

Food to Aid Regulation



Explore through the online pre-recorded material how food can be used to aid regulation and be left feeling confident to use food and activities in everyday life, whether at home, school or in the community.

The course covers:

- » regulation
- » alerting foods
- » calming foods
- » tips for smoother meal times
- » oral motor skills
- » activities to develop oral sensory motor skills

Suitable for foster carers, adopters, parents, social workers, therapists, supervising social workers, residential staff, teachers, teaching assistants and special guardians.

Facilitated by an experienced Child Therapist/Clinical Social Worker.



www.childrenstherapy.online

info@childrenstherapy.online

ASF registered