

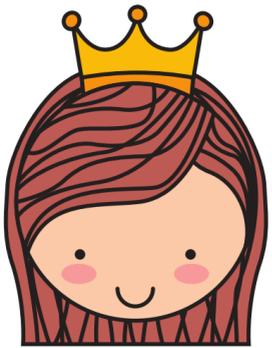
A Child's Playground

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A few years ago if any one asked me what SPD was I would of probably answered with a brand of tin fruit. It wasn't until our litle family went on a very long journey.



Let me tell you our story

Once upon a time in Canville, lived a King called Sir Trello and his lovely quiet spoken Queen Josie. Happy times were being made by the King and Queen of Canville with their 2 lovely daughters Princess Thea and Princess Taya.

Then one proud day all the bells rang in the kingdom for the news of a new Princess had arrived.



Princess Migzy had arrived to a extremely happy new family.

Princess Migzy was a very happy baby most of the time, but she did not like loud noises, or bright lights, she loved french fries but not mashed potato. She would only wear certain socks, ooooooh and shoes what an uncomfortable thing to have on her feet.

Time for swim lessons started at 8 weeks, we played we splashed so much fun to be had.

But when it came to getting things off the bottom she would not come back. She was a little fish that loved the feeling of the water on her skin and to be at the bottom of the pool was oh so much safer.



Bubble bubble
wiggle wiggle





Then the time came for Migzy to start school. The first year was awesome, her Pink sight words were brought home every night on pink paper and she studied them so hard and loved to get them right. Then her purple ones on purple paper.

She was the class police woman keeping everyone inside the rules. Helping and assisting was her favourite thing to do.

Then came grade 1.

Well how things suddenly changed. All of a sudden Princess Migzy didn't want to go to school any more.

Her confidence was rocked and tantrums that a 2 year old would be proud of. Flew daily.



All of a sudden Princess Mizzy was anxious and nothing could settle her.

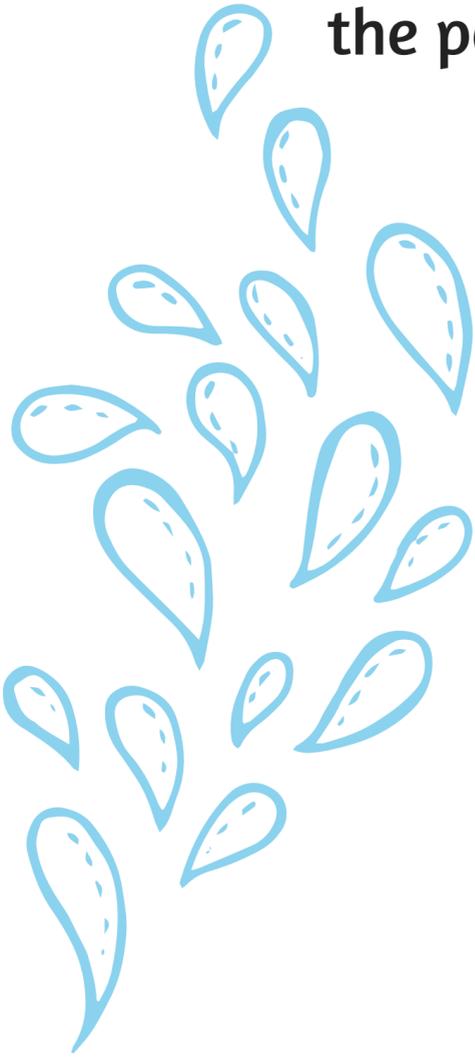
So off we went for the start of testing

- ✓ 1. Hearing
- ✓ back to the GP
- ✓ 2. Optometrist
- ✓ 3. Behavioural Optometrist
- ✓ 4. Vision Therapy
- ✓ 5. Irlens
- ✓ back to the GP
- ✓ 6. Chiropractor
- ✓ 7. Kinesology
- ✓ back to the GP
- ✓ 8. Occupational Therapist
- ✓ back to the GP
- ✓ 9. Paediatrician
- ✓ back to the GP
- ✓ 10. ENT
- ✓ 11. Psychologist
- ✓ 12. Neuroptimal



The only time Princess Migzy was truly happy was when she was playing, exploring and learning in the pool.

Mermaids were her favourite game to play. Being at the bottom of the pool, wiggling. The silence was bliss.



Princess Migzy was diagnosed with Hyper Sensitive Sensory disorder. On a special day a Queen from another land declared "From this day forward known as Hyper Sensory Diversity"

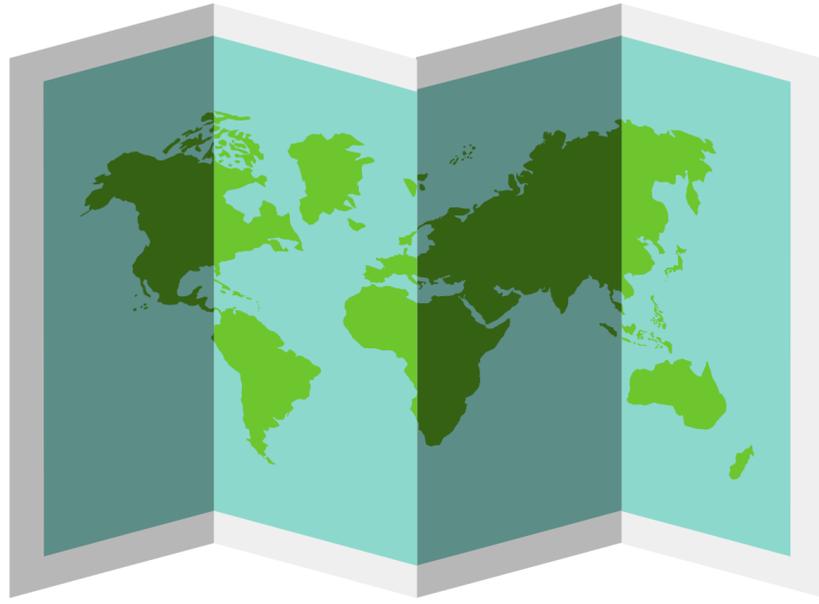
One day Princess Migzy was sitting out in the beautiful garden crying, her Mum went out to the garden to find her.

"What is wrong my beautiful girl?" her Mum asked.

"I want you to show me my birth certificate" said the Princess

"OK, but can I ask Why?" asked her Mum

"I know I am different and I know I have autism why won't you just help me, show me and stop hiding it, I can't do anything right, I may as well go and live in Cantville"



"Oh my darling, you may be different and you may not like lights, or noise or texture. But my beautiful girl you are special. You may have to wear purple glasses, but purple is your favourite colour. You may find reading hard, and spelling harder, you may find the kids being mean but you are a strong and healthy girl."

So the Queen went in search over all the lands to find something that would help her beautiful gain her confidence again.

In London she found AquaSensory a specially designed program to develop, learn and explore in the water for children with Sensory diversity.

In Sydney she found another mum who was on the same journey with her daughter. They both found Neuroptimal, a brain training program to regulate the brain to help with her anxiety.





Then along came a wise old lady who showed the Queen how how to meditate and set goals to become positive. The lovely wise old lady showed the Queen how to join all of the skills she had learnt in her life coaching journey and help Migzy learn how to be positive and confident.



The Queen returned home to put all her study into action

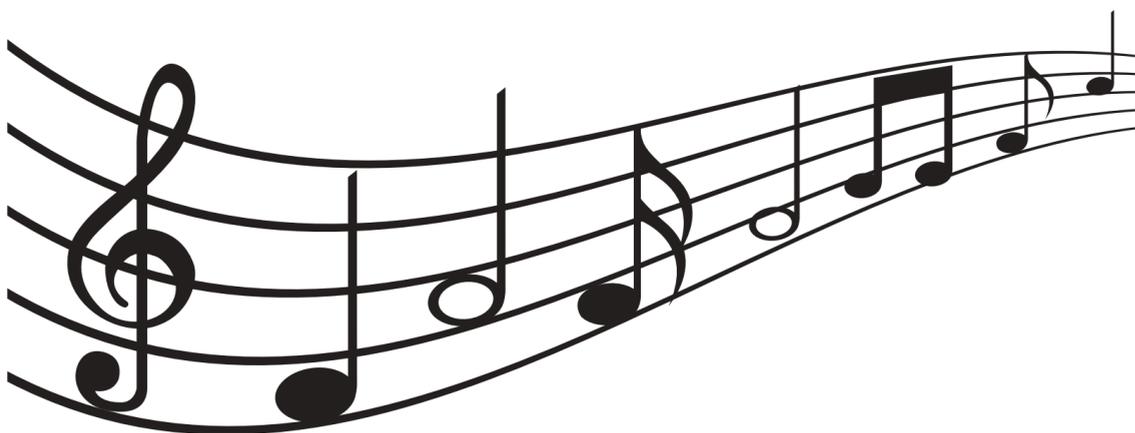
AT THE
pool



This Story is still a work in progress as every day Princess Migzy is continuing to learn, develop and explore new ways to be positive.

The King and Queen were so excited yesterday when Princess Migzy came home from school and proclaimed
" I got a goal in hockey today, I am a great hockey player"
"yes , yes you are! " They cheered happily

Dancing round the room she sang
" I am a great dancer,
a great swimmer,
and a great soccer player
ooooh and I must go
to read my puppy a story"



What is Aqua Sensory?

Aqua Sensory is unlike any other traditional swimming programme or dry land sensory class. In fact, our objective during the course, will not be to teach your child to swim, but to unlock your child's potential development for life. It combines traditional dry land activities like music, massage, singing, signing, discovery play and movement in the swimming pool, which is in fact – a natural multi-sensory environment itself.



Aqua Sensory has been written in conjunction with many experts in their fields from; health visitors, occupational therapists, early year practitioners and psychologists. You will

Aqua Sensory not only a fun class to participate in, but a programme where you can tune in and learn all about your child's development. Achieving a Balance: Cognitive, Physical, Social and Emotional Skills



It is a worrying trend for our children of today, many of our children are simply not reaching their full potential. Health visitors are reporting advanced preschoolers due to early exposure to technology, but this comes at a price as many have delayed physical skills.

Schools in the key stage years are also highlighting children with; poor vision, balance, clumsiness and anxiety issues.



Sensory disorders are also on the increase, but did you know that many of these disorders could be helped greatly with the right environment during the crucial preschool years.



We will explore different themes like Pirates, Bugs, Space and Jungle you will be asked to “stand back” and allow your child to explore and take the lead.

This child-led way of learning is crucial for their development. We will show you how to guide them around the activities, how to talk to them and how to encourage new ways of exploring. They will be exposed to many sensory activities, which will enable you to tap into their enjoyment. If they respond to one activity over the other, feel free to spend more time and explore this more. You will find Aqua Sensory acts as a ‘sign post’ to develop your child’s interests and learning potential.

You are their role model, we will show you how to build their confidence and self esteem.





What is NeuroOptimal?

The NeuroOptimal® proprietary neurofeedback system is a highly personalized brain training software that prompts the central nervous system to help make the best use of your brain's neural resources. Neurofeedback training for the brain is similar to physical training for the body.

Neurofeedback measures the brain's electrical waves. It may be used to treat people with ADHD by training them to use their brains differently. Brain function and behaviour impact each other. Therefore, changes in behaviour can change the brain, and changes in the brain can change behaviour.

Neurofeedback for anxiety. Neurofeedback, also called EEG biofeedback or neurotherapy, is a research proven way to help you improve your brain function through intensive brain training exercises. Although the technology is complex, the process is simple, painless, and non-invasive.

Yes, neurofeedback is completely non-intrusive and safe. In the same way that muscles strengthen after use, neurofeedback strengthens neural-pathways with specifically tailored exercises. It is simply a learning technique. ... However, as with any form of exercise, there can be 'side-effects'.

Want to know more on how we can help you
Contact us

Our SHIP program

Super
Hero
In
Progress



Sometimes our little ones just need a little more one on one time

Our SHIP program is 1/1 swim classes

15 minute class

Focusing on just your child and what they need today!

We still work towards becoming a SuperHero and learning all our swim skills but we do it at the child's pace.



To book a Ship class

email tjsswim@gmail.com