

A woman with dark hair is leaning over a yellow table, assisting two children with a craft project. The children, a boy in a white shirt and a girl in a green shirt, are focused on their work. On the table, there are various craft supplies, including a blue container filled with colorful pom-poms and a wooden board. The background shows a bright window with greenery outside.

Individualized Child Care & Parenting

Individualized Child Care & Parenting Support Services

The first couple of years of life are a period of incredible growth in all areas of a child's development. However, this is also a time when many parents need support and guidance as they face parenting, perhaps for the first time. There is a steep learning curve for all parents. This can be magnified when faced with a child who has specific needs, requiring early recognition and early intervention.

Whilst development manuals outlining milestones are a valuable tool, each child is an individual and will unfold their own unique characteristics and capabilities at their own pace.

SmartKids have specialised child care centres which focus on the individual child within a group setting; but some children and /or parents can benefit from a little extra support.

For this extra support, SmartKids has organized a dedicated and specialized team. With their international training and educational background team members can assist and guide parents /caretakers and children with a special set of additional resources and coping strategies. They can provide guidance to a better understanding of some of the typical challenges faced in the early years of childhood and/or parenthood.

This brochure is to inform you briefly about some of the specialist support services that SmartKids, International Child Care Centres, can offer.

All our therapists are professionals educated in the study of human communication, its development, and its disorders.

Please contact us for an appointment via our INTAKE Person
Joke (Yoko) Otter van Zuijlen

International Child Care Centres SmartKids; early childhood educational specialists, offers children a safe and joyful place where they "play to learn"© and offers parents support and information with respect to the development of their children.



PLAY THERAPY

What is Play Therapy?

Growing up can be a fun and exciting time. However, children also experience difficulties as they develop in today's world.

Play therapy uses the natural communication language of children, play, to help children express themselves, their emotions and their experience of the world. The child is given strategies to cope with difficulties they face in life and which they themselves cannot change. Children often do not have the ability to label and process their emotions and difficulties through speech. They can and do, however, communicate through their play. Essentially, Play Therapy aims to enable children to help themselves in the language they are comfortable with.

Neuroscience research shows that more brain centres light up in response to metaphor than any other form of human communication forming new neural pathways. (Levin, F 1997 and Modell, A.H 1997). Symbolic / fantasy play with its use of metaphors provides new experiences that develops the brain/mind. Similarly creative arts therapies help in the same way. They are also used to unlock children's potential and make sense of their life experiences. The child can express their feelings without having to use words. (Playtherapy.org).

What happens in Play therapy?

The Play Therapy Toolkit™ is a variety of resources and mediums which the child is offered to facilitate expression. This can include: Sand Tray/Sand Worlds, Clay, Creative Visualisation, Therapeutic Storytelling, Art, Dance and Movement, Music, Puppets and Masks, Drama and Role Play. The therapist creates safe, confidential and caring environment to allow the child to play with as few limits as possible but as many as necessary (for physical and emotional safety).

Who is Play Therapy for?

Play therapy can help a wide range of children with a variety of circumstances, behaviours and difficulties. It is most commonly used for children between the ages of 3 and 11. Reasons for referral may include disruptive behaviour, consistent tearfulness, hyperactivity, behavioural bed wetting (not medical), difficulties in peer relation and socialising, temper tantrums, sleep difficulties, low self-esteem, fears and worries and a reluctance to play. Play therapy can also be used for children who have experienced illness, bereavement, separation /divorce, trauma or abuse and children who have been or are in the process of being adopted.

The aim of Play Therapy is to decrease those behavioural and emotional difficulties that interfere with a child's normal functioning. Play therapy can help to improve impulse control, verbal expression, self-understanding and self-regulation, capacity to trust and relate to others and provide constructive coping strategies.



SPEECH-LANGUAGE THERAPY

Effective communication- the ability to understand and be understood- is fundamental to all aspects of human development and functioning. Most young children develop the majority of their speech and language skills during the first five years of life, and as such, speech and language development in children can easily be taken for granted.

Communication difficulties are the result of problems with speech, using and understanding language, voice, fluency, hearing, or reading and writing. Families with young children who are at risk for or have disabilities should receive developmentally supportive care that addresses a broad spectrum of priorities and concerns, including Speech-Language Therapy.

Speech-Language Pathologists (SLPs) have a central role in providing services and supports for families and their children with disabilities. SLPs are licensed healthcare professionals who complete a Master's Degree at a university in the field of Speech-Language Pathology. They may also need to complete additional training to be a certified Speech-Language Pathologist in their country of origin. A certified SLP is qualified to assess and treat individuals with a variety of communication delays and/or disabilities in any of the following areas:

- Speech Sound Production
- Fluency
- Voice
- Language Delays (Expressive and/or Receptive)
- Feeding and Swallowing
- Cognitive/Language Deficits
- Accent Modification (this is an elective procedure and does not indicate a disorder).

What is a Speech Disorder?

A speech disorder is an impairment in the production (articulation) of speech sounds, fluency or voice.

- Articulation and phonology disorders are errors in the person's speech sounds. For example, a person may say "w" for "r" (wabbit instead of rabbit).

- Fluency or Stuttering is the repetition, block or prolongation of part or whole words.
- A disorder of the voice includes loudness, quality, pitch, and respiration and resonance. Whereas resonance refers to the nasality of the voice.

What is a Language Disorder?

Language disorders are defined as either expressive or receptive. Receptive language disorders refer to difficulties understanding or processing language. Expressive language disorders include difficulty expressing wants, needs or thoughts and using language in a socially appropriate way.

- Feeding and Swallowing Disorders can include difficulties in feeding, suckling, chewing, tongue control, and swallowing.
- Cognitive/Language Deficits relates to attention, memory, sequencing, problem solving, and executive functioning skills.

For many children, speech-language therapy significantly facilitates functional communication development. It not only improves the child's ability to communicate and interact with others, but it also has a positive effect on the child's social and emotional development. Parents are often surprised at how quickly they see changes in their child as a result of therapy.

The services we can provide include:

- Assessment/evaluation through standardized and informal testing
- Consultation with parents
- Treatment, intervention and management.
- Collaboration with teachers and other support professionals
- Documentation of progress
- Referral to other specialists



EDUCATIONAL THERAPY

Educational Therapists are highly trained, professional individual who through careful listening, observation and interaction seeks to discover patterns, habits and thinking processes that maybe interfering with learning and/or optimal achievement.

The Educational Therapist then assists the client to fill in gaps in instruction, discover learning strengths, introduces new learning habit and behaviours and developing strategies to cope with learning difficulties.

Some of the issues addressed by an Educational Therapist are as follow:

- Learning Difficulties: Dyslexia, Non Verbal Learning Disorder, Reading and Writing difficulties and difficulties with basic Math skills
- Attention Deficit Disorder
- Conditions such as Asperger's and William's Syndromes and Fragile X
- Language and Auditory Processing Problems
- Low academic Self Esteem
- Poor Organizational and Study Skills
- Poor Social Skills
- Poor Motivation
- School Placement and Retention

Tutoring Vs Educational Therapy

Educational therapy is often confused with tutoring, but it is very different. A tutor is usually a general education teacher who is trained to deliver instruction in a very limited subject or skill area to help a struggling student, or can be knowledgeable in a wide range of academic subjects.

Education therapy on the other hand is an intensive, corrective approach that rebuilds a student's knowledge base from where his or her instructional level is at the moment.

Based on the diagnostic/prescriptive approach to instruction, the remediation identifies the student's academic gaps and/or skill level. The instructor then targets and addresses these weaknesses directly using special methodologies such as The Spalding Method for teaching Speech, Reading and Writing and the Orton-Gillingham Program - a structured, sequential multisensory teaching of written language.



PARENTING

Parenting does not always come naturally and for sure is not easy. Being a parent takes practice and patience. There are a range of support services to aid parents raise happy healthy children.

SmartKids specialists win in ONE2ONE sessions and or group sessions / presentations offer parents / caretakers guidance on subjects like

- Aggression and Defiance.
- Anxiety, Fears, and Phobias
- Childhood Stress
- Children who are slow-to-warm-up
- Developing your child's Self-Esteem
- Disciplining your child
- Eating Disorders
- Helping kids deal with Bullies
- Helping kids handle Worry
- Helping your child through a Divorce
- How to handle transition to or from Vietnam?
- Inconsolable Crying
- Is your child Too Busy?
- Preparing your child for a New Sibling
- Raising Confident kids
- Separation Anxiety
- Sibling Rivalry
- Sleeping disorders
- Teaching your child Tolerance
- Tips for Divorcing Parents
- Understanding Depression

Or deal with how to deal with behaviours like:

- Surviving the Teen Years
- Bedtime Basics
- Binge Eating Disorder
- Breath-Holding Spells
- Compulsive Exercise
- Delayed Speech or Language Development
- My Toddler Won't Go on the Potty!
- Helping Kids Cope With Cliques
- Obsessive-Compulsive Disorder
- Sportsmanship
- Taming Tempers
- Teaching Your Child Self-Control
- Temper Tantrums
- ADHD
- Your Child's Habits



PSYCHOLOGIST

Family Psychology is a specialty that is focused on the emotions, thoughts, and behaviour of individuals, couples, and families in relationships and in the broader environment in which they function.

The practice of family psychology takes into consideration the family's history and current environment (e.g., family history, ethnic culture, community, school, health care system, and other relevant sources of support or difficulty). Family psychologists strive to understand the issues presented not only from the perspective of the presenter but as well through understanding the contexts in which these issues have developed.

Clinical Problems that Family Psychologists may address are:

- Schooling problems of youngsters
- Behavioural problems of children or adolescents
- Parenting problems and concerns
- Adaptation challenges of caring for a family member with a serious psychological or chronic health problem
- Managing life in a new environment or setting
- Problems in relationships between a sub-set of family members
- Problems in communications between two or more persons

Child psychologists work specifically with children by studying their mental and social development. Child development is a multifaceted, integral, and continual process of change with the hope that children in therapy will become able to handle ever more complex levels of moving, thinking, feeling, and relating to others. A child psychologist can help children cope with adjustment, behavioural, and developmental issues.

Since child psychologists are not medical doctors, they do not prescribe medication. They may, however, help the child cope with and adjust to medications that they are prescribed by their physicians.

OCCUPATIONAL THERAPY

Occupational Therapy includes the remedial use of work, self-care, and play activities to increase development and prevent disability.

- **Work:** effort that is exerted to do or make something, or perform a task
- **Self-Care:** sleeping, eating, grooming, dressing, and toileting
- **Leisure:** free, unoccupied time in which one chooses to do something they enjoy

It is the job of an Occupational Therapist to figure out which areas are suffering and how we can assist that person in performing these activities in a more functional, successful and independent way.

Occupational Therapy for Children is a little known gold mine of help for children as it can assist children with, focusing particularly upon play, social, attention and academic skill development in the home, child care, kindergarten and school setting.

The obvious is when we help patients regain function after recent onset of illnesses or injuries or developmental delays such as with autism, cerebral palsy, down-syndrome and the like.

The less obvious are the more silent disabilities such as mental health, early development concerns/issues, the inability to occupy one's time in any of the work, rest or play areas, and difficulties associated with sensory processing disorders.



PAEDIATRIC PHYSICAL THERAPY

Paediatric physical therapy promotes independence, increases participation, and enhances learning opportunities for children with special needs.

Paediatric physical therapists work to help children reach their maximum potential for functional independence. Therapists collaborate with the families and other medical, educational, developmental, and rehabilitation specialists. They promote the participation of children in daily activities and routines in the home, school, and community.

Paediatric physical therapists are specialized in the diagnosis, treatment, and management of infants, children, and adolescents with a variety of congenital, developmental, neuromuscular, skeletal, or acquired disorders/diseases. Treatments focus on improving gross and fine motor skills, balance and coordination, strength and endurance as well as cognitive and sensory processing/integration.

What Role Does the Family Play?

Parents and families have the primary role in their child's development. The paediatric physical therapist collaborates with the family to implement an individualized program for the child. Families are supported through coordination of services, advocacy, and assistance to enhance the development of their child through:

- Positioning during daily routines and activities,
- Adapting toys for play,
- Expanding mobility options,
- Using equipment effectively,
- Teaching safety for the home and community,
- Providing information on the child's physical and health care needs, and
- Easing transitions from early childhood to school and into adult life.

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