

March 2026  
Cooee  
Newsletter



Hello Cooee families!

Supporting Your Child at Home | Brisbane Speech Pathology & Occupational Therapy

We've created new resources to help families feel confident and clear about next steps — whether you're looking for Speech Pathology in Brisbane or Occupational Therapy support in Alderley and North Brisbane.

 Reading & Writing Blogs

Learn what to look for in early literacy, how children develop reading and writing skills, and when to seek support from a Speech Pathologist in Brisbane.



 Emotional Regulation Video Series

Our Brisbane Speech Pathologists and Occupational Therapists explain sensory processing, big feelings, and practical regulation tools for home and school.



 New free download: Emotional Regulation eBook

A practical, parent-friendly guide to emotional regulation strategies, sensory supports, and everyday routines.



 Home Handbook Materials

Clear, structured resources to support communication, literacy, and regulation carryover at home across Brisbane families.



Explore our resources or book an appointment with our Brisbane Speech Pathology and Occupational Therapy team today.





March focus:  
Writing



## Is Writing Hard for Your Child?

Many children find writing tricky. What looks like “just writing a sentence” actually requires lots of skills working together — thinking of ideas, organising thoughts, spelling words, remembering punctuation, and forming letters clearly.

If any part of this process feels difficult, children can quickly become frustrated or avoid writing altogether.

Speech Pathologists help children develop the language side of writing (ideas, sentences, vocabulary, spelling and story structure), while Occupational Therapists support the physical side (handwriting, pencil grip, posture and fine motor skills).

Often, the best results happen when SPs and OTs work together to support the whole writing process.

If you're noticing your child struggling with writing, early support can make a big difference.

Scan the QR code to head to our blogs for more information



Talk to your Speech Pathologist or OT today. Or chat with our client care team members if you would like more information

☎ 3265 4495

✉ [info@cooespeech.com.au](mailto:info@cooespeech.com.au)

🌐 [cooespeech.com.au](http://cooespeech.com.au)



March focus:  
Writing



My child has  
difficulty  
writing:

Do I need  
Speech or OT?

### SPEECH

ability to sound out,  
'hear' and manipulate  
sounds, and blend  
words

### OCCUPATIONAL THERAPY

ability to remember  
letter shapes & hand  
movements

### SPEECH

knowledge of letter-  
sound connections

### OCCUPATIONAL THERAPY

ability to hold a pencil  
and write without pain  
or fatigue

### SPEECH

ability to formulate a  
cohesive writing plan, or  
idea

### OCCUPATIONAL THERAPY

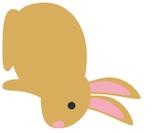
ability to write legibly,  
and on age appropriate  
lines

### SPEECH

ability to create sentences  
and paragraphs that make  
sense & represent their  
ideas

### OCCUPATIONAL THERAPY

ability to attend to task,  
and remain regulated  
when working



Pre-Writing  
Races  
follow the line and  
match the pet to  
their treat!





# Speech Pathology Activity



## Try This at Home: "Mystery Sound Treasure Hunt"

A fun early literacy game that helps children build sound awareness, vocabulary, and attention to letters.

### What you need

- A small basket or bag
- A few objects from around the house (toy car, cup, sock, spoon, book, ball)

### How to play

#### 1. Choose a sound

Pick a simple starting sound such as /b/ or /s/.

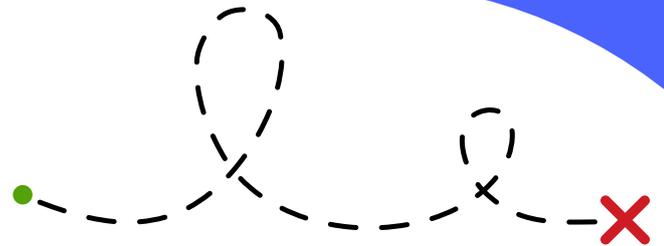


#### 2. Go on a treasure hunt

Ask your child to find things around the house that start with that sound.

Example for /b/:

- ball
- book
- bag
- banana



3. Say the sound together When your child finds something, say the word slowly and emphasise the first sound.

Example:

"B-ball. Ball starts with /b/."

#### 4. Put the treasures in the basket

Collect the items and review them together at the end.

#### 5. Make a silly sentence

Use the objects to create a short sentence.

Example:

"The ball is in the bag."



### Why this helps

This activity supports:

- Listening for sounds in words
- Building vocabulary
- Developing early reading and spelling skills



# Introducing Home Handbook



Information, resources and support to nurture skills for learning, play & friendships at home

NEW

Looking for information or resources to support your child at home?

Our Parent Resources include free & low cost resources:

- Downloads and information sheets
- Short Workshops for parents
- Practical activities for home



## Who are these products for?

Parents & carers who are looking for more information on how to support their children's development at home.

## Learn more about

- understanding how children develop
- speech, language, motor & play skills at home
- strategies for moments of challenge

## Topics include

- **The Power of Play** | The importance of play in early development
- **Teeth, Tongues & Talking** | Parent Workshop recording on speech clarity & communication development
- **Big Feelings, Little Voices** | Parent Workshop recording on emotional regulation
- and more!

FIND OUT MORE

Head to our website today to browse our resources



Home Handbook



# Ongoing Group- for parents and carers with late to talk toddlers

## Little Voices, Big Steps

**5 sessions \* 45 minutes \* Small Group \* Parent Delivered**

Bring your toddler to a small, parent-child group (up to 4 families) where you'll learn and practice easy-to-use language strategies and receive real-time feedback from a Speech Pathologist.

The group will run in a 5 session cycle, with each session targeting a different strategy for language growth.

### Tune in to your Child's Communication

Learn how to follow your child's lead, notice their communication attempts and respond in ways that keep the interaction going.

### Model Meaningful Language

Once you can spot intentional communication, you'll learn how to model language at just the right level and set language goals.

### Set Up for Success

Choose toys and arrange your environment to spark curiosity and conversation. Learn how to support language through everyday moments.

### Respond with Purpose

Explore responsive interaction strategies that balance initiating and responding. Practice saying less to create space for your child to express themselves.

**Every Second Tuesday at 10:15am  
starting 17<sup>th</sup> Feburary**

Contact our Client Care Team on:

 (07) 3265 4495

 [info@cooespeech.com.au](mailto:info@cooespeech.com.au)

 [www.cooespeech.com.au](http://www.cooespeech.com.au)

 468 Enoggera Road, Alderley

### Cost

- 1 x 30 min intake session - \$96
- 5 x 45 min group sessions - \$47.05 per session

Recommended = attend 5 sessions = one group 'cycle'.

