



Questions?

Once referred by your Physiotherapist, your child will be placed on the waiting list. Once we have booked them into a block of sessions, we will send out an invitation letter for the group.

In the mean time, if you have any questions or concerns please contact the number below and ask for Laila.

Child Development Centre

Hill Rise,

Kempston,

Bedford,

MK42 7EB

01234 3102878



Dates:

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Child Development Centre
Hill Rise,
Kempston,
Bedford,
MK42 7EB
Tel : 01234 310278



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Child Development Centre
Hill Rise
Kempston
Bedford
MK42 7EB



What is Explorers Group?

Explorers is group led by the Physiotherapy team at the Child Development Centre (CDC).

The group focuses on mostly gross motor development and will touch upon some fine motor activities. The group is targeted at children between the ages of 3-6 who require some encouragement or help to achieve the next step of their development.



Why has my child been referred to Explorers

If there are concerns surrounding your child's gross motor development and a goal you would like to achieve, you may be referred to Explorers Group by your Physiotherapist. Our aim is to help educate and give parents/carers ideas of activities that can be completed at home to improve those gross motor skills you wish to work on. For example, this can be learning to jump, hop or climb independently.



What shall I expect?

The Group runs once a week for three weeks and lasts for an hour. Following the final session, there will be a discussion with your Physiotherapist to decide on the next step. This may be coming back for more sessions or to review in a number of months.

The group is limited to 6 children per session so there will always be a Physiotherapist around for advice and/or assistance during each session. The group is set up as a circuit where you and your child will work together on each station for a set amount of time. Activities may include: balance, ball skills, climbing, kicking, aiming and throwing, running, jumping, construction toys and practicing independently putting on and taking off shoes and socks.

Your child will be given a visual chart to work from which will show them what activities will be completed on that day. Following the circuit, the children will head into soft-play where they will work on creativity and team building activities.

Please be aware parents/carers are expected to be involved throughout the sessions.

