

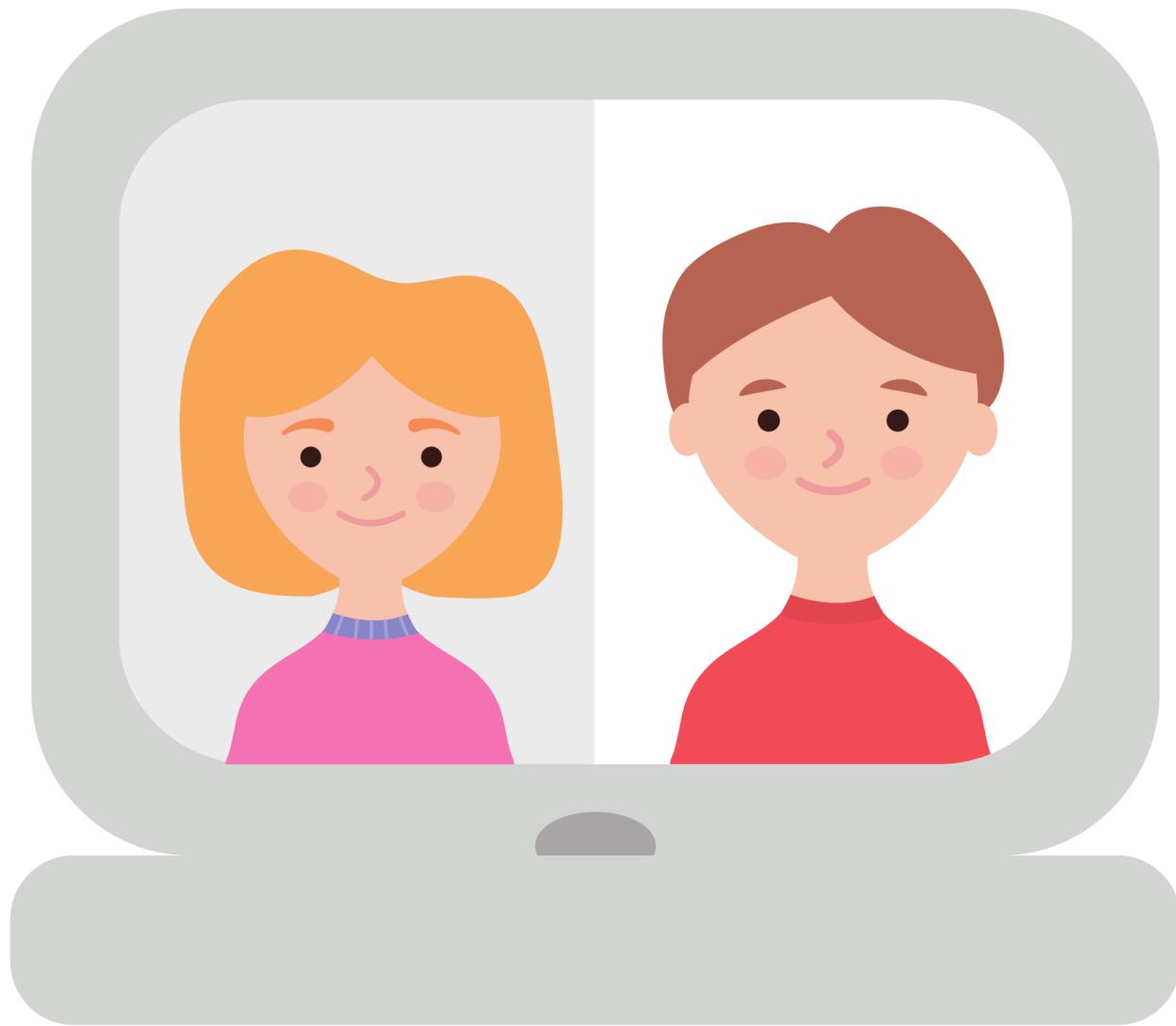
Coming back after COVID-19

a welcome story for our
sparkly families



THE SPARK
THERAPY SERVICES

Explore • Play • Discover • Connect



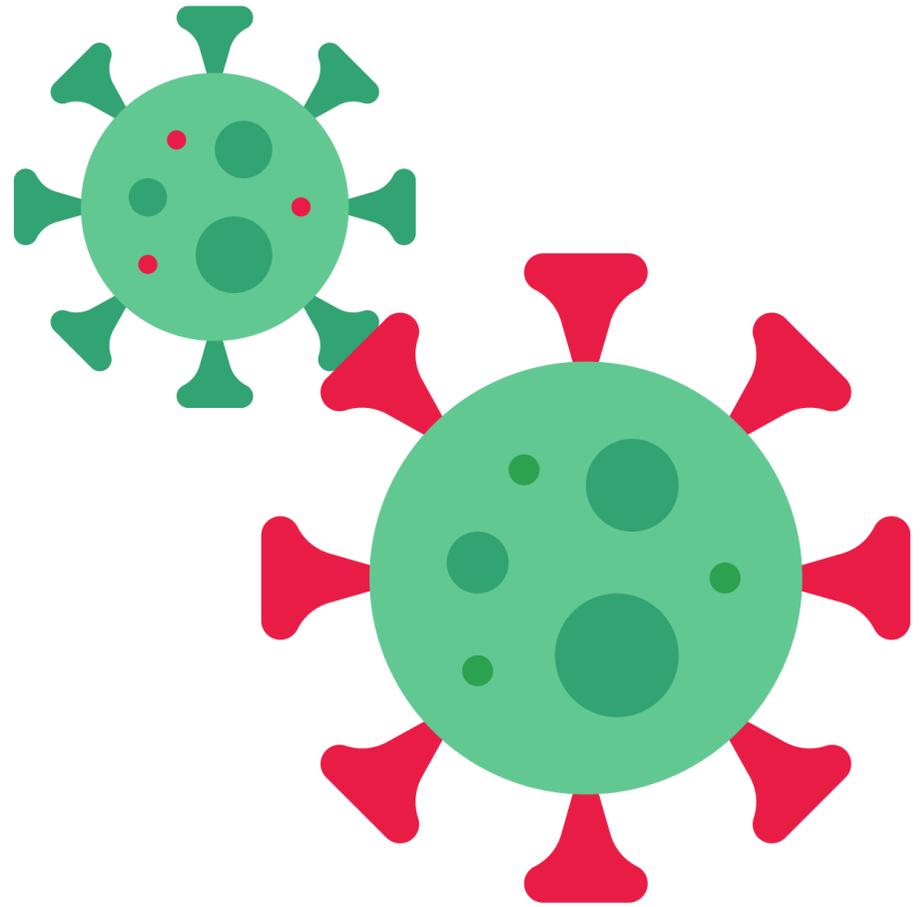
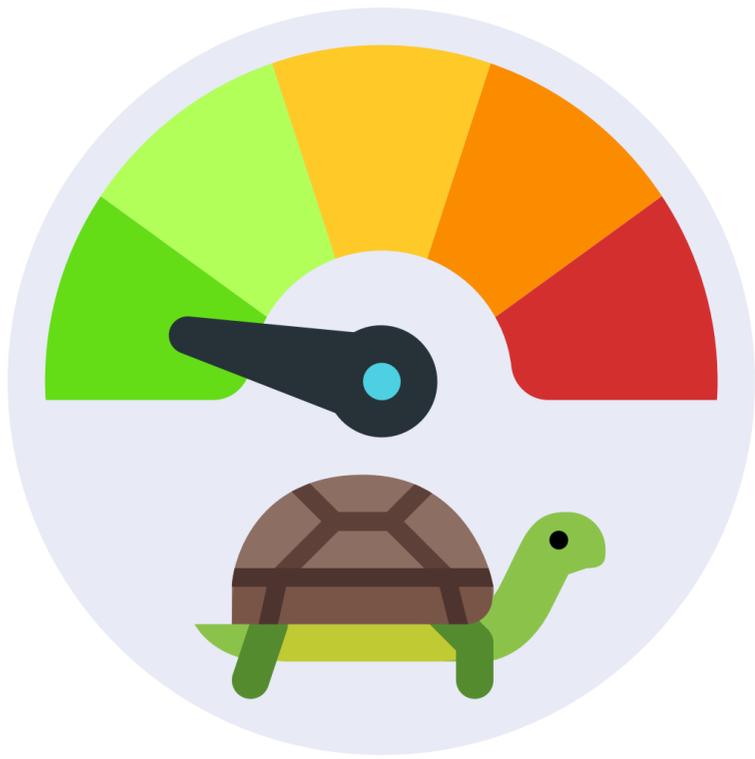
For that last few months you have been catching up with your OT online whilst COVID-19 has been spreading through the community.





We have all had to stay at home and not see friends, family and OT in person to make sure we were social distancing.





Now that COVID-19 is not spreading as fast it is safe for you to return to the Spark Clinic.



I am feeling...



Happy



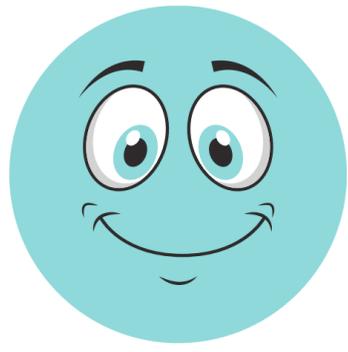
Worried



Upset



Unsure



Calm



Overwhelmed

It is expected to have different feelings about going back to the clinic. It has been a long time since I have been at the clinic and seen my OT. Talking about how I feel will help me get ready for going back to the clinic.





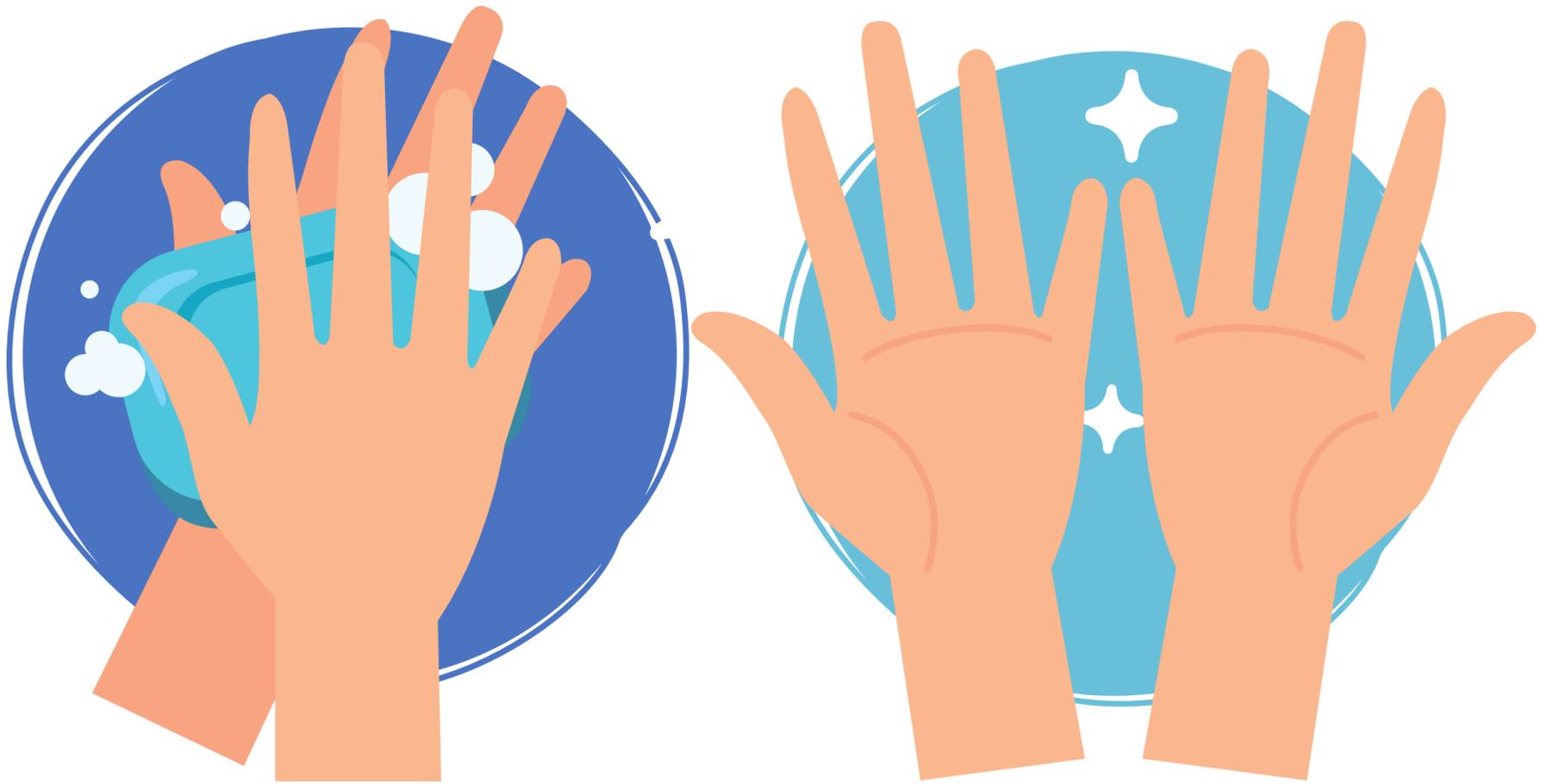
When you return to the clinic there will be a few changes to make sure everyone stays healthy and safe from COVID-19.





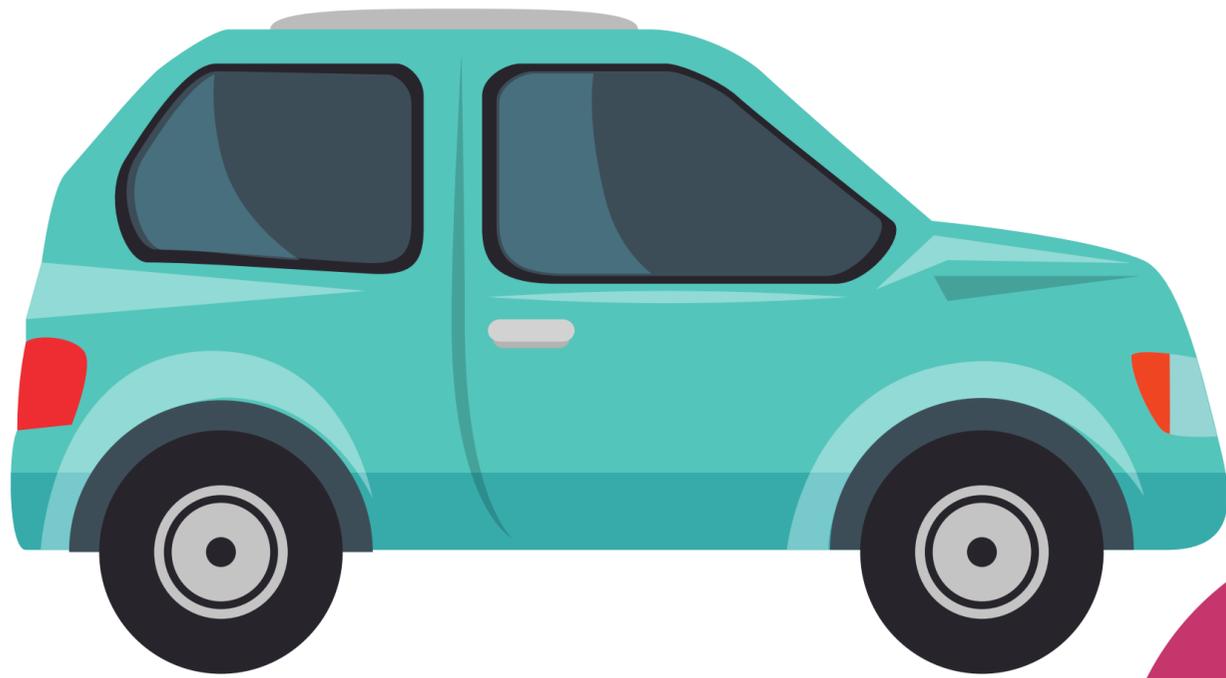
1) Your therapist and mum or dad will be wearing face masks to keep any germs in their mouth or nose away from you





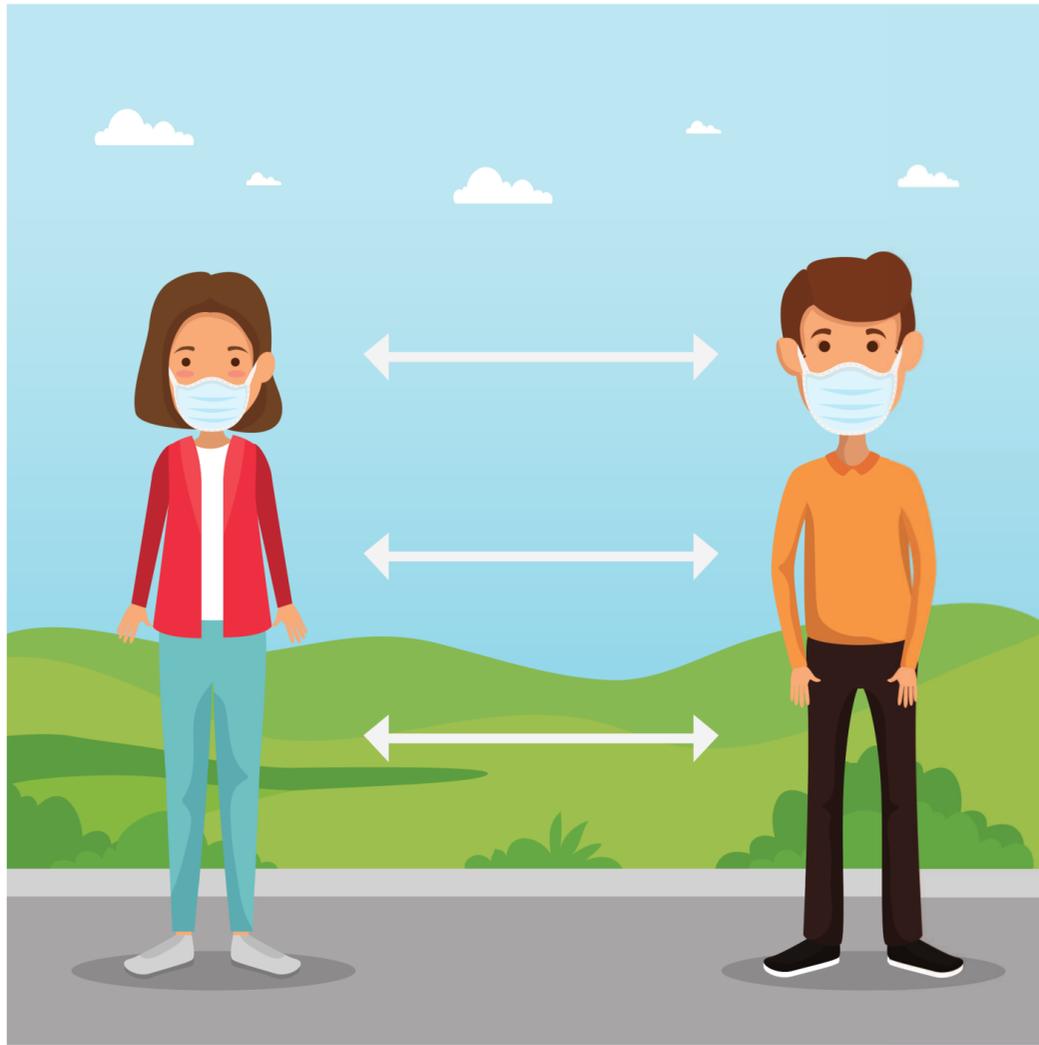
2) You will be reminded by your OT to wash your hands or use hand sanitiser when you come into the clinic and leave to go home.





3) When you arrive you will need to wait in your car until your therapist sends mum or dad a message to say its time to come inside.





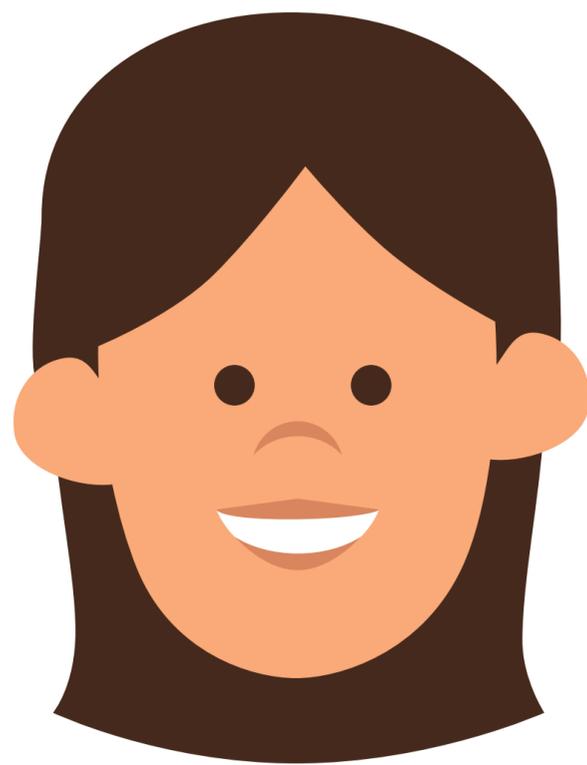
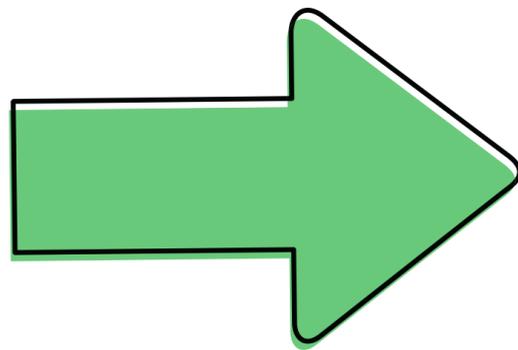
4) Your OT may be sitting further away from you than normal. This is to make sure that we are still social distancing whilst being together.





These changes are happening to make sure we can all stay safe and stop the spread of COVID-19.





These changes might make me feel strange at first. This is expected. Changes can take time to get used to. With time, I will get used to these changes and they won't feel strange forever.





It's important to talk about these big feelings with your parents, friends and OT to help them pass.



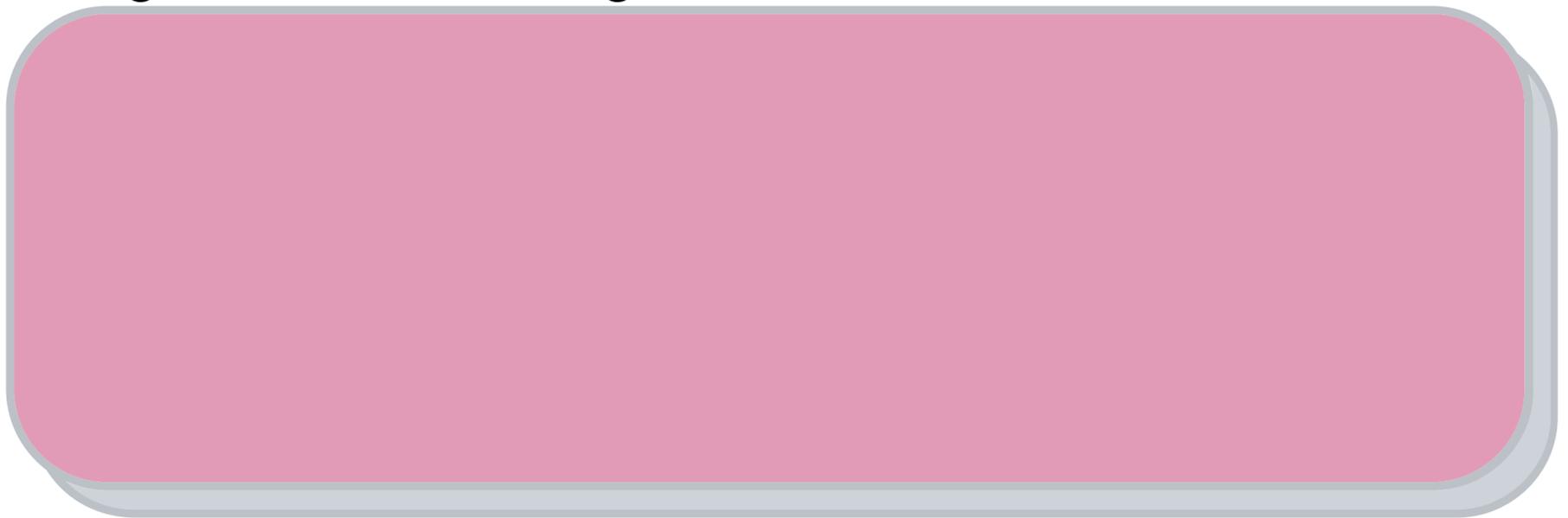


Welcome Back!

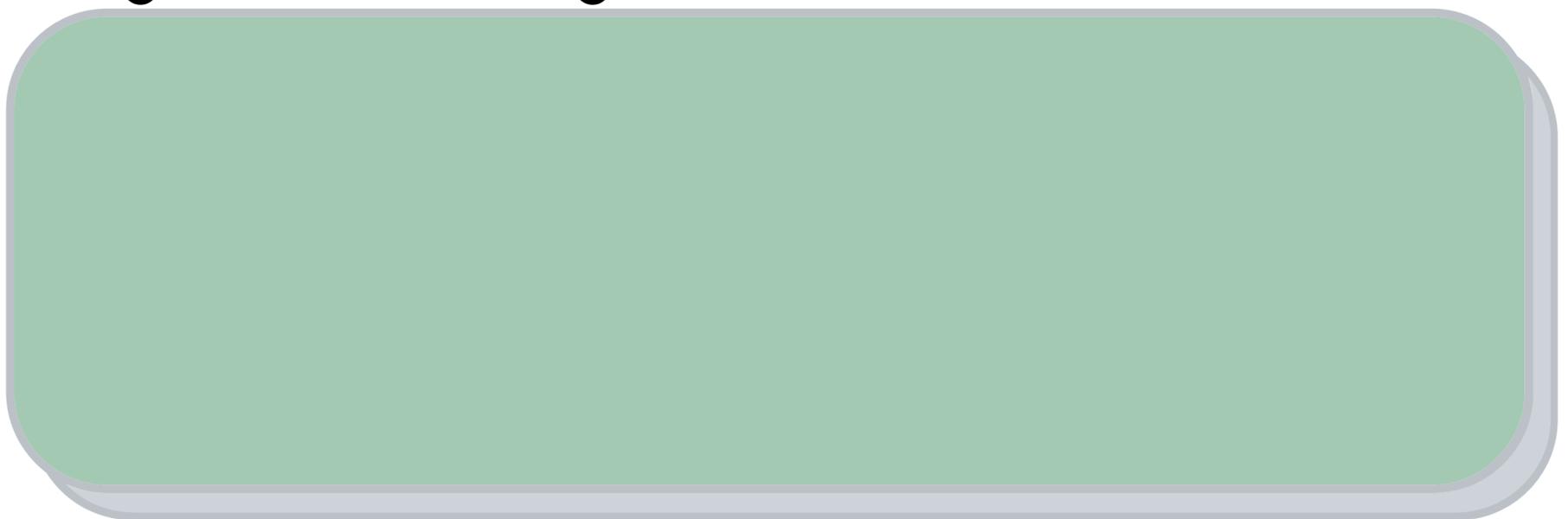
The OT's at the Spark can't wait to have you back at the clinic to have fun in person in a safe way!



Things I am looking forward to:



Things I am feeling unsure about:



My questions/things I want to find out:

