

IANDS OCCUPATIONAL THERAPY

FAMILY WORKSHOPS FOR CHILDREN IN MAINSTREAM SCHOOLS:

WE ARE RUNNING A SERIES OF WORKSHOPS FOR THE ACADEMIC YEAR
2023-2024.

SENSORY PROCESSING WORKSHOP (VIRTUAL):

The workshop is helpful for parents / carers supporting children and young people with sensory processing difficulties impacting on their participation in common childhood occupations such as dressing, bathing, toothbrushing, play.

What to expect:

- To learn more about how we and children/young people sense and experience the world around us.
- To explore and compare our sensory preferences to our children's/young people's sensory preferences.
- To explore and consider how your child's/young person's sensory preferences may be affecting their participation and ability to engage in everyday tasks.
- To identify functional goals to focus on at home.
- To identify strategies which will help your child/young person achieve their goals.

SUPPORTING SLEEP AT HOME (VIRTUAL OR FACE TO FACE):

This workshop is for parents / carers who are experiencing difficulties supporting their child or young person with sleep related to sensory, physical or environmental barriers.

What to expect:

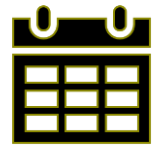
- Understand why sleep is important and what healthy sleep patterns look like in children
- Practical strategies encourage healthy sleep routines
- Problem solving session to identify goals around sleep, identifying what the barriers are and identifying individualised strategies to try at home.

SUPPORTING TOILETING DIFFICULTIES AT HOME (VIRTUAL):

This workshop is for parents / carers for children and young people who are experiencing challenges around toileting at home or at school related to sensory, physical or environmental barriers.

What to expect:

- To learn about bladder and bowel health in children with additional needs
- To understand about typical development with toilet training and when / why things go wrong
- To learn strategies to support children to use the toilet independently at home.
- Problem solving session to identify goals around toileting, identifying what the barriers are and identifying individualised strategies to try at home.



DATES AND HOW TO BOOK:

DATES:

Toileting workshop
VIRTUAL
19th March 10-11.30am
via TEAMS
Or 25th June 12-1.30pm
via TEAMS (new dates)

Sensory Processing
Workshop VIRTUAL:
9TH May 2024, 9.30-
12.30am via TEAMS.

Supporting sleep at
home VIRTUAL:
5th March 2024, 10am –
11.30am via TEAMS.

OR:

Supporting sleep at
home FACE TO FACE:
13th June 2024, 10am –
11.30am at *The
Whittington Education
Centre. Whittington
Health NHS Trust
Magdala Avenue
London N19 5NF.*

HOW TO BOOK:

Email: whh-tr.mainstreamOT@nhs.net

