

## FAQs

### What will we need to bring?

Please bring a packed snack, lunch, drink bottle and hat for outdoor activities.

### Can parents sit in on sessions?

The aims of this group are to develop peer relationships. To protect participants confidentiality and support friendship development parents are not able to sit in.

### How will I know what is being covered in the groups?

Caregivers will be provided access to resources electronically for the duration of the group, and receive verbal feedback and information in the last 15 minutes of the day.

### Are groups a good use of my funding?

Group programs are charged at a much lower rate than individual sessions making them a very cost effective way to learn and practice skills in a more natural manner than individual sessions.

### Will I receive an individual report?

Included in the cost of the group is a summary report outlining progress during the group, strategies to try at home and future feeding goals.

## Talking Matters



**Helping your  
child reach their  
potential**

## How to book

### Getting started is easy.

Just speak to your Talking Matters therapist or admin staff for information. Registration is completed online via the Talking Matters website at <https://www.talkingmatters.com.au/about-us/group-programs/>

**Children who are not currently working with a therapist at Talking Matters** may need to attend a 30 minute session along with their parent/s so we can determine if the group would be suitable and meet their needs. The standard therapy fee will apply.

This program may be funded under NDIA plans where it aligns with the child's goals. You can talk to your child's therapist if you need help to decide if the group would be useful for your child.

A food charge of \$25 is funded by the family.

While families are able to leave for the duration of the session, they need to be easily reached and able to return to the Talking Matters office within a 15 minute time frame to support their child if required.



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## Talking Matters

## Food & Cooking School Holiday Group Programs



***A small group to develop  
confidence trying new foods and  
building cooking skills***

***A chance for children to  
explore foods in a  
supported setting***

## About the program

Eating is one of the most complex actions that our bodies perform. Trying new foods, developing food preparation and cooking skills can be difficult for many children.

Your child can access new programs during the school holidays to develop confidence with trying new foods and building cooking skills.

Two programs are offered which are specific for age group needs. 'Food School' is designed for kindergarten, reception, year 1 & 2 students, running for 2 hours across 3 days. 'Food Science' is designed for students year 3 +, running for 3 hours on each day.

These unique packages are based on the S.O.S (*Sequential-Oral-Sensory*) program supplemented with food preparation and cooking skills. Children are supported to manage their sensory difficulties, learn to try new foods and increase the range of foods they are eating. The lead clinician has completed SOS Feeding and First Aid Training.

Children work with therapists who have completed SOS Feeding and First Aid Training. Assistants also support throughout the session to support at the level required for your child.

Families return for the last 15 minutes of the session to receive feedback, ask questions and prepare to follow up on skills at home.

## Understanding the different programs

Two food based groups are offered at Talking Matters:

### Food School & Early Cooking Skills

Designed for kindergarten, reception, year 1 & 2 students, they use a magical and play based approach to explore foods and progress through the SOS Steps to Eating to support confidence in trying new foods. They learn about a variety of food types and textures. During the program, they also build skills in basic food preparation and cutlery use.

### Food Science & Cooking Skills

Designed for students year 3 +, they follow **the** SOS Food Science group program, learning about a total of 6 meals (2x breakfasts, 2x lunches and 2x dinners). Within each meal they explore and learn about 8 foods individually, before combining these to create full meals. During the program, they will also build food preparation and cooking skills. 'Food lessons' are provided at each session, where they learn about foods and how foods can benefit our bodies

### Parent Education

Running simultaneously to the first day is a parent support and education session. Parents learn about the complexities of feeding and ideas for home strategies.

## Is this a service for me?

These groups are ideal from children from kindergarten up who are wanting to feel more confident around foods. The program will support children who may be experiencing challenges in:

- chewing or moving food around in their mouth
- exploring, or trying new foods
- eating mealtimes in a reasonable time frame
- increasing the amount of foods they are eating
- having sensory preferences towards / away from certain foods
- preparing simple meals

Children also need to be able to:

- comfortably manage a 2-3hour program
- manage their toileting
- follow instructions from an adult

**Check our website for pricing, dates and location of our next group**

