

Navigating the waves of communication

Easy referrals, our Ready, Set, School! program for 2027, more Medicare support for speech, our new Feeding Clinic, Professional Development training, and a handy milestones guide for every little voice.

Hello from all of us!

Spring is here and it has been a big season at Sea S.A.L.T. Our team is growing, our Maroubra and Woonona clinics are busier than ever, and we have some exciting news to share with our families, educators and GPs.

I'm so grateful to you all for being part of the journey so far. In this edition you'll find our new GP and Child Referral Form, our Ready, Set, School! program for children starting school in 2027, what the new Medicare changes mean for your child, International Stuttering Awareness Day, a first look at our Feeding Clinic, our Professional Development Training Menu for educators, and a quick guide to communication milestones from 12 months to 5 years. As always, we'd love to hear from you.

Katie and the Sea S.A.L.T. team 🍀💛

REFERRALS MADE EASY

Refer a child in three simple steps

Whether you're a GP, paediatrician, educator, carer or parent, referring a child to Sea S.A.L.T. is quick and easy. Our **GP and Child Referral Form** is on our website, ready to download, print or fill in.

1

Download

Visit seasaltspeechpathology.com/referrals and download the form.

2

Fill it in

Complete the form on screen or print it out. It covers the M10 pathway and GP Chronic Condition Management Plans.

3

Send it to us

Email it to info@seasaltspeechpathology.com and we'll be in touch within 24 hours.

Parents, you don't always need a GP referral. You can contact us directly for a private or NDIS assessment. A GP referral is needed to claim Medicare rebates.

[Get the GP and Child Referral Form](#)

[Make an enquiry](#)

BOOKINGS NOW OPEN

Ready, Set, School! Our 2027 school readiness program

Is your little one starting preschool or Kindergarten in 2027? Our Ready, Set, School! program helps children who just need that little extra support (or a head start!) to walk into class feeling confident, chatty and ready to learn.

What's included

- A 1:1 readiness check with a speech pathologist
- 6 fun, play-based small-group sessions (4 to 6 children)
- Weekly home activities for parents
- A before and after progress report

What children build

- **Listening:** following classroom directions and answering questions
- **Talking:** using full sentences to ask for help and share news
- **Early literacy:** rhyme, syllables, first sounds and their own name
- **Confidence:** taking turns and speaking up in a group

Two streams: Preschool (3 to 4 years) and Kindy (4 to 6 years, starting Kindergarten in Term 1, 2027).

When: Term 4 groups and a January holiday intensive, so every child is ready before school returns in February.

Where: our Maroubra and Woonona clinics.

NDIS participants may be able to use their capacity-building funding where the program matches their plan goals. Places are limited, so get in touch soon to book your child's readiness check.

[Book a readiness check](#)

[Call 0406 672 067](#)

BIG NEWS

More children can now access Medicare support for speech

The Medicare M10 speech pathology pathway has grown. From 1 March 2026, more children and young people under 25 are eligible for Medicare rebates for speech pathology assessment and therapy, and there's no diagnosis needed to be referred for an assessment.

<25

years of age

8assessment
sessions
(lifetime)**20**therapy
sessions
(lifetime)**\$89.50**rebate per
session**\$2,506***total rebates,
all 28 sessions

Who is eligible?

- Autism and other complex neurodevelopmental conditions
- Other eligible disabilities on the MBS list
- **NEW** Stuttering
- **NEW** Speech sound disorders (articulation, phonological, childhood apraxia of speech, dysarthria)
- **NEW** Cleft lip and/or palate

It's super simple to get started

1

Notice it

You, or your child's educator, have a worry about talking or understanding.

2

See your GP

Ask for an M10 referral. Paediatricians and psychiatrists can refer for autism and complex conditions.

3

Assess

Up to 4 sessions per referral. No diagnosis needed.

4

Report

We share results with you and your referring doctor.

5

Therapy

Up to 10 sessions per referral, with tips for home and class.

M10 can also be used alongside a GP Chronic Condition Management Plan for up to 5 extra sessions each calendar year. Not sure where to start? Take our [GP and Child Referral Form](#) along to your GP appointment, or give us a call and we'll walk you through it. Families can also contact us directly for a private or NDIS assessment, no referral needed.

*Subject to full M10 allocation (8 assessment + 20 treatment sessions, lifetime, under 25) and eligibility. Rebate for items 82005/82020 is \$89.50 (85% of the \$105.25 schedule fee, from 1 July 2026). GP Chronic Condition Management Plan item 10970 rebate is \$63.40, up to 5 services per calendar year; M10 and GPCCMP sessions can't be claimed on the same day for the same service. Gap fees may apply. Sources: MBS Online, health.gov.au, Services Australia. Information current as at September 2026.

22 OCTOBER

International Stuttering Awareness Day

Every voice deserves to be heard.

On 22 October we're celebrating people who stutter and helping families, educators and friends understand how to support them. Stuttering is common in young children, it is nobody's fault, and early support works.

What stuttering can look like

- Repeating sounds, parts of words or whole words ("b-b-ball", "I-I-I want")
- Stretching sounds ("sssssun")
- Getting stuck with no sound coming out (a block)
- Tension in the face or body, or avoiding talking

How you can help

- Give your child time to finish. Try not to finish their words for them.
- Look at your child and listen to what they say, not how they say it.
- Slow down your own talking and keep things relaxed.

About 11% of children have started stuttering by age 4 (Reilly et al. 2013), and evidence-based programs like the Lidcombe Program work well for preschoolers. Stuttering is now eligible under Medicare M10, so please don't wait and see.

Refer for a stuttering assessment

NOW OPEN

Introducing our Feeding Clinic in Maroubra



We're thrilled to launch our new Feeding Clinic, led by our Senior Speech Pathologist Lauren O'Grady and Eva. It's warm, practical, family-centred support for confident mealtimes, from babies starting solids to older children with ongoing eating difficulties.

Is mealtime a struggle? We can help with:

- Moving to solids, lumps or finger foods
- A very limited range of foods
- Fussy, picky, anxious or selective eating
- Sensitivity to textures, smells or temperatures

Our approach

Our feeding-trained speech pathologists use evidence-based frameworks, including the SOS Approach to Feeding and FEDS principles, with gentle, pressure-free and playful food exploration.

Parents at the centre

Every session pairs child therapy with practical strategies you can use at home, building confidence through

- Chewing and swallowing (oral-motor) skills
- Stress at mealtimes, for kids or parents

small wins. You do not need to navigate mealtimes alone.

Learn about our Feeding Clinic

NDIS and private clients welcome.

FOR PARENTS

Every little voice has a journey of its own

Children learn to talk through everyday moments with the people who love and care for them. Like the tide, progress comes in waves, and every child moves at their own pace. All communication counts: words, signs, gestures, pictures and AAC. Milestones are a guide, not a test.

Age	Most children can...
12 months	Understand around 10 words and respond to their name. Use sounds, gestures and a few first words, and wave “hi” and “bye-bye”.
18 months	Understand up to 50 words and follow simple directions (“kick the ball”). Say 6 to 20 single words and copy lots of words and sounds.
2 years	Follow two-step directions and answer simple “what” and “where” questions. Say 50+ words and join two words together (“more milk”).
3 years	Understand “what”, “where” and “who” questions. Use sentences of 4 to 5 words and talk about the past (often “I runned”!).
4 years	Answer most questions about their day or a story. Use “and”, “but” and “because” and tell you about things that happened.
5 years	Follow three-step directions and understand time words like “before” and “after”. Use clear sentences most people understand and tell short stories. Sounds like s, r, l and th may still be tricky.

Try this at home

Pause and give your child time to reply before you say more.

Get down to their level and join in with what they love.

Work out what they mean and say it back to them in words.

You don't have to read every word. Chat about the pictures they love.

Trust your instincts

Please don't "wait and see". If you or your child's educator have any worries about how they understand or use language, reach out early. Small supports now can make a big difference.

Many languages, one message

Children who speak more than one language, or Aboriginal English, may reach some milestones differently, and that's a strength, not a problem. Keep using the language(s) you're most comfortable with at home.

Milestones adapted from Speech Pathology Australia, Communication Milestones (2018).

FOR EDUCATORS & GPs

Working together for every child

We're big on teamwork. With family consent, we share strategies for the classroom, centre and home so children get consistent support wherever they are.

- **Early Years Quick Reference:** a one-page guide for educators with quick checks during play, group time and routines, signs to look out for, and how to talk with families.
- **M10 for GPs Quick Reference:** eligibility, who can refer, the referral pathway, and the evidence for early intervention.
- **GP and Child Referral Form:** download it from our [GP Referrals page](#), fill it in and email it back. It's that easy.
- **M10 education sessions:** we're running short "show and tell" sessions for GP practices, specialists and educators. Get in touch if you'd like one for your team.

Why early matters: speech and language skills underpin reading, learning and friendships. About 2 children in every Year 1 class have a language disorder (Norbury et al. 2016), and early, targeted therapy changes outcomes.

NEW FOR EDUCATORS

Our Professional Development Training Menu

We're excited to launch our Professional Development Training Menu for educators, teachers, carers and nurses working with children 0 to 9 years. These practical, evidence-based sessions are delivered by a paediatric speech pathologist and mapped to the APST (AITSL), the Early Years Learning Framework V2.0 and the National Quality Standard, with a certificate for your PD records.

1. Spot It Early: Speech & Language Milestones

Ages 0 to 9

Recognise typical and delayed development, spot red flags (including Developmental Language Disorder), decide when to refer and talk with families about next steps.

2. Language-Rich Rooms

Ages 0 to 5

Model, expand and wait. Build three language-boosting strategies into play and daily routines.

3. Developmental Language Disorder in the Classroom

Ages 4 to 9 (Kindergarten to Year 3)

Adjust instructions, teach vocabulary and check understanding so every student can take part.

4. From Talking to Reading

Ages 3 to 8

Build phonological awareness and oral storytelling, and use Year 1 Phonics Screening Check results to target support.

5. Stuttering & Unclear Speech

Ages 2 to 9

Respond supportively in group settings, reduce communication pressure and keep children confident to join in.

6. Inclusive Communication

Ages 1 to 9

Use visual supports, gesture and AAC to support autistic and minimally speaking children.

Formats: 45, 60 or 90 minutes · staff meetings, twilight or pupil-free days · in person or online. Every session includes learning outcomes, practical resources and a PD certificate. May count towards PD hours for teachers (NESA), early childhood teachers and nurses (CPD). Quotes on request.

[See the Training Menu](#)

[Book a session](#)

Let's get started

Have a question? We'd love to chat. Request a call back and we'll be in touch within 24 hours.

 [0406 672 067](tel:0406672067) ·  info@seasaltsspeechpathology.com

 seasaltsspeechpathology.com

 Referring a child? [Download the GP and Child Referral Form](#)

Maroubra · Eastern Suburbs

5/181 Maroubra Road, Maroubra NSW

Woonona · Northern Illawarra

Ocean Avenue, Woonona NSW 2517

Medicare M10 rebates available · NDIS participants welcome (self and plan managed) · Telehealth available

We are always looking to improve and encourage open feedback or suggestions at any time.