



Preschool Boost

Services Guide

What is Preschool Boost?

Preschool Boost helps to give every 3-year-old in South Australia the best start. By working closely with early childhood educators, families, and allied health professionals, the program supports inclusive, play-based learning that helps children and their families build social and emotional skills, and develop a strong sense of belonging.

At I Can Jump Puddles we offer three evidence-based programs on the Office for Early Childhood Development's (OECD) Preschool Boost menu.

All programs align with the Australian Early Development Census (AEDC) data insights, the National Quality Standards (NQS) and the Early Years Learning Framework (EYLF).

Maximise your centre's funding with I Can Jump Puddles. Our allied health team works alongside educators, children and families to make the most of your learning plan, while building educator confidence and capacity. Our goal is to empower your team to support children and their families independently, reducing the need for ongoing allied health support.

This services guide highlights what our services are, and the proposed outcomes that children, families and educators can expect.



Learn about I Can Jump
Puddles Preschool Boost



Learn more about
Preschool Boost

Preschool Boost Services

Pyramid Model

The Pyramid Model strengthens educator capacity to promote social-emotional development and respond effectively to behavioural challenges through universal, targeted, and individualised strategies. It supports early childhood educators to create calm, inclusive learning environments using a tiered, whole-of-service approach.

Learn More



AHP: Therapeutic Supports

Allied Health professionals support children aged 0–6 in two ways: term-based coaching alongside your educators, and **Jump Start Groups**, our 10-week small group programs with family goal setting and measured outcomes. Our Speech Pathologists, Occupational Therapists, Physiotherapists, Developmental Educators and Social Workers focus on your team's priorities.

Learn More



Now & Next

Now & Next is a parent-led program that equips families of children with disability or developmental delay with tools to set goals, build strengths, and take charge of their journey. It combines Positive Psychology, Strength-Based Coaching, and the innovative Pictability tool to foster resilience, connection, and lasting impact.

Learn More



Why Choose *ICJP*?



Ongoing, sustainable support to implement the programs confidently.



Dedicated allied health professionals partner with your centre to build trust, continuity and a strong partnership grounded in a deeper understanding of your centre's needs.



Coaching approach that works alongside your team to implement new skills within everyday routines, while providing opportunities for reflection to support educators to grow in their practice and achieve their professional development goals.



Bespoke support tailored to your centre's needs; working together to identify priorities, develop a plan and implement it alongside your team.



We know that providing information and resources isn't enough to change practice, that's where coaching and practice-based support comes in to build sustainable skills and confidence over time.

**ICANJUMP
PUDDLES** 

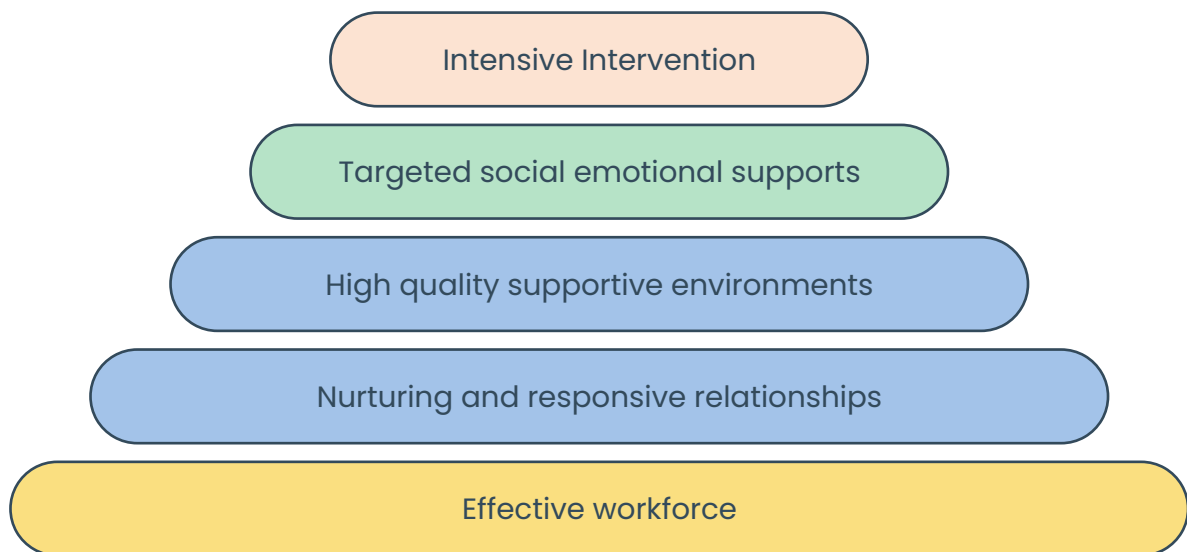
Pyramid Model

What is it?

The Pyramid Model is an evidence-based framework designed to support young children's social and emotional development through a tiered approach that uses intentional teaching strategies to promote positive behaviour.

It supports educators to feel confident, work closely with families, and guide children's growth in areas of social emotional development including self regulation, emotional literacy, problem solving skills and friendship skills.

Through observation, assessment, workshops and real-time coaching, educators receive practical strategies and flexible tools to implement new practices within their everyday routines. This approach fits naturally into play-based learning and supports the creation of safe, inclusive environments where every child can learn, grow and thrive.



Preschool Boost

Pyramid Model

Outcomes



Improved social & emotional skills: self-regulation, emotional literacy, problem solving and friendship skills.



Reduced behavioural challenges



Increased educator confidence in supporting children's social and emotional development



Strong, collaborative partnerships with families



Sustainable practices that are program wide

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National Center for
**Pyramid Model
INNOVATIONS**

Learn More



Service Package

Pyramid Model

The Pyramid Model is a tiered approach that is implemented progressively. The complete package includes all steps for program wide implementation. Tiers can be completed over time and specific options according to your learning plan can be organised to support your team to implement the framework according to your needs.

Modes of Delivery:

The Pyramid Model can be delivered:

- Face to Face
- Online
- Hybrid combination of both Face to Face & Online

Out of hours sessions can be arranged as available; specific needs can be discussed.

We have successfully delivered the program to both metropolitan and regional centres.

Pyramid Model Team Members:

All assessments, facilitation and coaching is implemented by qualified allied health professionals additionally certified in the Pyramid Model and Practice Based Coaching.

Pyramid Model – Steps for full Implementation

These steps can be worked through over 2 years if required based on funding and capacity for Educators to ensure quality implementation and supported outcomes.

- 1 Leadership Session** — Align leadership & set foundations
- 2 Pre Assessment** — Baseline observation
- 3 Training Workshops** — Build team knowledge & skills (13 sequential sessions)
- 4 Coaching Support** — Ongoing practice-based coaching for practical implementation
- 5 Review of Program** — Evaluate outcomes & sustainability

Service Package

Complete Package Overview and Price Guide:

Step	Complete Pyramid Model Implementation	Duration	Cost
1	Leadership Session	1 hour	\$200
2	Pre-Assessment	6 hours	\$1200
3	Complete Workshops – 13 workshops inclusive of: Introductions and Tier 1 Tier 2 Tier 3	10 hours 7.5 hours 3 hours	\$2000 \$1500 \$600
4	Coaching Support *Cost based on 2x coaching cycles at \$600 each (increased as required for additional coaching cycles)	6 hours (3 hrs per cycle)	\$1200
5	Post-Assessment Review including Impact Report	5 hours	\$1000
	Total cost of complete implementation:	38.5 hours	\$7,700 + gst

Additional Costs:	
Travel	Cost
Travel over 30 minutes will incur a cost at the following rates: Travel for face-to-face support will be at the hourly rate for our practitioners + kms travelled.	\$200/ hour .99c per km travelled
Resources	Cost
Specific resource development and supply as required will be at the hourly rate for our Therapy Assistants to complete. Physical Resource Kits – Self Regulation/ Emotional Literacy/ Friendship Skills/ Problem Solving Skills	\$90/ hour \$180 each kit

Service Package – Phased Service Delivery

Step 1 – Leadership Session

Session with leadership group to plan foundational infrastructure to support and drive team to understand and implement the Pyramid Model Practices. Includes completion of Benchmarks of Quality Data.

Step	Leadership Session and Planning	Duration	Cost
1	Leadership Session	1 hour	\$200
	Total cost for Leadership Session:		\$200 + gst

Step 2 – Pre Assessment

The Teaching Pyramid Observation Tool (TPOT) is completed on identified educator/ classroom to identify priorities and support to develop coaching goals and needs. Baseline evaluation tool to outline starting point and become a reference point to demonstrate progress/ outcomes throughout the program.

Step	Teaching Pyramid Model Observation Tool (TPOT) Pre Assessment	Duration	Cost
2	• 2 Hour Observation • 1 Hour Interview with Lead Educator • 2 Hours Reporting • 1 Hour meeting to review TPOT assessment outcomes with leadership group and plan priority areas	3 hours onsite 2 hours offsite 1 hour meeting	\$600 \$400 \$200
	Total cost for Pre Assessment:		\$1200 + gst

Step 3 – Pyramid Model Training Workshops (13 Sessions in Total)

INTRODUCTIONS: Duration – 1 hour each / Cost – \$200 each
1/ Introduction to the Pyramid Model for Educators 2/ Introduction to the Pyramid Model for Families
TIER 1 TOPICS: Duration – 2 hours each / Cost – \$400 each *Introductions are a pre-requisite to this Tier
3/ Designing Classroom Schedules, Routines and Transitions and Implementing in Early Childhood Classrooms 4/ Creating Classroom Environments that Support Young Children including Teaching Expectations and Rules 5/ Creating Connections with Children and Promoting Children's Engagement 6/ Promoting Positive Child Outcomes through Family Partnerships Total for Introductions and Tier 1: \$2,000 + gst
TIER 2 TOPICS: Duration – 1.5 hours each / Cost – \$300 each *Tier 1 is a pre-requisite to this Tier
7/ Effective Teaching Strategies for facilitating social-emotional skills for all children 8/ Self-Regulation Skills and Strategies for Teaching 9/ Fostering Emotional Literacy and Strategies for Teaching 10/ Friendship Skills and Strategies for Teaching 11/ Problem Solving Skills and Strategies for Teaching Total for Tier 2: \$1,500 + gst
TIER 3 TOPICS: Duration – 1.5 hours each / Cost – \$300 each *Tier 2 is a pre-requisite to this Tier
12/ Understanding Challenging Behaviour and the Impact of the Environment 13/ Preventing and Responding to Challenging Behaviour Total for Tier 3: \$600 + gst
Total cost for all 13 Workshops: \$4,100 + gst

Workshop Delivery Options:

- Workshops are delivered typically as separate workshops over time.
- Tiers are delivered in order and are pre-requisites to subsequent tiers.
- Alternatively workshops 3–13 can be delivered in 2 full days following the introduction sessions; specific preferences can be discussed.
- See modes of delivery for options.
- Detailed information on the learning outcomes of each workshop can be provided upon request.

Step 4 – Coaching Support

- Can be small group coaching of leading educators or 1:1 as required
- Practice Based Coaching in cycles of 2 sessions each provided to support Educators to build capacity with identified goals to move from knowledge to implementation of the Pyramid Model within their classroom

Step	Coaching Cycle	Duration	Cost
4	Session 1: Creating and Reviewing Action Plan • Reflecting on strengths and needs assessment (self-reflection and coach observations) • Identifying a proximal goal • Identifying what's required e.g. resources	1.5 hours	\$300
	Session 2: Focused Observation and Debrief • Observation related to identified goal • Reflection, feedback and collaborative planning	1.5 hours	\$300
	Total per coaching cycle: <i>*Number of cycles required to be discussed with leadership group</i>		\$600 + gst

Step 5 – Post Assessment – Review Of Program

The Teaching Pyramid Observation Tool (TPOT) is completed again post implementation to review current practices and measure progress throughout the program. This step also includes the development of an Impact Report completed to demonstrate program outcomes for the centre.

Step	Teaching Pyramid Model Observation Tool (TPOT) Post Assessment	Duration	Cost
5	• 2-hour observation • 1 hour interview with lead Educator • 2 hours reporting – including impact report	3 hours onsite 2 hours offsite	\$600 \$400
	Total cost for Post Assessment:		\$1000 + gst

AHP: Therapeutic Support

Our experienced Allied Health Professionals including:

- Occupational Therapists
- Speech Pathologists
- Physiotherapists
- Developmental Educators
- Social Workers, and
- Early Childhood Educators

Work collaboratively alongside Educators utilising a coaching model one term at a time to support children's development in natural learning environments across a range of areas in relation to program and child development priorities.

Some of the areas that can be supported include:



Communication, connections and language development



Behaviour support & emotional regulation



Social and play skills



Activity planning promoting engagement



Routines and transitions



Sensory processing & Environmental planning



Understanding the foundations of Behaviour



Development of functional visuals & supporting resources



Early Career Educators support for working with families



Fine and gross motor skills

AHP: Therapeutic Support

We offer a flexible approach to delivering allied health supports to meet the needs of individual centres and their educators.

We match an allied health professional based on your priority areas, and they support your centre and Educators throughout the term to build knowledge, skills and resources within your team.

Terms are booked in 10 week blocks of 2 hours per week and multiple terms can be booked to support different priority areas aligning with your learning plan.

Below are some examples of the types of support that can be provided, however, we'll work with you to design what best fits your team and program needs.

Examples of Supports:

- Providing observation, reflective discussions and recommendations for 1 – 2 areas of focus e.g. transitions, routines, communication, behaviour support
- Planning and co-facilitation of targeted small group work
- Modelling and demonstrating strategies in activities and routines
- Facilitating training session/ webinar and information sessions for families and/or educators
- Development of resources and guides to support implementation of strategies and supports for educators and families
- Review policies and paperwork in specific areas to provide clearer support for team members in identified areas e.g. Behaviour Support
- Specialised support for Early Career Educators to develop skills to work with families including having difficult conversations

AHP: Therapeutic Support Outcomes



Reduced Challenging Behaviour & Increased Emotional and Social Wellbeing

Children build resilience, emotional regulation, and relationship skills. Educators and families model and teach emotional and social development through play and daily activities to have needs met safely.



Participation & Independence

Children develop foundational skills in communication, motor coordination, and daily routines. Adults learn how to promote independence and adapt environments for active engagement.



Communication & Learning

Children improve speech, listening, and early literacy. Adults gain strategies to promote language and cognitive skills through play-based interactions.



Collaborative Support Networks

Families and educators build confidence in understanding development, accessing practical tools, and working as a team across home and preschool settings.



Service Package

AHP: Therapeutic Support

All services are \$200 per hour, delivered by qualified allied health professionals in blocks of 10 weeks.

Allied Health Professional will work with you to determine the best use of your term support, which can include support in the following modes to make the best use of your funding aligned with your priorities:

- Face-to-Face for observation/ coaching and in person workshops
- Online for coaching check ins and online workshops
- Non-Face-to-Face for resource development, documentation and reviews of relevant policies and procedures

Allied Health Professional: Therapeutic Support	Duration	Cost
Allied Health Professional to work alongside program and Educators on a weekly basis to focus on their goals as aligned with their learning plan.	2 hours x 10 weeks (20 hours)	\$200/ hour x2 hrs/ week x 10 weeks = \$4,000
Total per 10 week Term: <i>Number of terms required to be discussed upon booking</i>		\$4000 + gst

Travel Costs	Cost
Travel over 30 minutes will incur cost at the following rates: Travel for face to face support will be charged at the hourly rate for our practitioners + kms travelled	\$200/ hour +gst .99c per km travelled

Jump Start Groups

What is it?

Jump Start Groups are small, play-based groups where children practise the skills they need to join in, connect and grow. Our Allied Health Professionals run each group in your room, side by side with an educator.

Every group starts with families and educators setting goals together and ends with a review that measures each child's progress. Educators learn strategies by co-running every session, so the benefits reach the whole room.

Jump Start Groups sit alongside our educator coaching: coaching builds practice for every child, while groups give targeted practice to children who need a little more.

The Basics

One 10-week term

4–6 children per group

8 weekly play-based groups

Led by Allied Health Professionals with an educator

Family and educator goal setting and review

Outcomes measured with the Canadian Occupational Performance Measure (COPM)

Jump Start Groups

How it works

- 1 Week 1 – Goal Setting**
A 1.5-hour session with the key educator, including a 15-minute timeslot for each family. We hear your priorities, observe your child and agree 2–3 goals, rated with the COPM.
- 2 Weeks 2–9 – Weekly Groups**
A 60-minute play-based group, followed by a 15-minute educator debrief. A "Try this at home" card goes home each week.
- 3 Week 5 – Mid-Point Check**
We check progress against each child's goals with the educator and adjust the plan.
- 4 Weeks 5 & 9 – Stay and Play Option**
Families can join the last 15 minutes of the session to connect with each other and see strategies in action.
- 5 Week 10 – Review**
Goals are re-rated with the COPM, progress is celebrated, and a plan is developed for home and the room.

What a group session looks like

Time	Part	What children do
5 min	Hello routine	Visual schedule, hello song, feelings check-in
5–10 min	Get ready to learn	Movement or sensory warm-up to help bodies regulate
10 min	Skill of the week	Story, puppet or modelling of the week's skill
20 min	Practise through play	Play stations where adults coach the skill in action
5 min	Calm and reflect	Calm-down strategy, share one thing we did
5 min	Goodbye	Goodbye song and take-home card
+15 min	Educator debrief	AHP and educator reflect on the group and choose one priority strategy to practise in the room in the coming week

Jump Start Groups

Group Menu

Choose one stream per term, matched to the goals families and educators set. Each week builds on the last, with individual goals woven into every session.



Feelings & Friends

Pyramid Model social-emotional skills

Routines and expectations · Naming feelings · Reading feelings in faces and bodies · Calm-down strategies · Sharing and turn-taking · Joining in play · Problem solving · Celebration



Let's Talk

Communication, led by a speech pathologist

Looking, listening and joining in · Turn-taking in conversation · Gestures, key word sign and visuals · Asking and choosing · Following directions · Describing words in play · Stories, songs and sound play · Show and tell



Move & Play

Gross motor, led by a physiotherapist or OT

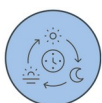
Body awareness · Balance · Jumping and landing · Rolling and throwing · Catching and kicking · Climbing and crawling · Hopping and crossing the midline · Obstacle course celebration



Busy Hands

Fine motor, led by an OT or physiotherapist

Hand strength · Pincer grip · Using two hands together · Pre-writing shapes · Snipping with scissors · Cutting along lines · Construction and puzzles · Create and celebrate



I Can Do It!

Toileting and self-care, led by an OT, physiotherapist or developmental educator

Handwashing · Knowing when I need to go · Toileting steps with visuals · Dressing · Getting ready to go · Mealtimes and lunchboxes · Packing away · My independence routine

Toileting is taught through visuals, dolls and role-play, following centre policy.

Jump Start Groups

Outcomes



Children Build Real-World Skills

Children practise social, emotional, communication, motor and self-care skills through play, with their own goals built into every session.



Family-Led Goals

Families and educators set 2–3 goals for each child together, so progress happens at home and at preschool. Optional stay-and-play sessions help families connect.



Educators Learn by Doing

Educators co-facilitate every group and debrief weekly with the AHP, taking strategies into the whole room. Confidence is rated before and after.



Measured Outcomes

Goals are rated with the Canadian Occupational Performance Measure (COPM) in weeks 1 and 10. Families receive a progress summary; your centre receives an impact report.

Service Package

AHP: Jump Start Groups

All sessions are \$200 per hour, delivered by qualified Allied Health Professionals. Pricing is per group of up to 6 children over one 10-week term.

Jump Start Group	Duration	Cost
Goal setting session with COPM (key educator + 6 families × 15 min)	1.5 hours	\$300
Group planning, session guides and resources	2 hours	\$400
8 weekly groups: 60 min group, 15 min educator debrief, set-up and notes	12 hours (1.5 hrs/week)	\$2,400
Review session with COPM (key educator + 6 families × 15 min)	1.5 hours	\$300
Family progress summaries and centre impact report	3 hours	\$600
Total per group	20 hours	\$4,000 + gst

Additional Costs:

Travel Costs	Cost
Travel over 30 minutes will incur cost at the following rates: Travel for face to face support will be charged at the hourly rate for our practitioners + kms travelled	\$200/ hour +gst .99c per km travelled
Resources	Cost
Requested resources can be developed at the Therapy Assistant rate and quoted depending on need.	\$90/ hour +gst

Preschool Boost

Now & Next

What is it?

We all want our children to thrive, and as parents and carers, you make the biggest difference. By focusing on your child's strengths, you can help them lead a fulfilling life. Now and Next is an award-winning, evidence-based parenting program that empowers parents and carers of children, including children with disability or developmental delay, to achieve positive outcomes for their child, family, and themselves.

The Basics

8 weeks

2 hours a week

Peer-facilitated

Group Program

Resources to implement into families everyday



Preschool Boost

Now & Next

Outcomes



Develop Evidence-Based Skills



Identify a vision for your family, child, and self



Create meaningful goals (and reach them!)



Identify your own signature strengths & learn how to use them to achieve your goals



Reflect on the strengths of your child and your family



Increase the wellbeing and resilience of yourself, your child and your family



Create positive relationships with professionals

Service Price Guide

Total program cost per centre is \$5000 which includes full 8-week program and resources for up to 10 families. Enquire to learn more.



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Learn More





Contact Us



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