

Getting Kids “In Sync” at Home and School

Friday, June 14, 2019 8:30 a.m. - 4:30 p.m.

FRIDAY'S TITLE

Making Sense of Kids' Senses

COURSE DESCRIPTION

Some children resist participating in family and school activities or respond in unusual ways to ordinary sensations of touch and movement, sights and sounds. Because of a common disability called Sensory Processing Disorder (SPD), they don't behave as we expect – not because they *won't*, but because they *can't*.

SPD interferes with the neurological process of organizing information about ordinary sensations that we get from our body and environment to use in daily life. A child, adolescent or adult with SPD may have difficulty using sensory messages from one or more of the eight sensory systems of touch, sight, sound, smell, taste, movement, body position, and internal organs. Fortunately, there are many simple and enjoyable ways that parents, teachers, therapists and others who care for out-of-sync individuals can recognize and cope with their sensory challenges.

AGENDA

8:30 - 8:45 Intros, housekeeping

8:45 - 10:15 Carol — SPD Basics

This session provides an overview of how three categories of SPD (sensory modulation, sensory discrimination, and sensory-based motor skills) may affect children's neurological development, causing them to be out of sync with the world as they grow up.

10:15 - 10:30 Break

10:30 - 12:00 Julia — What We See in School

This portion of the program will look at what teachers see in the classroom when children's sensory systems are not working efficiently – the sensory avoiders, the sensory seekers, the frozen, the exuberant, and the klutzy or cautious movers who are hard to engage and/or hard to manage.

We'll also talk about how out-of-sync behaviors can be described so that parents/teachers can better visualize the issues, understand how to support children and get them the help they need to accommodate their sensory needs. A simple SPD screening tool for young children will be demonstrated.

12:00 - 12:45 Lunch

12:45 - 2:15 Carol — Sensory Challenges and Sensible Solutions

Here are practical suggestions to support children and adolescents with SPD. Wearing imaginary “sensory spectacles,” parents, teachers, and others who care for out-of-sync kids will consider ways to build on their self-therapy, to use children’s passions to broaden their academic and social skills, and to provide a sensory lifestyle at home, at school, and out and about.

2:15 - 2:30 Break

2:30 - 4:00 Julia — The Big Outdoors

What does a great sensory playground look like? What elements are most important? What could you do at your child’s school to raise its sensory impact? See examples of outdoor environments and activities that boost all kids’ skills and functioning.

4:00-4:30 Carol and Julia, Q & A (or we can keep on talking!)