Primary School

Building Confidence & Friendship Skills

Helping primary-aged children grow confidence, friendships, and school-ready skills — with fun, supportive group programs at CHATS.

CHATS
Children's Health and Therapy Services

Thrive at School: CHATS Services for Primary Children

The primary school years are a time of huge growth, new challenges, and exciting achievements. At CHATS, we support children aged 5–12 to build confidence, communication, friendships, independence, and a love of learning. Whether your child needs help settling into new routines, keeping up with schoolwork, or developing social skills, we're here to help at every stage.

Why Early Support Still Matters

Timely, tailored support in primary school can make a lifelong difference. Research shows that children who receive help when challenges arise are more likely to thrive—socially, emotionally, and academically—both now and in the future.

Empowering Primary Kids

The CHATS Approach

With over 20 years of experience, CHATS sets the gold standard in therapy and group programs. Our multidisciplinary team—including speech pathologists, occupational therapists, social workers, and art therapists—works together to address the unique needs of primary school-aged children. We help kids strengthen existing skills, tackle new challenges, and develop resilience, all in a welcoming, positive environment.

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Who We Help

CHATS supports primary-aged children who may:

- Need help with reading, writing, spelling, or classroom participation
- Have difficulty making or keeping friends
- Feel anxious, overwhelmed, or struggle with emotional regulation
- Require support following instructions or staying organised
- Benefit from developing independence, self-esteem, and resilience
- Are navigating a diagnosis or needing help transitioning between year levels or schools

Our Primary-Aged Services

Speech Therapy
Support for children with speech, language, literacy or social communication difficulties. Sessions focus on building clear expression, listening, and confidence.

Occupational Therapy (OT)
Helps children develop fine and gross motor skills, handwriting, concentration, self-care, and classroom participation.

Social Work
Practical support for children and families managing big emotions, routines, friendships, family changes, or life's tricky moments.

Art Therapy
Offers a creative way to explore and manage feelings, social challenges, and self-esteem, guided by our trained art therapist.

Individual Sessions
One-on-one therapy designed around your child's strengths, needs, and goals in a safe, encouraging setting.

Assessments & Reports
Professional assessments for learning, attention, social or emotional needs, and report writing for NDIS or school support.

School Visits
Our team can visit local primary schools to support your child's participation, work with teachers, and help with transitions.

Transition & Change Support
Guidance to help children adjust to new schools, new year levels, or big changes at home or school.

Group Programs for Primary-Aged Children

Bright Futures Social Skills Group
Builds confidence and real-life friendship skills with games, discussions, and team challenges.

Big Feelings, Brave Hearts
Teaches emotional regulation, resilience, and coping strategies in a creative, supportive group setting.

Handwriting Club
Boosts fine motor skills, handwriting stamina, and written expression with fun activities and OT guidance.

CHATS Art Makers
Uses art and creative projects to build social skills, self-esteem, and emotional awareness.

Homework Helpers
Offers structured, supportive sessions for study habits, organisation, and staying on track with schoolwork.

Special Event Days & Holiday Programs
Fun, themed group sessions that let kids try new skills, build friendships, and share in community fun.

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

The CHATS Difference for Primary Kids

Because we are a multidisciplinary, family-centred service, your child can access the support they need—when they need it—without having to start the journey over. Our team collaborates, communicates, and genuinely gets to know your family so that progress is shared and celebrated. Children can easily transition between therapy types or boost individual progress through our group programs.

> ***"We reached out to CHATS for extra help with our daughter's learning and confidence at school. The staff made us feel welcome from day one, and the assessment helped us understand her needs so much better. She now attends social skills group and one-on-one OT—and we've seen so much growth in just a few months. We love the warm, genuine support CHATS gives our whole family."***
>
> — Parent of a Year 2 student

Assessments

Some children entering or moving through primary school need specialised assessments or reports to help inform learning plans, guide teachers, or access funding (NDIS, school supports, or other help). CHATS offers professional, child-friendly assessments and clear, practical reports for all primary-aged needs.

How to Get Started

1. Contact Us

Just call, email, or reach out via our website. Our friendly staff will listen and guide you to the next step.

2. Free Meet & Greet

Come and visit for a complimentary session to see our spaces, meet the team, and chat about how we can help—no pressure.

3. Parent Phone Consultation

We'll call to learn more about your child's needs, strengths, and any concerns you or their teachers may have.

4. Child Assessment

A relaxed, play- and conversation-based assessment at the clinic so we can get to know your child and find the best ways to support them.

5. Personalised Plan & Enrolment

We'll recommend the right group and/or individual therapies, complete enrolment, and keep in touch as your child settles in.

Get in Touch

If you would like any further information, please contact:

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