



What is the Growing Healthy Kids Team?

The Growing Healthy Kids (GHK) Team is a FREE SERVICE comprised of a group of health professionals who work with parents and caregivers to develop children's skills and confidence. We work with children and their families between 0-8 years of age. The GHK team are based in Clare but travel all over the region; the region covers north to Hallett, Spalding & Redhill, south to Two Wells, Dublin & Hamley Bridge, east to Burra, Saddleworth & Riverton and west to Snowtown, Lochiel & Port Wakefield.

Who is involved and what do they do?

The team consists of an Occupational Therapist, Speech Pathologist, Dietician, Physiotherapist, Social Worker & Podiatrist.

When working with children, an **Occupational therapist** focuses on functional activities a child does during their normal day and the relationship of these activities to a child's development and health. Occupational Therapists are trained to assess and promote the development of play and learning skills, fine motor skills, visual perceptual skills, sensory skills, and self-care skills.

The **Speech Pathologists** work with children to assist with their speech and language development. They also can assist families with ideas around feeding.

Dieticians work with children on any food related issue. Often this is helping families with fussy eaters, in providing support and suggestions for how to encourage a child to eat more variety. Dieticians are also available to provide ideas on healthy snacks, lunchbox ideas and family meals.

A paediatric **Physiotherapist** works with children and their care givers to assist with the normal development of a child's gross motor skills (big movements of the body). This includes looking at different positions (eg. sitting, standing), movements (eg. rolling, crawling, running, hopping), balance, muscle strength, muscle flexibility and coordination.

The Children's and families **Social Worker** helps the team provide therapy and support services to families. The social worker is also able to offer parenting support, either on a 1.1 basis or in the "care and share parenting group" which has been running for the last three years in Clare and is a great opportunity for parents to come together and support each other in a safe and nonjudgmental environment.

The **Podiatrist** can assist children and families with encouraging healthy foot development. This may range from advice on suitable footwear for children to suggestions on what to do if your child is pigeon toed.

How do I contact the Growing Healthy Kids Team?

Look for us out and about at Busy Bee Screening days, Teddy Bears Picnic, Playgroups and many other places around the region or you could call Yorke & Lower North Health on 88426500. If you have any concerns, you can refer your own child by calling **Healthlink on 1800 003 307**.

