



The Centre for Child Development

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Occupational Therapy Parent Training Sessions

As a department we believe a child's family are an integral part of the therapy team for their child with special challenges. As a result a primary focus for treatment is the training and support of parents in order that they can help their child learn and grow. The Occupational Therapy department is pleased to offer the following training opportunities. These groups are an important part of how therapy services are delivered to your child and may be the primary mode of intervention. If you have concerns about your child that you feel one of these groups will address please call Emily Herd, 604 584 1361 local 2310 and reserve a spot. Please clearly identify which training session you wish to attend. All groups are held at our Surrey office 9460 140th St. Surrey, BC. [If you prefer to receive information about future groups via email, please email parenttraining@centreforchilddevelopment.ca](mailto:parenttraining@centreforchilddevelopment.ca)

1. Hands Ready for Preschool

- 'Hands Ready for Preschool' is a group run by one of our Occupational Therapists with assistance from a Rehabilitation Activity Worker. It will consist of 1 adult education session followed by 3 group practice sessions intended for the adult to practice with their child the parent directed therapy strategies learned in the education session.
- The mandatory adult education session will focus on the 6 building blocks of fine motor skills: Strength, Bilateral skills, Coordination, Sensory, Pre-scissor, and Pre-writing. All these building blocks are needed to complete the complex task of printing and writing.
- Children are not to attend the adult education session. However the child will come to the group time with their parent or caregiver. The adults, with coaching from the therapist, will select therapeutic activities that will encourage their child's fine motor development to be practiced at home. During the group time, the Occupational Therapist will be available to explain activities and skill sets, demonstrate activities as needed and answer any questions.

Please note that some group practice sessions use food items in the session. If your child has any allergies, please inform the staff member when you register your child for the group.

Next scheduled training: Parent education session: Jan 31, 2012 , 6:30 – 8:00pm

Practice sessions: Mondays, February 6, 13, 20 at 9:30 - 10:30am

OR, Parent education session: May 24th, 2012, 6:30 – 8:00pm

Practice sessions: Mondays, May 28th, June 4th, & 11th at 9:30 – 10:30

Criteria: Children must be aged 3 – 5 with difficulties or delays in fine motor development.

2. Sensational Secrets

“Sensational Secrets” is a 2 part workshop for parents seeking information on Sensory Processing and strategies that can be used with children having difficulty processing sensory information.

The workshop will cover:

- What is Sensory Processing
- Understanding how it feels to have a Sensory Processing Difficulty
- What are the types of Sensory Processing Difficulties
- Living with children with Sensory Sensitivity ; What you can do to help
- Discussion of parents sensory concerns and possible strategies

Next scheduled training: April 25th and May 17th, 2012, 6.00 – 8.30 pm.

Note: This is a two part training session. Attendance Nov. 16 is required in order to attend Dec. 7

Criteria: 1. Children must be 18 months or older. Sensory processing difficulties have been impacting you and your child's daily functioning (getting dressed, having a bath, cleaning up, playtime, always upset, difficulty calming down...). Sensory processing difficulties in your child have been occurring across 2 or more environments and with different people (home, school, playground, grocery store...)

3. Sleep Smarts

Getting a good night's sleep is important for your child's and family's well-being and raising a child with special needs takes a lot of energy. If your child is having difficulty with getting to bed, falling asleep, waking up during the night, or sleeping at odd hours, this parent workshop will give you some basic information about your child's sleep needs, and some strategies that you can try to make night times more restful for the entire family – develop your “sleep smarts!”

Next scheduled training: Tuesday, January 17, 2012, 6:00 – 8:00 pm
Or Tuesday, June 12, 2012, 6:00 – 8:00 pm

Criteria: Children must be aged 2 – 12 years of age

4. Understanding Eating: Helping Your Challenging Eater to Progress

For many people, eating can be one of the most enjoyable parts of the day. From infancy to childhood, the development or progression of eating can be a positive and easy experience. But for many children, for many reasons, eating does not progress with ease and enjoyment. Resistance to eating is a common problem. For families with a “picky or problem eater”, enjoyment during mealtimes can be quickly replaced with frustration, and a great deal of stress and worry. The goal of this 2-part parent workshop is to increase parents’ understanding of their child’s difficulties with eating as well as to learn strategies to help their “picky or problem eater”. The second part of the workshop will include information from a dietician.

Next scheduled training: Tuesday March 13 and Monday April 16, 6:00 – 8:00 pm

Note: This is a two part training session. Attendance of part 1 is required in order to attend Part 2.

Criteria: Child must be over one year old and be medically stable and safe to eat at least some textures orally AND at least one of the following pertains to your child:

-has a limited variety of foods that they will eat (has food repertoire of less than 20-30 items)

-has a hard time trying new foods

-has mild to severe food refusal / refuses to eat a whole category (food group or texture type) of foods

Note: If your child is transitioning from tube feeding to oral feeding this workshop may or may not be applicable. Please ask one of your therapists if this workshop is appropriate for you and your child.