

F Family CUS

We had our second Family Focus Friday meeting for Term 2 at Bridge Road School. Parents and carers enjoyed a morning tea of homemade muffins thanks to one thoughtful mum.

Families talked about feeling judged by other people, and were supported by group members letting them know its ok to help your child with tools like checklists, sensory toys and calm down strategies.

They also chose to talk about the challenges of when kids are 'hyper' or elevated. They brainstormed ways to help kids get calm, like reading together or going for a walk. They talked about the value of doing regular activities outside school that use up energy in healthy ways and help prevent a build-up of excitement.

They shared some activities that work for their kids including:

- Scouts
- Baseball/softball
- Swimming
- Badminton
- Many surf lifesaving clubs runs inclusive nippers program for kids who need extra help to participate: <https://www.surflifesaving.com.au/clubs>
- Autism swim: <https://autismswim.com.au/>
- Skillz 4 me: a free after school sports and social skills program in the Sutherland shire: <https://skillz4me.com.au/>



Family Focus Friday is facilitated by our school counsellor Anneke Porter.

The next meeting is Friday 9th August at 10:30. We hope to see you there!

If you have any questions you can call Anneke on 9519 8389 on Tuesday or Friday.