



Welcome to Petra's Place

Petra's Place is a unique therapy centre for pre-school children with a diagnosis of autism and or developmental delay. We are passionate about early intervention and provide multi-professional therapy programmes that are informed by our world-renowned team of advisors, and the very latest research into child development and autism.

Our therapy programmes are informed by evidence-based practice and designed to maximise meaningful learning and developmental opportunities at a critical point in a child's life. Our approach is child-centred, family-led and is personalised to meet the specific developmental needs of each child. We work in partnership with families and carers so that they understand their children's needs, have the skills to engage positively with them and feel empowered to make informed decisions about their futures.

At Petra's Place our aim is for children, families and carers to feel nurtured, safe and empowered and that their experience is:

- Enjoyable - for children to enjoy their experience and be excited to take part in the programmes
- Meaningful - for therapeutic programmes to be engaging and purposeful, ensuring they have a measurable impact on each child's development
- Innovative – to ensure that preschool children with autism and developmental delay can access cutting edge therapy programmes, where staff can share best practice and expertise
- Inclusive - where professionals, families and carers work in partnership to ensure the best possible outcomes for each child.

Research studies identify that the 4 areas most commonly impacted by autism in the early years are the capacity for joint attention, play, self-regulation and social communication. Our programmes are specifically designed to target and support development in these key areas and to equip children with the preschool skills they need to help them thrive.

Assessment: Each child is assessed and following this assessment our highly specialised team of therapists will advise on suitability and design a goal-led, personalised programmes for your child. At the end of the 6-week block progress is reviewed and targets adjusted accordingly. All groups are facilitated, and targets set, under the supervision of the Clinical Director.

LITTLE BODY POPPERS

Focus: This fun music and movement group has been designed for children who need support with sensory integration, coordination, expressive and receptive communication. Little Body Poppers supports the following areas of the EYFS curriculum: physical, communication, personal, social and emotional development.

Facilitators: Occupational Therapist, Music Therapist and Play Practitioners.

Length: 1-hour groups that can be booked individually or in a block of 6

Group Size: Up to 12 children

Parental Involvement: Parents and children Body Pop together in these fun groups.

Little Body Poppers



This music, movement and communication group is suitable for children of all abilities.

Children will join in a variety of therapeutic exercises to enhance sensory integration, fine and large motor skills, flexibility, coordination, receptive, expressive and emotional communication.

LITTLE EXPLORERS PARENT AND CHILD CAROUSEL

Focus - Children who have not yet taken their first steps towards independence will join in therapeutic learning with their parents in this exciting group. This provides a great opportunity for parents to pick up creative therapy tips and exercises to implement at home.

Facilitators: Music Therapist, Art Therapist, Speech and Language Therapist, Occupational Therapist and Play Practitioners.

Length of sessions: These sessions are 2 hours in duration and involve 6 x 20-minute intensive multi-disciplinary therapy sessions. This offers opportunities for social communication and group interaction at the beginning, middle and end. This programme can only be booked in 10-week blocks.

Group Size: Up to 6 children with parents (Parents join in the whole programme).

Little Explorers



Carousel: Parent and Child *Carousels* are designed to target communication and development challenges through music, play, sensory integration and Speech/Language Therapy.

Parents are their children's first teachers and are therefore a key part of these sessions. Over the course of 10 weeks, our therapy team will work collaboratively on your child's specific goals to maximize opportunities for development and learning.

You will also learn therapeutic exercises which can be used at home.

LITTLE FRIENDS

Focus: Our Little Friends Beginners group is suitable for children who need some support to take their first steps towards separating from parents and learning to play alongside other children.

Facilitators: Art Therapist, Speech and Language Therapist with additional multi-disciplinary team input.

Length of sessions: Sessions are 1.5 hours in duration and include supervised snack and play time. Little Friends groups runs throughout the year in 6-week blocks. All children will have a personalised plan with specific goals in place and are required to attend the full block.

Group Size: Up to 6 children with parents (Parents join in the whole programme).

Little Friends Me & You = Us



A small group for 4-6 children focusing on developing self-awareness, social communication and emotional expression facilitated by Early Intervention therapists, including Art, Play, Speech and Language.

This will involve supporting children to build skills in understanding themselves and others through identifying likes and dislikes, similarities and differences and encourage the development of strategies for initiating and managing relationships.

This group is perfect for children who would benefit from support building friendships and developing social interaction skills.

LITTLE DETECTIVES

SOCIAL COMMUNICATION GROUP

Focus: Through fun games and creative activities, our Little Detectives Group will be supported to develop their own social communication skills and understand others better. The group targets key areas of learning from the Early Years Foundation Stage curriculum: communication and language, personal, social, and emotional development, literacy and numeracy, understanding the world and expressive arts and design.

It is suitable for children with more advanced language & communication

skills and will support the understanding of social cues. Children will explore facial expressions, nonverbal language, feelings, unspoken rules, turn taking and waiting etc.

This group is aimed at children who may be approaching school readiness. The assessment process in this group will mirror the language of the EYFS framework 'expected', 'emerging' and 'exceeding'.

Facilitators: Early Intervention Practitioners, Speech and Language Therapist with input from Creative Therapists.

Length of sessions: These sessions are 2 hours in duration and include supervised snack time.

Group Size: Up to 6 children

Little Detectives



This group is suitable for children with more advanced communication skills and will focus on the understanding of social cues and understanding others' perspectives. Our Little Detectives will identify the clues and codes of social engagement to explore the meaning behind facial expressions, nonverbal language, emotions, unspoken rules, turn taking, waiting and other social communication skills

LITTLE COMMUNICATORS

Focus: This programme focusses on the teaching of attention, communication and social interaction skills. Our Early Intervention Therapists, including our Speech & Language Therapists will focus on the verbal and nonverbal prerequisites to support effective and meaningful communication. We have both beginners and intermediate groups- our clinical team will help you decide which group is most suitable for your child

Facilitators: Early Intervention Therapists including Speech and Language Therapists.

Length: These sessions are to be taken in groups of 6 and are 1.5 hour in duration.

Group Size: up to 6 children (Parents will join the group in the last segment to pick up tips from the Speech and Language Therapists).

Little Communicators



Designed to facilitate verbal and nonverbal communication our therapists will support receptive, expressive language, joint attention, managing anticipation, how to wait and take turns. *Little Communicators* is best delivered in a small group to enable child-led communication.

Parents form a key part of these sessions by joining in the final segment to learn strategies to support their children.

LITTLE INDEPENDENT EXPLORERS

Focus: Our Little Independent Explorers Carousel is suitable for children who are ready to take their first steps towards independence and benefit from increased peer interaction.

Facilitators: Music, Art, Speech and Language, Occupational Therapists and Play Practitioners.

Length: Sessions are 1.5 hours in duration and involve 5 x 20-minute sessions of a variety of therapies plus opportunities for group interaction at the beginning, middle and end of the group. This programme can only be booked in 10-week blocks.

Group Size: up to 5 children

Parental Involvement: Parents remain on site to chat with other Parents whose Little Explorers are enjoying their group. Parents will join their children at the end of each Carousel session for a goodbye song.

Little Independent Explorers Children Only Carousel



Each child in this group will have a bespoke plan with three targets from their developmental assessments. The Carousel includes five 20-minute therapy sessions with Music, Art, Speech and Language Therapists and Sensory Play Therapists. There will also be opportunities for group activities at the beginning and end of the session as well as during snack time to develop social communication skills.

LITTLE LEARNERS

EARLY YEARS

FOUNDATION STAGE

GROUP

Focus: This programme is delivered with a sensory-led approach and links to key learning areas of the EYFS curriculum that includes communication, language development, physical development, personal, social, emotional development, literacy development, mathematics, understanding the world and expressive arts and design.

Facilitators: Play and Early Learning Support Practitioners with curriculum input from Music, Art, Occupational, Speech and Language Therapists.

Length of sessions: This group can only be booked in blocks of 6, sessions are 2 hours in duration.

Group Size: up to 12 children

Little Learners

Early Years Foundation Stage Group



Our nursery style group is based on the EYFS curriculum and aims to develop play and learning skills in a safe, nurturing and educative environment. Activities are designed to support social communication, sensory integration, motor development and play with set targets to promote early learning.

Each term our Little Learners group will be themed around seasons and will be packed full of exciting multi-sensory opportunities for learning. This group is suitable for children with Sensory Developmental Delay and/or Autism who would benefit from the opportunity to experience learning through play alongside other children.

LITTLE THINKERS SCHOOL READINESS GROUP

Focus: Our Little Thinkers programme links to the key learning areas of the EYFS curriculum: communication, language, physical, social, emotional, literacy development, mathematics, understanding the world and expressive arts and design. This group is suitable for children who have already enjoyed our Little Learners or a similar group and are ready to take their first steps towards school readiness alongside their peers.

Length of sessions: Sessions for up to 6 children are 2 hours in duration and include supervised snack and play time.

Age: This group is suitable for children who are getting ready to start school.

Facilitators: Early Learning and Play Support Practitioners with curriculum input from Music, Art, Speech and Language Therapist and Occupational Therapists.

Assessment: A multi-therapeutic assessment will map the child's progress alongside the outcomes of the EYFS framework.

Little Thinkers



Our School Readiness group is suitable for children who can benefit from a more structured learning environment. Little Thinkers provides a fun curriculum of learning activities to actively encourage participation in mathematics, literacy, understanding the world and expressive art and design. Each session children will partake in show and tell, interactive story time, snack time, and helping.

*Thinking to learn
for
children learning to think.*

PETRA'S PLACE ALSO OFFER:

- 1:1 or Parent and Child sessions and assessments
- Speech & Language, Music, Play, Art and Occupational Therapies
- PACT (Paediatric Communication Therapy) Parenting Sessions
- EHCP (Education, Health Care Plan) support and consultations
- Specialist topic clinics (we invite experts to deliver workshops throughout the year on sleep, eating, school readiness, sensory issues, and encouraging positive interactions)
- Seasonal Themed Fun Activity Days for Children (5 times per year)
- Private Diagnosis- on Request
- Training to other Professionals

HOW TO APPLY

To enquire or to register for any of our groups please contact:

reception@petrasplace.co.uk

Telephone: 020 8150 8180

How to find us

Our state-of-the-art Early Intervention Therapy Centre is situated at:

262 Fulham Road, London, SW10 9EL.

The nearest underground stations are **Fulham Broadway** (District line) **Earls Court** (Piccadilly and District and Circle line) and **South Kensington** (District and Circle line). We are approximately a 10-15-minute walk from both stations. If you are driving, the nearest car parks are at the Chelsea & Westminster Hospital or NLP car park on Edith Grove.

