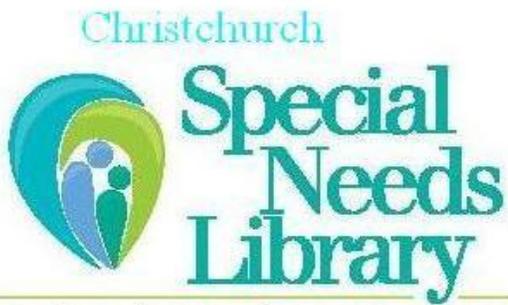


# October Newsletter



EDUCATIONAL & THERAPEUTIC RESOURCES

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## A message from our Educational and Therapeutic Resource Advisor ... Charlotte

Hello Everyone,

It is that time of the year to thank all parents, caregivers, therapists, teaching staff and support workers for the wonderful work you do with our clients. We love to see the progress and gains made and working as part of a team with you is a privilege for us at the Special Needs Library.

As always we endeavor to focus on what children/adults with special needs can do as opposed to what they can't do.

Some new and current resources are highlighted in this newsletter for good vestibular, proprioception and sensory experiences.

Keep up the great work.

Kind regards

Charlotte Ganderton

Educational and Therapeutic Resource  
Advisor

Please check out the Focus table as you come into the library. This week the emphasis is on **Movement**.

### SHOW WEEKEND:

The Christchurch Special Needs Library will be closed on Saturday the 14<sup>th</sup> November for Show Weekend.

### EXTRA HOUR ON A SATURDAY:

Saturday mornings at the library have become increasingly busier so we are opening the library for an extra hour so families, teachers and therapists can enjoy our library without rushing. New Hours= 10am -1pm.



### Library Opening Hours:

Tuesday 10 am – 4.30pm  
Thursday 10 am – 4.30pm  
Saturday 10 am – 1pm

### Overdue Resources:

The grace period for returning resources is three days. If resources are not back within this period, clients will be charged for a further full month.

### Missing or lost pieces:

If you find a piece missing or broken from any item please notify us immediately. All items returned are checked, cleaned, counted and shelved by our volunteers. We have over three thousand resources in the library to monitor.

## Our Resources

All of our systems intertwine so we can move with ease and experience our environment. The vestibular system helps us know if we are moving and which direction we are going. It is essential for balance. Proprioception is our sense of knowing our body, where our different parts are located and how they are moving.

All movement involves many different messages from our body. Children with Autistic spectrum disorders, sensory Integration disorders, motor difficulties and Attention Deficit Hyperactivity Disorder, for example, may have difficulty in these two areas.

### Swinging Helps

While swinging, the body has to figure out where it is in space and how to control a moving object.

The Christchurch Special Needs Library has many resources designed to help in these areas. One of which is the Hanging Chair Nest/Swing. In particular this resource can provide:



- deep touch pressure
- a soothing input for overwhelmed senses
- restored inner balance
- improved core muscle strength
- fun/laughter
- use for home therapy
- assistance for development of the brain
- correcting balance
- postural control
- used for a sensory 'diet'
- hand eye coordination if you encourage the child to reach for an object while they are swinging

Other such resources in the library are:

Rope Ladder

Giant Top

Body Sock

