

Parent Workshop

Sensory Processing and Regulation

- Helping your child play and learn-

Parent workshop led by occupational therapy.

You are welcome to invite someone from your child's nursery or school to attend the sessions with you.

Your child does not need a referral to OT for you to access this workshop but you must contact us book your place in advance

**Call or email Eleanor Dolan
on 020 7014 7025 eleanor.dolan@nhs.net to book!**

The workshop is for **adults only**

Workshop Dates/Times:

9:30am—12:30pm

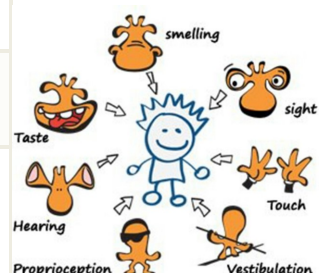
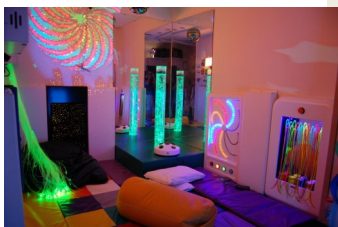
January 9th

February 6th

March 6th

April 10th

May 8th



The workshop aims to:

1. Provide you with an overview of occupational therapy and supporting your child to participate in every day activities
2. Increase understanding of your child's difficulties relating to sensory processing and emotional regulation.
3. Support you to identify a goal that you want to work on with your child.
3. To problem solve why your child may be having difficulties with their goal.
4. Support you to identify strategies to support your child achieve their goals.
5. Share ideas, issues and concerns with other parents/carers.

What will happen after the workshop?

- If appropriate a 20 minute telephone goal review session with an OT will be offered two weeks after the workshop to discuss goals, strategies and concerns.
 - If you would prefer a face-to-face review this can be arranged.



Location:

Hackney **ARK**, Downs Park Rd, London, E8 2HY