

Progressive Discovery Centre – Parent Guide

Building communication, confidence, and everyday independence through play and partnership.

Welcome Message

Welcome to the **Progressive Discovery Centre (PDC)** — a child- and family-centred space designed to support joyful learning, communication, and independence. Part of **Progressive Steps Training & Consultation Inc.**, PDC offers early learning and skill-development programs for children ages 2–10. Our team of Behaviour Analysts, Supervised Therapists, Speech-Language Pathologists (SLPs), and Occupational Therapists (OTs) work together to help children grow with confidence at home, school, and in the community.

Our goal is simple: to help your child discover new skills, build confidence, and enjoy learning every step of the way.



Our Approach

We believe children learn best when therapy is:

- **Play-Based:** Learning happens through joy, curiosity, and exploration.
- **Individualized:** Each program is tailored to your child's goals and strengths.
- **Collaborative:** Families, therapists, and allied professionals work together.
- **Respectful:** Dignity, consent, and neurodiversity-affirming practice guide everything we do.
- **Data-Informed:** We track and celebrate meaningful progress.

“Progressive” means step-by-step growth. “Discovery” reflects how children learn through exploration, supported by compassionate teaching.



Who We Support

We welcome children between **2–10 years old** who may benefit from: - Building early communication and play skills

- Developing social and emotional regulation
- Increasing independence with daily routines (feeding, dressing, toileting)
- Strengthening academic and pre-academic skills
- Learning to participate more fully at home, school, and in the community

Our programs are suitable for children with or without formal diagnoses, including those with autism, developmental delays, or communication differences.

Children 10+ may be a better fit for centre-based services with PSTC at the Progressive Life Centre in Ajax.

Programs & Service Options

Early Learners (Ages 2–6)

Focus on early communication, play, independence, and school readiness.

- **Communication & Play:** requesting, joint attention, turn-taking
- **Readiness for Learning:** following routines, transitions, pre-academics
- **Everyday Independence:** toileting, feeding, dressing, hygiene
- **Regulation & Coping:** flexible routines, calming tools, emotion awareness
- **Caregiver Coaching:** practical strategies to support progress at home

Formats:

- 1:1 sessions (60–180 minutes)
- Small-group play programs
- Parent coaching blocks

Preschool Life Skills Program (Ages 3–8)

A **class-wide, evidence-based program** that teaches the foundational social and cooperation skills young children need for school success. Can be offered as a large group, small group or 1:1 program

Lessons target **13 key skills** organized into four domains:

1. Instruction Following

Responding to one's name, following simple and multi-step directions.

2. Functional Communication

Requesting help, attention, materials, or information appropriately.

3. Tolerance and Coping

Waiting, accepting “no,” and handling changes or delays calmly.

4. Friendship and Social Skills

Sharing, taking turns, offering comfort, and expressing thanks.

Through **modelling, role play, and guided practice**, children learn to communicate their needs, cooperate with peers, and navigate daily routines—**reducing problem behaviour and building confidence in group settings**.

School-Age Learners (Ages 6–10)

Focus on practical social, emotional, and learning skills that extend across environments.

- **Social & Play Skills:** sharing, conversations, cooperative games, flexible play
- **Applied Academics:** literacy, numeracy, organization, and task completion
- **Daily Living Skills:** mealtime routines, chores, hygiene, community safety
- **Regulation:** coping plans, problem-solving, self-advocacy

**Formats:**

- After-school sessions
 - Group programs
 - 1:1 learning and skill-based therapy blocks
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Integrated Care

We collaborate with or include:

Speech-Language Pathology (SLP): expressive/receptive language, AAC, and social communication

Occupational Therapy (OT): sensory regulation, fine-motor, feeding, self-care, and school participation

This **interdisciplinary model** ensures that strategies are consistent across ABA, SLP, and OT interventions for smooth carryover between settings.



What to Expect

1. **Free Consultation:** Discuss your child's needs and goals with our clinicians.
 2. **Assessment & Planning:** Individualized assessments guide your child's goals.
Program Start: Sessions begin with clear goals, data tracking, and regular family updates.
 3. **Review & Next Steps:** We review progress and plan future goals together.
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Family Partnership

We see families as essential partners. You'll receive:

- Regular progress updates
- Coaching sessions to support learning at home
- Access to resources and visuals
- Collaboration with schools and community supports

If something isn't working—we adjust together.



Fees & Funding

- Services are **fee-for-service**, covered by **OAP funding** or private insurance.
 - We provide documentation for funding or reimbursement.
 - Limited **free or low-cost options** may be available through special initiatives.
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Session Expectations

- **Arrival:** Please arrive 5–10 minutes early.
What to Bring: Comfort items, indoor shoes, communication devices, or visual schedules.
 - **Consistency Matters:** Regular attendance supports stability and progress.
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Our Team

Our multi-disciplinary team includes:

- **Registered Behaviour Analysts (RBAs/BCBAs)**
- **Supervised Behaviour Therapists and Early Learning Specialists**
- **Speech-Language Pathologists (SLPs)**
- **Occupational Therapists (OTs)**
- **Placement students and volunteers**

All staff are trained in trauma-informed, assent-based practices and receive ongoing professional development.



Our Commitment

We commit to creating a safe, inclusive, and joyful environment for every child and family. We respect all forms of communication — verbal, nonverbal, sign, or AAC — and celebrate neurodiversity and individuality.