

the yard Sandpit-Soft Play
- Go-Karts

An adventure play
centre for children and
young people with additional support
needs and their families.

Build • Slide • Climb • Whizz around – Have Fun

Open 6 days a week during the holidays
Visit us soon www.theyardscotland.org.uk
0131 476 4506

Will your children be Tree Climbing this summer?

*Jane W Oliver, a learning
differences therapist,
recommends it!*



The PCT Partnership

A course for women returning to work

Are you looking to return to work after a break?

If you want to feel confident about relaunching your career, develop your computer skills and update your CV and interview technique, then The PCT Partnership's 'Women Returning to Work' course, starting in September 2012, is for you. The 10 week course is funded by Skills Development Scotland and is free if you live in Edinburgh/Lothians.

**Call The PCT Partnership on 0131 622 6240 or
email training@thepctpartnership.co.uk**

Physical ability continues to be researched as having a correlation with academic ability. The great outdoors is a playground for learning, developing our physical abilities and our academic skills. To climb a tree involves balance, focus and attention skills, confidence, visual ability and self-discipline. Are these not attributes that our children require to achieve success in academics?

With all the advances in technology being readily available our children are developing more quickly and exposure to so many stimuli can develop one-sided learning. What is important here is that our children are developing without possessing the necessary skills to help them achieve and reach their true potential both physically and academically.

In almost every classroom there will be a child who has difficulty with co-ordination, balance and movement; this is known as Dyspraxia or Developmental Co-ordination Disorder. Dyspraxia affects around 10% of the population (Dyspraxia Foundation). For the majority of those with Dyspraxia there is no known cause. Up to date research suggests that it is due to an immaturity of neurone development in the brain.

Fiona Anderson (MA Hons)
Interview Skills Consultant

Returning to the workplace, and
nervous about job interviews?

I can help.

07900 974421
www.anderson.gb.com

How do I recognise if my child has Dyspraxia?

- Late at reaching milestones – rolling, sitting, standing, walking, speaking
- Unable to run, hop, skip, jump, catch or kick a ball
- Difficulty with zips/buttons/getting dressed
- Falls over frequently
- Poor pencil grip
- Avoids PE and games at school
- Attention /memory difficulties
- Writing and copying from the board is a challenge
- Unable to remember and /or follow instructions
- Poor organisational skills
- Language skills – difficulty pronouncing words and may stutter.

These are some of the signs that may be associated with Dyspraxia, if you think your child falls into these areas, it is important to take action and discuss this with nursery/playgroup or your child's school. Your school or Doctor can put you in touch with an occupational therapist, and the OT can assess your child and provide therapy to help your child succeed.

How can you help your child?

- With dressing – buy clothes with elastic waist bands, trousers/skirts with a distinguishing pattern or pleat to easily identify the right way round. Tops with wide neck holes, baggy t-shirts and shorts that are easy and comfy to wear.
- With eating – only fill cups half way – avoiding spills. Sit down when eating
- Organisation – keep to a daily routine, use only one instruction at a time. The use of visual aids as a reminder of daily activities posted in rooms is really useful.
- Give clear instructions, you may need to teach your child how to start an activity over and over.
- Catch and throw balls, use rhythm – counting or song to reinforce movement patterns
- Encourage your child to self-challenge – did you beat your record?
- Focus on teaching your child the skills that will lead to taking part in team sports
- Positive praise, rewards and encouragement in abundance.

Ravivworks
Overcome Learning Difficulties

Does your child need help with:

- Reading - Dyslexia
- Co-ordination/Movement - Dyspraxia
- Writing - Dysgraphia
- Mathematics - Dyscalculia
- Memory & Organisational skills
- Self - Esteem

At Ravivworks we provide practical help to overcome learning difficulties with targeted, challenging and fun based exercises using the Raviv Method and Bal-A-Vis-X, Rythmic, BALance, Auditory, ViSiOn, eXercises.

**For more information or to book your
FREE 1 hour consultation contact:**

Jane W Oliver
07512311317 | jane.wexo@virgin.net
www.ravivworks.co.uk

Jane W Oliver is a learning differences practitioner in Edinburgh and helps students to overcome learning difficulties such as dyslexia, dyspraxia, ADHD, and ASD. Jane focuses on movement based programmes the Raviv Method and Bal-A-Vis-X, BALance/Auditory/ViSiOn/eXercises which addresses rhythm, balance, focus, vision tracking deficiencies, midline crossings in three dimensions, and FUN – in essence the building blocks of physical, academic and social learning.

**For more information contact Jane W Oliver T:07512311317
E: jane.wexo@virgin.net www.ravivworks.co.uk**