

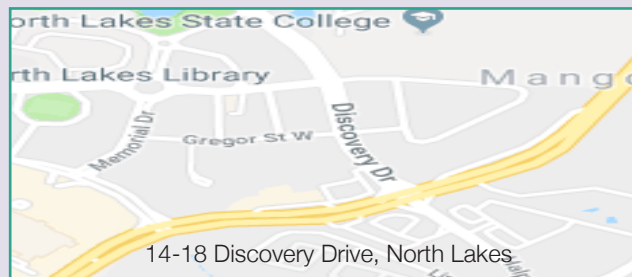
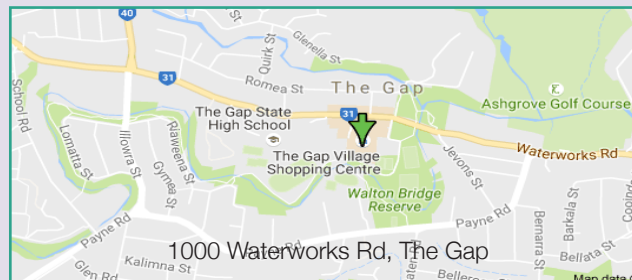
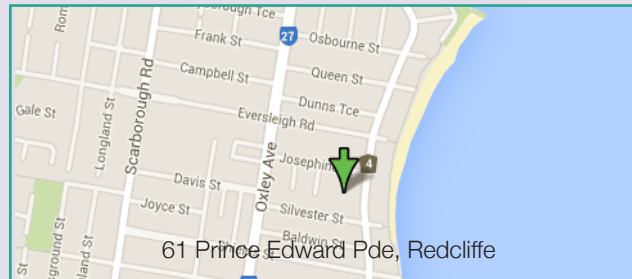
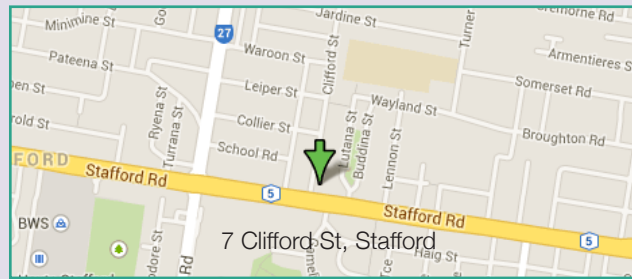
About the Program

This fun, hands-on approach to learning teaches kids 6-8 years to self-regulate.

Hunter and His Amazing Remote Control is a six session program that focusses on teaching children the skills of self-regulation; the ability to monitor and control their own behaviour and focus on what is important at the time.

Facilitators progressively introduce children to the different buttons on their own "personal remote" through direct teaching and modelling, before providing the children structured and play-based opportunities to "try out" their new skill.

Caregivers are also educated on the content explored each session and given suggestions on how they can best support their child to apply each skill in their own environment.



Maps supplied by Google

HUNTER AND HIS AMAZING REMOTE CONTROL

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How your child benefits from participating

Challenges with attention, concentration, hyperactivity and impulsivity can impact a child's ability to engage in learning and interact positively with others. The Hunter program is a hands-on approach that provides children, parents and teachers a common language to improve self-regulation skills.

Throughout the program children are taught different buttons for their 'brain remote control'. These buttons are designed to help them focus, understand what could happen, reflect on past actions and slow down.

What is expected?

- All group participants are required to attend an intake appointment to identify goals and ensure this is the right program for your child.
- Children participate in six weekly one-hour sessions in a group format located at one of the four Young Minds clinics.
- Adults accompanying the children are requested to remain nearby in case they are needed.
- A 5-10 minute information session at the end of each group (or via video depending on facilitators) will be conducted for adults accompanying children. The purpose of this session is to share the group content and help support the child's learnings.
- Children are expected to complete a brief home task to help bridge the skills learnt to the home environment.
- Adults will also be asked to complete pre and post questionnaires to assist in program evaluation and to measure skill improvement.



Session Topics

Week 1 - Introduction to the program and the "Channel Changer" button (Ignoring distractions and staying on task).

Week 2 - "Pause" and "Fast Forward" buttons (Impulse control and prediction of consequences).

Week 3 - "Rewind" button (Reflection on actions and future problem solving).

Week 4 - "Slow Motion" button (Move slow and calm down).

Week 5 - "Coach" and "Zapper" buttons (Growth Mindset and positive self-talk).

Week 6 - "Way to Go!" button (Self-awareness and acknowledgement of achievement).

Register your child in the program by contacting the team at Young Minds



Appointments can be
made by contacting Young Minds Network
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