

Sensory Parenting Programme

Are you finding that everyday experiences with your child can be overwhelming? Does your child find transitions, a change of routine, new textures or tastes, or new situations upsetting and difficult to adjust to?

Many of the children who we see at Children's Therapy Services experience sensory difficulties. If you are out of tune with how things feel, managing your emotions can become more difficult.



Parents/carers' Programme

Over 6 sessions, parents/carers attending the Sensory parenting Programme will develop their understanding of the sensory systems, how this presents in behaviours both at home and school, and activities to support parenting.

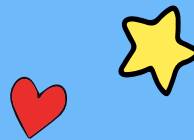
Parents./carers will also complete a Sensory Profile Questionnaire about their child which will help identify their child's sensory-attachment patterns.

Following each session parents/carers are provided with tailor-made home and outdoor activity ideas for their child's pattern.

Parents/carers will also learn basic strategies to manage their own stress levels.

This will be a great opportunity for parents/carers to network and share their own knowledge and experience.

The group is led by experienced Child Therapists



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