



2021 Term 1 Review

Kids Resync supports children to get back into sync with themselves, their caregivers and their school so that they can play, develop, learn and thrive.

The Four Resyncs

1. *ReSync with parent/caregiver*
2. *ReSync with themselves*
3. *ReSync with play*
4. *ReSync with school*

Parent Feedback from end of term Survey

"They have been made welcome and comfortable about expressing themselves"

"They seemed to have enjoyed the counselling sessions overall and have appreciated being able to interact and express themselves without judgement"

"I most appreciate the care and support of the whole team plus the activities that just me and my child did at each break. Thanks for everyone for their time and efforts, it means a lot"

"I do appreciated the help and support on Kids ReSync. Sandy and the team are great, I can't see any more they could have done"

- How do you rate the Kids Resync programmes you and your child attended? **100% answered EXCELLENT**
- How do you rate the way staff have engaged and interacted with you and your child? **100% answered EXCELLENT**
- How **beneficial** has Kids Resync been **to you**? **100% answered Really Beneficial**
- It has given **me** more **confidence** **100% answered TRUE**
- I have noticed my child more aware of their emotions **100% answered TRUE**
- I have noticed I am more aware of **my emotions** **100% answered TRUE**
- I have noticed **my child** is **more playful** **100% answered TRUE**
- I have noticed I have been **more playful** **100% answered TRUE**
- My child will **talk** more about what they are **feeling** **100% answered TRUE**
- I would **recommend** Kids ReSync to others **100% answered TRUE**

 *"My child is really enjoying the one on one time with me."*

 *"My child is more comfortable talking to me about how they are feeling"*

Parent Support - Counsellor (with Sandy Hitchens)



The Kids Resync programme is grounded in evidence-based relational and developmental theory. This informs of how very foundational the child-parent relationship is for the health and well-being of a child. Each week while the child is having their own session with Bex (counsellor), I have the privilege of working with the parent in a parent consult session. The aim in these sessions is for myself and the parent, together, to make sense of what is happening for the child from an emotional and developmental perspective. This insight not only helps to give the parent more confidence that they, in fact, are the child's best answer, but it also helps them to see and understand the child's needs. The parent learns to trust their parental intuition and to take the lead more in the relationship with their child, helping the child to be able to find more rest and calm.

In the parental consult sessions parents also have the opportunity to talk through their concerns, to reflect on what is working and what isn't, and to receive some support. Alongside these sessions, the parents are also able to access a parent seminar that I have recorded on "The power of connection." This offers some insight into the importance of attachment and ways they can invite a deeper connection with their child. Voicing their appreciation of having this space, parents have noticed the difference that this has made to their parenting, and the way that they are able to better support their child in their struggles and development. Walking alongside parents who have so much love and concern for their children is a humbling experience; they display great courage as they share their hopes for their child.

 "My child loves coming - couldn't wait to get here"

Child Counselling (with Bex Smith)



I have the privilege of having the role of working one on one in a counselling setting with each child that is a part of Kids Resync. Together the child and I discuss and explore their internal emotional worlds. Within the room they are given the freedom to express themselves in a safe, non-judgemental space through play, whether that is in playing games, imaginative stories, creativity or movement. Gifting the child a space to discover themselves and feel ok to experience each of their emotions can help to allow the child to grow in their self-confidence, gain understanding of where their emotions come from and how to express and communicate them in healthy ways. I love how my piece of work with the child ties in so well with the holistic work that the other wonderful professionals do with the family. We are all working with the view to strengthen the unique connectedness of each parent child relationship.

I also have the benefit of my therapy dog Otis joining us in the team. We have heard on many occasions that upon hearing that a dog was part of the team, some children went from not super keen to attend, to only agreeing to attend so they can meet Otis! It has been really special to see how having a therapy animal within not only the counselling space, but also there to greet the children at the front door, has melted away first day anxiety and broken down many walls, even before any of us have had a chance to speak.

 "My child loves Otis the dog"

 "The things that you are all saying for my child to do, I am also doing for myself"

Musician & Composer (with Michal Bush)



My role in the Kids Resync team was to engage with each child in a creative, musical environment. I offered creative sessions, which started with building their own instrument, from a 'make your own ukulele' pack. They then got to decorate them, and play them! We played with rhythms and I taught them simple chords. We explored using music as a way to express or process big emotions, which lead onto creating a song for each child. I gathering input from both the child and their whanau and incorporating their thoughts and words into lyrics. I then did a professional recording of each song digitally and presented it to each family so they can have it forever. We then printed out the song lyrics in a creative way, framed them and also presented them to the family, so that it will forever be "their song".

I was really encouraged when one of the children was interested in storytelling through songwriting - we spent a session creating a song about a character they had drawn, it was wonderful to see them feel comfortable in expressing themselves and sharing their ideas knowing they were safe to do so. I also enjoyed a special moment with another child and their caregiver as they took turns leading each other in a rhythmic pattern on the drum. Music is such a wonderful tool for connection and communication and this moment was exactly that - each taking turns to listen to the other and have fun together.

💬 "This will be so good for my child - and myself as well"

Occupational Therapist (with Sarah McLaren)



I have been the Occupational Therapist involved with the Kids Resync Programme in Term 1 2021. It has been an absolute highlight working in such a holistic way to care for the families involved in the programme. Although each clinician comes with their own lens and expertise there was a real sense of collaboration towards a common goal of 're-connection'; the parent and child reconnect, the child's reconnect with their own body and sense of self, and their reconnect with school participation.

I tailored my Occ Therapy intervention to the individuals needs however a common theme was providing sensory motor and sensory modulation intervention recognising that the individual's presented with some form of dysregulation (emotional dysregulation, anxiousness etc.). Although working alongside the child and their parent/caregiver, conversations were in the context of both home and school. My goal was by the end of the programme to have equipped the child and their parent/caregiver with a resource they could use in both environments to support them in being able to best regulate themselves. Psychoeducation around neuro-sequencing and sensory modulation were also given to all families.

Highlights for me was seeing the families implementing some of the strategies discussed, seeing their connection with each other during the time on site and sensing an empowerment/equipping in being able to manage future stressors as they arise.

💬 "Sometimes I think that this is more important for us as parents as it is for the child"

💬 "From talking with you last week, I am feeling so much more relaxed"

Break time/Play space

In between the sessions that the parent and child attend at Kids Resync they have a refreshment and play break. As we wanted this space to be a lovely nurturing space, we brought in a coffee machine where parents could make themselves a coffee and the child a hot chocolate. We keep this area supplied with fresh home baking and fruit. Initially we added in games and activities that the parent/child could interact together with.



As we reflected on this space, we became more intentional about utilising this precious time that the child and parent have together uninterrupted by other life pressures. We saw this as a great opportunity to build on deepening the connection between child and parent through experiences of play, fun and laughter together. Each week we set up different activities for engagement - including painting stones for each other, finger painting, painting on canvases, big games such as 10 pin bowling, wobble boards, building with blocks and giant dominoes. One week we set up a selfie photo challenge with a list of activities they needed to capture with a selfie photo of them both. We noticed engagement and laughter of parents and child during these times. It has been great to see the children also feeling at home in this space and taking charge of the coffee machine to make their hot chocolates and also offering to make a coffee for their parent.



Our intention with this also is that we were able to introduce these children to some play outlets - some ways that they might continue to engage with their parent at home but also some ways that they might also find helpful for expressing their emotions and making sense of their world. This space has become a very integral part of our programme as it fits with all aspects of our philosophy - right relationships, ability to feel emotions, psychological rest and play. One parent, in particular, commented on how this part was so helpful as it was a special time for them and their child to connect and have some fun together. One Mum, while painting the rocks said “this is so therapeutic, we’ll have to do this at home”, while another parent commented on how much they appreciated coming along on a Monday to have home baking!

Excerpts from an email sent by a parent...

The very day (my child) “graduated” from Kids Resynch (they) returned to school full time. Even on Thursday they commented “Thursday is not my favourite day” but went nevertheless and got on the bus to Tech without any coercion or special assistance! They ran to school one morning, keen to get there!

Another development: their best friend has been popping round to play, and the two of them have been walking to the park together.

*(The Child's) confidence and self-esteem have skyrocketed over the past couple of weeks, and begun using open communication. **The transformation has, to say the least, been stunning!***

We definitely do want to catch up again, so hopefully another opportunity comes up soon!

