

Child life therapy

helping minimise stress and anxiety for the whole family

Play is a language children use to make sense of their world; it can help give them a 'voice' in difficult circumstances. At Bear Cottage we believe play is an important part of every child's day.

Our Child Life Therapist ensures there is creative and interactive play therapy available seven days a week. One-on-one or group activities include sensory room sessions, tactile craft, relaxing music, as well as in-house activities and external excursions.

Physiotherapy

a hands on approach

Our Bear Cottage Physiotherapist is able to provide support to children and families with the aim of maximising a child's potential. Physiotherapists are able to assess and monitor strength, joint range and mobility to maintain physical function. They offer respiratory assessments to enhance lung function and also play a role in providing education and support to parents and carers in the physical tasks that may be required of them as they care for their child during a stay at Bear Cottage.



For more information on how we can support your child and family during your stay at Bear Cottage, please contact our Allied Health team during your visit or on (02) 9976 8300.

Contact details

Bear Cottage, 2 Fairy Bower Road Manly NSW 2095
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bearcottage.org.au



The Sydney
children's
Hospitals Network
care, advocacy, research, education



Allied Health
at Bear Cottage



BRC5882/0519



At Bear Cottage we have a dedicated team of Allied Health professionals who work together to provide the very best care for every child and family.

Our team includes a Social Worker, Registered Music Therapist, Child Life Therapist, Registered Art Therapist and Physiotherapist. These specialists offer psychosocial support and encourage children and families to find creative ways to engage with their world.

Whether it's enjoying a splash in the spa, playing with our resident pet therapy dog, or discovering a world of wonder in the multi-sensory room, our team will tailor a program of care to meet the unique needs of each child and family.

Music therapy when words fail, music speaks

Music is a universal language, one that can express emotion beyond words. While upbeat music may enliven us, soothing music has the capacity to comfort or distract us during times of anxiety or pain.

It is believed that hearing is the last sense to leave us at the end of life and so it may be used to connect with one another during this time.

When we hear a special song, we can be reminded of someone or of another time in our lives. Heartbeat music, the pairing of a child's recorded heartbeat with a chosen piece of music, is one form of memory making offered at Bear Cottage.

Music may be used in a variety of ways to meet different emotional, social, cognitive and spiritual needs and at Bear Cottage, music therapy is accordingly offered in group, family and individual settings.

Social work building capacity and recognising resilience

Social Workers are trained professionals experienced with counselling, advocacy and play. At Bear Cottage, our Social Worker is guided by the fundamental belief that life is for living and actively partners with our families to strengthen their social, physical and mental well-being.

As Social Work is responsive to the needs of each individual, support may include:

- 🐾 practical assistance
- 🐾 help navigating complex systems such as NDIS or Centrelink
- 🐾 advocacy around social justice
- 🐾 support through grief and loss

At Bear Cottage, we believe our children and families remain connected through an 'invisible string'. This means that social work support and counselling is always available through respite admissions, when back at home, and into end of life and bereavement.

Art therapy when a picture paints a thousand words

Art therapy involves the use of creative techniques such as drawing, painting or collage to encourage expression. Whether using hands, feet or wheelchair tyres, even the least mobile child can make their mark, enjoying the experience of oozing paint between their fingers and delight in spreading splashes of colour.

At Bear Cottage, we use art making to provide children with a safe creative space to explore their emotions and help communicate thoughts and feelings - often for which there are no words. Art therapy also provides siblings and other family members with creative ways to reflect on, express and acknowledge the vast range of emotions experienced when caring for a child with a life-limiting illness.