

The Alert Program® for Children

1 July 2017

The *PATCHES-Paediatrics Alert Program® for children* is a behavioural modification program designed for children, families and educators. The Program teaches about a child's alertness levels and provides strategies to help keep a child's internal engine (alertness) running just right.

- ❖ How does your child's engine run?
- ❖ Does it run in high gear, low gear or just the right gear?

Our engine levels go up and down throughout the day, which can make it hard to pay attention, learn and play and do the things we like to do. The Program focuses on improving a child's own executive functioning and ability to self-regulate their behaviours by assisting a child understand how their own internal engine runs. The Program works closely with the child and their families and is practical by design.

The Alert Program® can be undertaken in either 6 or 12 individualised sessions for families, carers, or educators

Program Outline:

Stage 1 <i>Learning the engine words</i>	Step 1: Introduction to The Alert Program® <ul style="list-style-type: none"> • Adults and child gain an understanding the Alert Program® principles and starting to learn the engine words. • Adults and child begin to identify sensory strategies that are already being used as well as sensory sensitivities that child may have. • Adults and child identify goals for the Alert Program including times of the day where engines are high or low
	Step 2: Learning the engine words <ul style="list-style-type: none"> • Adults and child learn: what does low engine, high engine, and just right engine look and feel like?
Stage 2 <i>Changing engine speeds</i>	Step 3: Experimentation Trying out different sensory-motor strategies for changing low and high engines, and for keeping engines just right.
Stage 3 <i>Regulating Engine Speeds</i>	Step 4: Getting Specific Goals: Identifying and applying specific strategies that change the child's engine. Parents help the child practice strategies between sessions.
	Step 5: Practicing sensory-motor regulation Goals: The child starts to identify his/her own engine speed and to implement sensory-motor strategies to change their engine. Families and carers help the child practice strategies between sessions.

COSTS:	6 - 12 individualised Therapy sessions	\$1,200 - \$2,400 (+GST)
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