Preschool

Adventuring Into School Readiness

Our specialised preschool group programs at CHATS give children the confidence and skills they need for their next big step. We nurture growth in communication,social skills, independence, and school readiness through fun, play-based activities every day.

CHATS
Children's Health and Therapy Services

Setting the Foundations for School Success

The preschool years are full of new adventures, growing independence, and expanding imaginations. Every child is unique, and we're here to help your child shine in their own way—whether they're building friendships, exploring new skills, or getting ready for their first day of school.

Our dedicated team specialises in supporting children aged 3 to 5 years, with playful, evidence-based therapy and group programs designed for this exciting and important stage. We believe preschoolers learn best through hands-on discovery, social connection, and joyful movement—so each session is packed with music, creativity, and new experiences.

Helping Preschoolers Thrive

The CHATS Approach

At CHATS, our programs are here to help preschoolers who may:

- Find it hard to make friends or join in play
- Have trouble with speech, language, or expressing themselves
- Struggle to follow instructions or routines
- Need extra support building confidence, independence, or early learning skills
- Be preparing for the transition to kindergarten or school

No matter where your child is on their journey, we're here to nurture their growth, celebrate their strengths, and help them get ready for their next big step.

The Prepare Program

The Prepare Program is open to all Preschoolers

Our Prepare Program is specially designed for preschoolers getting ready to start school, including those with or without additional needs.

This unique, therapy-based group supports every child's transition to mainstream schooling by building key skills for confidence, communication, independence, and learning.

Whether your child is developing early literacy, making new friends, or practising routines, the Prepare Program offers a fun and supportive environment where preschoolers can reach important milestones and begin their next chapter ready to thrive.

Services

Our Therapy Services are specially designed to support your preschooler's growth, confidence, and school readiness at every step. Our caring team uses evidence-based, family-centred approaches to help your child build new skills and reach important milestones.

Speech Therapy
Support for preschoolers who need help with talking, understanding, or communicating. Our speech pathologists use fun, play-based strategies to help every child find their voice and share their ideas.

Occupational Therapy (OT)
Helps preschoolers develop everyday skills like moving, playing, using their hands, dressing, and self-care. Sessions are practical, creative, and tailored to your child.

Social Work
Guidance for families facing challenges, needing extra support, or building helpful routines for home and school. Our social workers offer friendly, practical advice for all ages.

Art Therapy
Creative sessions using art, drawing, and sensory play to encourage emotional growth, self-expression, and social skills—led by our trained art therapists.

Individual Sessions
One-on-one therapy, personalised to your child's unique strengths and goals, in a safe and supportive space.

Assessments
Professional assessments to clearly understand your preschooler's development and recommend the best next steps for growth and support.

Kinder Visits
Our therapists can visit local kindergartens to assist your child's transition, offer strategies to educators, and ensure a smooth, successful start.

Transition Support to School
Personalised support as your child moves into new settings, helping make big changes positive, comfortable, and successful for both children and families.

Group Programs

Group sessions offer preschoolers a wonderful way to build confidence, make friends, and practise key skills for school and life. In our group programs, children develop communication, cooperation, and problem-solving through play and real-world activities with their peers. These fun, supportive groups help preschoolers learn how to work together, share ideas, and try new things—growing skills that go beyond what's possible in one-on-one therapy.

Preschool Group Programs at CHATS

1. **The Prepare Program**
   Unique to CHATS and running for over a decade, this therapy-based pre-prep program has helped hundreds of children transition successfully into mainstream schooling. Led by experienced therapists, The Prepare Program focuses on building school readiness, confidence, communication, and independence for a smooth and happy start to primary school.
2. **Watch Me Grow (Baby & Kinder Gym)**
   A play-based group that builds school readiness, confidence, friendships, and independence through fun, hands-on activities.
3. **Little Food Explorers**
   Helps preschoolers become adventurous eaters by exploring new foods and learning positive mealtime skills in a relaxed, social setting.
4. **Kindy Dance & Movement**
   Encourages self-expression, coordination, and social skills through music, dance, and movement games.
5. **Sensory Adventures**
   Supports sensory processing, self-regulation, and curiosity with creative, messy, and tactile group play.
6. **Feelings Friends Art Group**
   Led by our art therapist, this group helps children understand and express emotions through art, storytelling, and sensory activities.
7. **Pre-Kinder Social Skills Group**
   Boosts communication, turn-taking, and friendship-building with simple games, role play, and peer interactions designed for preschoolers.
8. **Special Event Days**
   Seasonal celebrations, creative arts, or themed group days to give children new social experiences and share in community fun as a group.

Please Note: Groups alternate in running so please check our current Timetable.

Lets Get Started!

We know that taking the first steps when booking therapy for your child can feel daunting, especially if you are a first time parent! If you've just been referred by your GP, maternal and child health nurse or just want a check up, at CHATS, we're here to make the process simple, welcoming, and supportive for you and your toddler.

1. **Reach out to us**
   You don't need to have all the answers. Simply call, email, or visit our website to let us know you're interested in our toddler programs. Our friendly team will listen to your concerns and explain everything in plain language—no question is too small.

2. **Our first conversation**
   Our friendly reception staff will start with a relaxed chat—either over the phone or in person—where you can share a little about your child and what brought you to CHATS. From the questions they ask, they'll work out which therapist is the best fit for your child and let you know about current availability. They'll also explain how our services and group programs work and what you can expect, so you feel comfortable and informed right from the beginning. We'll also talk about funding options (like NDIS, Medicare, or private health) and help with any paperwork, so you're not left to figure it out alone.

3. **Initial assessment**
   At CHATS, our initial assessment is a two-step process designed to make families feel comfortable and supported right from the start.

Step 1: Therapy and Parent Phone Call
Our designated Therapist will arrange a phone call with one or both parents. During this call, we'll ask about your child's background, development, and any concerns you might have. We do this over the phone so you can speak openly and candidly, without worrying about your child overhearing sensitive details.

Step 2: Clinic Based Assessment of your Child
Your preschooler will come into the clinic for their assessment session. This is a relaxed, play-based experience where our therapist gently interacts with your child through games, activities, and conversations suited to their age. This approach helps us understand your child's strengths and needs in a natural, stress-free way—while your child feels comfortable and engaged. After the assessment, we'll talk you through our findings and recommend the best group programs and/or therapy services for your child. Our goal is to make sure you feel informed, supported, and confident about the next steps in your child's journey.

Assessments
For many children with additional needs, special assessments or reports are often required before starting school to help educators understand your child's strengths and needs. These assessments can support funding applications, inform school planning, or provide guidance for classroom adjustments. At CHATS, we are experienced in conducting the assessments and writing the detailed reports needed for school readiness, NDIS, and other supports. Our play-based, child-friendly process makes it easy for your preschooler to show what they can do—without pressure or stress.

"We were so worried our son wouldn't be ready for school, especially after his kinder teacher expressed concerns. His diagnosis meant he wasn't eligible for special education, but we worried he'd find mainstream school too hard.

When we found the Prepare Program, everything changed. From our first meeting with the team and seeing the welcoming facilities, we finally felt supported and hopeful. After just two terms, we've been amazed by how much progress our son has made and the confidence he's gained. We truly believe he'll be ready for Prep next year."

Sarah – mother of 5 year old son

We work closely with families to make sure you feel informed and supported at every step, and our team is always here to answer questions about the process. If your child needs an assessment or report before starting Prep, reach out to us and we'll guide you through what's needed to make their transition into school as smooth as possible.

For more information on steps to enrol into our Prepare Program.

Get in Touch

If you would like any further information, please contact:

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