

# The Scottish Centre for Children with Motor Impairments



## Inreach Programmes

### **EARLY INTERVENTION PROGRAMME**

#### **Why is Early Intervention Important?**

The first few years of a child's development are hugely important, as this is when they begin to learn the skills they will use throughout their life. For a child who has movement or co-ordination difficulties, early intervention (i.e. beginning to assess and work with the child) helps them to develop good habits and develop their abilities. This is why the Centre has established an Early Intervention Programme, providing assessment, therapeutic activities, advice and evaluation for children up to the age of four years.

#### **Parent & Baby Service (Children under 1 year)**

The Parent & Baby Service is a weekly service for children under the age of one year, accompanied by their parents. Working with the child according to their individual needs to address all aspects of their development, the focus is on posture and movement skills. The group enhances parent-child bonding and helps parents understand how to encourage their child to move correctly throughout the day and night. It's also a good opportunity for parents to meet other people in a similar situation, and to access the Family Support Service.

The Parent & Baby Service is offered free of charge to families, thanks to donations made to and fundraising carried out by the Friends of the Craighalbert Centre. For more information on fundraising, [please click here](#).

#### **Parent & Child Service (1 – 4 years)**

This group, for children aged one to four years and their parents, provides a happy, secure, informal and enjoyable environment for children, parents and staff, and offers up to four three-hour sessions per week. The focus is on establishing good posture, developing balance and movement control and learning basic life skills, all of which helps the child's confidence and self-esteem. The group also encompasses educational development, working to a pre-nursery curriculum.

The Parent & Child Service allows parents to gain a detailed understanding of their child's condition and potential, as well as learning how to use activities from the sessions in their home environment. It's also a good opportunity for parents to meet other people in a similar situation, and to access the Family Support Service. The aims of the group are:

- assist the development of looking, listening and other communication skills
- develop good patterns of movement
- develop an upright posture
- develop hand skills
- establish feeding, toileting and dressing routines
- assist both the child and parents in developing positive attitudes
- introduce the child to an appropriate [pre-nursery curriculum](#)

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## **Pre-Nursery Group – Child Only Service (age 2 – 3 years)**

The Centre's current pre-nursery provision requires the attendance of a parent or other family member/carer. However, we know that it's not always possible for parents to attend the Centre due to other commitments, so we're looking into the possibility of providing a pre-nursery service for children aged two to three years that they can attend without their parent. Please continue to check the website for updates, or contact Anne Taylor or 01236 456100.

## **OTHER INREACH SERVICES**

### **Week-long/Weekend Programmes (3 – 18 years)**

As children grow, their abilities and needs change. Our week-long and weekend programmes take place in age-appropriate groups and are custom designed for each child, working to maintain, develop and enhance their physical abilities through a physical programme that includes hydrotherapy. Designed for children and young people attending their local mainstream schools and/or unable to attend the Centre on a daily basis, the programmes currently have 40 participants from across Scotland, some of whom have been attending for over ten years.

Participants in the week-long programmes visit the Centre for one week up to four times a year; the weekend programme takes the form of a monthly Saturday School ten times a year. Each week-long and weekend programme is individually designed to be activity- and age-appropriate.

As well as physical skills, the week-long and weekend programmes encourage the development of social skills, communication, peer and emotional support, as well as enhancing independence through a range of self-help skills. Study time is incorporated into each day of the week-long programmes to allow time for the child to continue with their school work.

Parents are welcomed and encouraged to participate in all aspects of the programme, giving them the opportunity to continue to learn and adapt to the changing needs of their child, and to receive advice and guidance from staff and from the Centre's Family Support Service. Staff from the child's local school or nursery are also encouraged to attend, which helps in the transfer of new skills to the child's everyday environment. At the end of each week-long placement, a progress report is produced, which helps Craighalbert staff and staff from the child's school to discuss progress and development.

Family accommodation is available at the Craighalbert Centre for families attending week-long placements. Please enquire for further details.

To view forthcoming dates for Weekend Programmes, [please click here](#).

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## **Siblings Group**

Many parents of children with additional needs are concerned that their other children may miss out on the usual level of parental attention, and that these children have unique personal needs of their own that require attention, understanding and support. The Siblings Group was set up to address these needs, giving children the opportunity to explore their feelings within a secure and understanding environment. The Siblings Group uses a range of play, art and music activities to allow children to express themselves; the group also gives participants a social network within which their family situation is understood, and they are free to express their thoughts and feelings in a non-judgemental environment.

The Siblings Group is offered free of charge to families, thanks to donations made to and fundraising carried out by the Friends of the Craighalbert Centre. For more information on fundraising, [please click here](#).

For further information about any of the above services, please contact:

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