



## Sensory Strategies for the Busy Child

Is your child constantly moving?

"He doesn't stop moving!". "She touches everything!". "He can't sit still!". "Everything is in her mouth!".

**Tuesday July 17th from 6:30 to 8:00pm**

**FREE**

*(Voluntary contribution suggested: 20\$)*

**Tara Sloan, Occupational Therapist**

Reserve your spot  
directly on our  
website or by phone  
at  
514-710-8674.

### WORKSHOP DESCRIPTION :

*'Sensory Strategies for the Busy Child' will be an interactive workshop where parents can ask questions and share experiences.*

*In this workshop, the Occupational Therapist will:*

- *Give an overview of the 7 sensory systems.*
- *Explain how the sensory systems impact arousal level (Low, Just Right and High).*
- *Provide sensory strategies for specific behaviors that impact your child's functioning at home and at school.*
- *Explain the importance of movement breaks and help you learn how to customize a movement break for your child's specific sensory needs.*

### ADDITIONAL INFORMATION :

- *This workshop is open to parents, teachers, educators, and any adult wanting a better understanding of sensory integration, and looking for strategies to help the busy child function to their best capacity.*
- *Free daycare available: reservation by phone is necessary.*
- *Snacks and drinks will be provided.*
- *If a contribution is made, receipts are available for tax and insurance purposes.*