

EDUCATION SESSIONS

We have a range of talks coming up and some very exciting opportunities to hear from our talented team.

All Sessions will be held online

Time: 6.00pm tp 7.30pm

Cost: \$56.74 per session

Tickets available via : <https://bit.ly/3TQA sph>

If you are unable to attend at the time of a presentation, a recording will be made available to you for seven days after each event.

How to Support Regulation

Date - 14th September 2022

Time - 6pm to 7.30pm

Presenter - Alison Hopwood - Occupational Therapist

Presented by Occupational Therapist Alison Hopwood, this talk aims to help parents, carers, teachers and support workers to understand the foundations of regulation the potential triggers for dis-regulation. Participants will walk away with a better knowledge of how to support children with practical strategies.



Nutrition for School Aged Children

Date - 28th September 2022

Time - 6pm to 7.30pm

Presenter - Emma Wuestner - Dietitian

Presented by Dietitian Emma Wuestner, this talk will cover:

- What a balanced looks like for school aged children
- What the mealtime environment should look like
- Common feeding issues including constipation, fear of trying new foods, iron deficiency

Tips and tricks for increasing food variety and achieving a more balanced diet.



The Importance of Play

Date - 19th October 2022

Time - 6pm to 7.30pm

Presenter - Belle Fowler - Occupational Therapist



Presented by Occupational Therapist Belle Fowler, this talk will cover the topics

- What is play?
- What does play look like as infants and children develop?
- What does play offer in terms of sensory and motor development, social skills, personal strengths?
- How does play relate to other learning capacities such as school performance and creative thinking?

We will also discuss some factors leading to difficulties in play. This includes challenges with:

- Sensory processing
- Posture and movement
- Ability to create ideas, plan actions and do them with increasing ability (motor planning)
- Social and emotional regulation

This talk will include take home messages and practical tips and tricks to apply in daily life.

The information provided will support parents and caregivers to better understand play and its importance in child development.

Paediatric Positive Sleep Practices

Date - 2nd November 2022

Time - 6pm to 7.30pm

Presenter - Charlotte Burgess - Occupational Therapist



Presented by Occupational Therapist Charlotte Burgess this session will help you develop strategies to support your child's sleep.

Sleep is an important, but often over-looked occupation. A good night's sleep can improve attention, learning and emotional regulation throughout the day. This talk will focus on positive sleep practices, including sleep hygiene, environmental adaptations to aid sleep and setting up a soothing bedtime routine for your child.

Understanding Behaviours and their Function

Date - 16th November 2022

Time - 6pm to 7.30pm

Presenter - Courtney Weston - Behaviour Practitioner



All behaviour is a form of communication. Come along to Independent Kids and Adults session held by Behaviour Practitioner Supervisor, Courtney Weston as she discusses behaviours in children, their function and provides strategies to support parents in assisting to recognise the links between behaviour and communication to reduce challenging behaviours.