

Parent / Carer Sensory Information Sessions

Places are now available to book on our Spring Term information sessions for parents and carers



Innovative



Caring



Agile

Supporting your child's sensory Self-Regulation development

How does the sensory environment around us affect our attention and behaviour? How do children manage the sensory information within everyday situations?

Our Supporting your child's self-regulation information session is for parents and carers who would like to learn more about helping their child to self-regulate. Sensory regulating activities can help children focus and organise the sensory information around them. The session offers practical advice and strategies that you can try at home with your child.

These sessions provide an introduction to the topic of self-regulation for parents and carers.

BOOK YOUR PLACE FOR 2021:

- **Tuesday 12th January 1.30 – 2.30 pm** <https://tinyurl.com/y6q55a8s>
- **Thursday 11th February 11.00 – 12.00 pm** <https://tinyurl.com/y3uyocoq>
- **Wednesday 3rd March 10.00 – 11.00 am** <https://tinyurl.com/y3yv7fvx>

We are also offering parent information sessions on understanding sensory preferences. To find out dates of these and other training opportunities please visit our CYP Therapies – Occupational Therapy Service webpage

<https://www.hct.nhs.uk/our-services/childrens-occupational-therapy/>

Children & Young People's Therapies Service

Contact us
Telephone:
01992 823093

Email:
hct.cyptherapies1@nhs.net

Twitter: @CypHCT