Toddlers

Nurturing Little Learners Through Fun

Our specialised toddler group programs at CHATS, give the perfect start in nurturing their growth in communication, social skills and milestone development everyday through fun, play-based activities.

CHATS
Children's Health and Therapy Services

Importance of Early Intervention

The Toddler Years are a time of incredible growth, curiosity, and discovery. Every child is unique, and we're here to help your little one shine in their own way-whether they're finding their first words, taking new steps, or learning to play with others.

> ***"Early intervention is crucial for toddlers showing any signs of developmental delay or diagnosis. Australian research demonstrates that providing support during the first years of life leads to better outcomes in learning, social skills, and long-term wellbeing."***
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> Moore, T.G., Arefadib, N., Deery. A, Keyes, M. & West, S. (2017). The First Thousand Days: An Evidence Paper. Centre for Community Child Health, Murdoch Children's Research institute.)

Our dedicated team specialises in supporting toddlers from 6 months to 4 years. offering playful, evidence-based therapy and group programs designed just for this important stage of life.

We believe learning happens best through fun, connection, and movement-so every session is filled with music, laughter, and hands-on activities.

Helping Toddlers Thrive

The CHATS Approach

At CHATS, our programs are designed to support toddlers who may:

- Be late to start talking or have difficulty expressing themselves
- Struggle with understanding words or following instructions
- Find it hard to play with others, share, or take turns
- Experience challenges with movement, balance, or coordination (such as walking, running, or using their hands)
- Have trouble with sensory experiences, like being sensitive to sounds, touch, or textures

Watch Me Grow (Baby & Kinder Gym)

Ages: 6 months – 3 years
Open to all infants and toddlers — with or without additional needs.

Baby & Kinder Gym

These sessions are known as 'Watch Me Grow' (tagline - Baby and Kinder Gym) led by CHATS therapists who are highly trained to work with infants and toddlers. These sessions focus on general development and helping every child reach important milestones in a fun, supportive environment. Whether your child is working on their first words, learning new movements, or simply enjoys playing with others — Watch Me Grow is designed to nurture their growth and confidence.

Services

Our Therapy Services designed to support your toddler's growth and development every step of the way. Our caring team uses evidence-based and family focused approaches to help your toddler build new skills and reach important milestones.

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

Occupational Therapy (OT)
Helps toddlers develop everyday Skills like moving, playing, feeding, and dressing. Sessions are practical, fun, and tailored to your child's needs.

Social Work
Guidance for families navigating challenges, accessing support, or building routines that help toddlers thrive. Our social workers offer compassionate, practical advice.

Art Therapy
Creative sessions using art, drawing, and sensory play to support emotional and social development, guided by trained art therapists.

Individual Sessions
One-on-one therapy tailored to your child's unique strengths and needs, in a safe and supportive environment.

Assessments
Professional assessments to understand your toddler's development and identify the best supports or next steps.

Kinder Visits
Our therapists visit local kindergartens to support your child's transition, offer strategies to educators, and help create a smooth start.

Transition to Childcare and Kindergarten
Personalised support for families and children as they move into new settings, making transitions as smooth and positive as possible.

Group Programs

While individual therapy is valuable for targeted support, group sessions provide unique opportunities for social interaction, teamwork, and learning from peers. In our group programs, toddlers practice communication, sharing, and problem-solving in real-life situations-building skills that are hard to develop one-on-one. Children gain confidence as they make friends and try new activities.

Tots Sensory Play
A playful group to help toddlers explore their senses through touch, sound, movement, and messy play. Great for building curiosity, confidence, and early learning skills.

Tots Kindy Dance
Fun, movement-based sessions introducing toddlers to music, rhythm, and dance. Perfect for boosting coordination, social skills, and self-expression.

Little Food Explorers
An interactive program where toddlers can discover new foods, textures, and tastes in a relaxed, supportive environment. Encourages healthy eating habits and makes mealtimes enjoyable.

Emotions Discovery Art
Guided by our art therapist, art based activities help toddlers understand and Share their feelings, It encourages development in areas such as emotional growth, and self-confidence.

Watch Me Grow (Baby & Kinder Gym)
Open to all toddlers, this group focuses on reaching important milestones through play, music, and social activities.

Special Event Days
Exciting themed days throughout the year, such as petting zoos, carnivals, or creative arts designed to offer new experiences, social fun, and family connection.

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

Let's 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
   Your 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
   Next, your child will come into the clinic for their assessment session. For toddlers, this is a relaxed, play-based experience where our therapist gently observes and interacts with your child through games, toys, and activities. This approach helps us understand your child's strengths and needs in a natural, stress-free way-while your child feels safe and engaged.

   After these two steps, we'll talk you through our findings and recommend the best group programs and/or therapy services for your child. Our goal is to ensure you feel informed, supported, and confident about the next steps in your child's journey.

"I took my toddler for his 2-year-old checkup and the maternal and child health nurse told me he was late in his talking and suggested we look into speech therapy. I was so scared and overwhelmed - I had no idea where to start or what it would mean for my little boy. When I called CHATS, I immediately felt a sense of relief. The team listened to my worries without any judgement, explained every step, and reassured me that we weren't alone. The initial assessment was gentle and play-based, and my son actually had fun!
From that first phone call, I felt supported and understood. I'm so grateful we found CHATS-they made a daunting process feel manageable and gave us real hope for the future."

- Emily, mum to 2-year-old Jack

GOLD STANDARD THERAPY INTERVENTION

At CHATS, we deliver the gold standard in therapy intervention-built on over 20 years of experience supporting young children and their families. Our multidisciplinary team brings together the best in speech pathology, occupational therapy, art therapy, and social work, all under one welcoming roof. Because we've been doing this for decades, we know how to adapt and personalise therapy as your child's needs change, making it easy to move between different disciplines whenever needed. Our group programs are designed to enhance individual therapy, giving children the chance to practice new skills with peers, build confidence, and reach their goals even faster. With close collaboration between our therapists, every member of our team gets to know your child and family, so you're always supported by professionals who truly understand your journey.

4. Reports for funding

The toddler years are a time of rapid growth and change. For many families, this is also when questions about development first arise and when initial diagnoses or concerns are often identified.

Early support makes a big difference, and having the right documentation can help you access the services your child needs.

At CHATS, our therapists are highly experienced in writing detailed, professional reports to support funding applications and reviews-such as NDIS, Medicare, or private health insurance.

These reports clearly outline your child's strengths, areas of need, and recommendations for therapy or group programs. This documentation is often essential for securing ongoing support, especially when a new diagnosis is made or you are seeking extra help for your toddler.

If you need a report for NDIS planning, reviews, or other funding processes, just let us know. We'll guide you through what's needed, gather all the relevant information, and ensure your child's unique journey is well represented.

Our goal is to make the process as smooth and stress-free as possible, so you can focus on your child's progress and wellbeing. If you have questions about funding, diagnoses, or paperwork, our team is always here to assist and support you at every step.

Get in Touch

If you would like any further information, please contact:

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