionate paediatric occupational therapist. Jing is not only the heart behind Lumos, but also the driving force that keeps our little clinic growing and glowing. (P.3)

欢迎来到 Lumos 儿童治疗诊所的第一期通讯！今天，我们有幸请到创办人 Jing，来聊聊她的成长故事和创办 Lumos 的初衷。她不仅是诊所的创办人，更是推动这片小天地不断前进的灵魂人物。(P.3)



WEBSITE UPDATE IN PROGRESS... BROWSE AS USUAL
网站升级中
欢迎照常访问



A Free Resource Just For You

Please speak directly to our friendly admin team to obtain your free visual signage for at home use.
欢迎联系我们的行政团队
即可免费领取居家使用的视觉辅助标识
Call 0433 150 820

Newsletter #1

TERM 3 HOLIDAY MINI GROUPS COMING UP
第三学期假期小班即将开始

* Scan for Details *
扫描二维码 了解更多





Kind Reminders

We understand caregivers juggle many responsibilities for your little loved ones—thank you for all that you do!
To help keep things running smoothly, please ensure invoices are paid by the due date. A late fee of $30 (out of pocket) may apply for overdue payments.
我们理解照顾者在照顾孩子的同时，还要应对各种事务——感谢您的付出与支持！
为确保服务顺利进行，请您务必在截止日期前完成账单付款。逾期付款可能会产生 $30 的自费逾期金。

In The Clinic

Cindy, our Creative Art Therapist, recently guided our team of therapists in using simple materials like crayons and paper to support children in expressing emotions without relying on words. These creative approaches are especially beneficial for children who experience challenges with verbal communication, offering a safe and gentle way to release emotions and connect through art.
艺术治疗师 Cindy 最近带领治疗团队，使用蜡笔和纸张等简单材料，体验孩子们在无需语言的情况下表达情绪。这种创意方式对那些在语言表达方面有困难的孩子尤其有益，提供了一个安全、温和的情绪释放途径，让他们通过艺术建立连接。

NDIS Update

NDIS participants are now encouraged to actively monitor their funding to ensure continued access to therapy services.
If you'd like to understand how much funding is required for your desired therapy sessions, please speak directly with your therapist—we're here to help you plan ahead with confidence. If you haven't yet signed the Updated Service Agreement via Halaxy, please contact our friendly admin team as soon as possible. We'll guide you through the process and answer any questions you may have.
我们鼓励所有 NDIS 参与者主动查看自己的资金使用情况，以确保持续获得所需的治疗服务。
如果您希望了解完成所需治疗课程所需的资金金额，请直接与您的治疗师沟通，我们会协助您做好规划。
如果您尚未通过 Halaxy 签署最新服务协议，请尽快联系我们的行政团队。我们会协助您完成签署流程，并解答您的疑问。

CHECK IT OUT ON OUR SOCIAL MEDIA

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Interview with Jing

Editor: I'm really happy to have your here to share your story. What inspired you to pursue paediatric occupational therapy?
Jing: Thank you! I'm really happy to share a bit of my journey and reflections.
Editor: How did you choose your university major?
Jing: I came to Australia as an international student. In high school, we did a career personality test, and my results pointed toward health-related fields. I considered physiotherapy, speech therapy, nursing... but eventually chose occupational therapy (OT).
Editor: Did that choice reflect any personal values?
Jing: Like many students, I wasn't sure at first. But in my final year, I did a clinical placement at a children's autism association in Western Australia. That experience changed everything—I was drawn to the diversity of kids on the spectrum and loved the challenge. It felt like a perfect fit.



编辑：很高兴今天能邀请到Jing跟我们聊聊她的故事。是什么让你决定投身儿科职能治疗这个领域呢？
Jing：谢谢～很高兴可以跟大家分享我的一点人生经历！
编辑：你是怎么选定自己的大学专业的呢？
Jing：我是以留学生身份来到澳洲的。读高中时，学校安排了职业性格测试，结果显示我适合从事健康相关的专业。那时候我认真考虑了物理治疗、语言治疗、护理等等，最后决定读职业治疗（OT）。
编辑：这个选择和你的哪些价值观有关呢？
Jing：其实我和很多大学生一样，前三年对专业没啥头绪，直到第四年去临床实习才真的有点感觉。我在西澳的一家儿童自闭症协会实习，那次经验影响很深，我第一次接触到自闭症谱系孩子的多样性，而我本身就挺喜欢挑战，因此一下子被这个领域吸引了！

Editor: What challenges in OT drew you in?
Jing: What I love most is how OT aligns with my worldview—especially the holistic approach. We don't just look at symptoms; we consider the whole child, their environment, family, and identity. Therapy isn't a rigid formula—it's built through genuine interaction. That person-centred approach feels natural, sincere, and truly effective.
编辑：职业治疗的工作听起来很特别，它的什么挑战吸引到你？
Jing：我觉得最吸引我的是职业治疗的"整体性"理念。我们不只是看病症，而是关注整个人，包括孩子的环境、家庭、身份等等。治疗过程也不是照本宣科，而是和孩子互动中慢慢建立的。这种"以人为本"的方式让我感受到治疗可以很自然、很真诚，也真的有效。

Editor: Was there a moment when you thought, "I want to be part of this change"?
Jing: Yes—during one session, I worked with a child who had very limited communication. But one day, he made a small movement and sound to try and connect with me. That moment deeply moved me. It reminded me that every child, no matter their abilities, has a desire to be seen and understood.
编辑：有没有哪一刻让你突然觉得："嗯，我想成为这场改变的一部分！"
Jing：有一次治疗时，遇到一位表达方式很有限的小朋友。但就在某次治疗中，他用微弱的动作和简单的发音尝试跟我沟通。当下我真的被触动到了——原来，就算孩子的能力受限，也有想表达自己的渴望。这体验让我意识到，每一个孩子都值得被看见、被理解。

Editor: We also know that, you pursued a master's degree in the U.S. What led you to NYU?
Jing: I wanted to broaden my perspective and deepen my understanding of OT. NYU has a strong reputation, and I was ready for a challenge—so I went for it.
Editor: How did your time in New York shape you?
Jing: Academically, the differences between Australia and the U.S. weren't huge. But culturally and practically, it was eye-opening. I worked with families from diverse backgrounds and learned how to build stronger therapeutic relationships. The U.S. system relies heavily on insurance, so treatment plans are more evidence-informed and sometimes more restricted. In comparison, Australia's system is more friendly with funding supports.
Editor: Was there someone who gave you direction or inspiration?
Jing: Absolutely! One of my professors at NYU, Professor Jim Hinojosa, is a leading figure in paediatric OT. He helped me think about long-term goals and the social impact of therapy. His guidance shaped how I collaborate across disciplines and advocate for children.



编辑：后来你去了美国攻读硕士，是什么促使你选择到纽约大学继续深造呢？
Jing：本科毕业后我想多看看世界，也想更深入了解职能治疗这门学科。纽约大学在这方面很有声望，加上我也想挑战一下自己，就决定去纽约念书了。
编辑：在纽约的学习生活，对您有什么特别的影响吗？
Jing：理论课程方面，美国和澳洲差别不大，但生活和实务经验差异蛮明显的。美国文化的多元性让我接触到各种族群的家庭，也学习如何建立更好的医患沟通方式。另一方面，美国的医疗体系很依赖保险机制，也因此在治疗方式上更强调循证医学（evidence-informed），治疗方案更受限制，相较之下澳洲的系统还是更宽容一些。
编辑：有没有某个人或某个时刻特别给了您力量或方向感？
Jing：有的！我在纽约大学的指导教授 Jim Hinojosa，是儿科职能治疗领域非常有影响力的一位专家。他让我第一次深入思考治疗的长远目标和社会影响，也学到了很多跨专业合作的技巧。他的鼓励和指导对我后来真的有很大的帮助。

Editor: Many parents wonder—Is early intervention only for children with obvious symptoms?
Jing: That's a great question. Early intervention isn't just for children with clear diagnoses. Often, a child's development is simply different—not "abnormal." Our goal is to support their growth, confidence, and help families understand their child's unique needs. Therapy isn't about "fixing"—it's about empowering and walking alongside each child at their own pace.

编辑：早期干预和所谓的治疗是不是只适合有明显症状的孩子？
Jing：这是一个很好的问题！其实早期干预并不只是针对"有明显症状"的孩子。很多时候，孩子的发展呈现的是一种"不同"而不是"异常"。我们希望通过早期支持，帮助孩子更顺利地适应环境、建立自信，也让家长更了解孩子的独特需求。治疗不一定是"修复"，而是"陪伴"和"赋能"。每个孩子都有自己的节奏，而我们要做的，是在他们的节奏里，给予最适合的支持。

Curious about the story behind Lumos Paediatric Therapy? In our next issue, Jing takes us back to her roots in China, sharing how cross-cultural experiences continue to shape her vision and approach to care.

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