

Just Right State (JRS) 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.



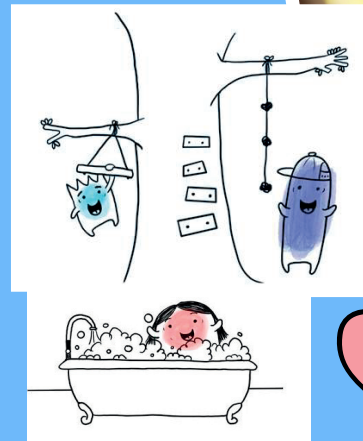
Children's Programme

Delivered over 6 sessions, The Just Right State programme looks at the use of sensory activities and foods, to help children learn how to self-regulate their emotional states and behaviour. Parent/Carers will be present to support the child.

The programme uses cartoon characters called 'The Scared Gang' to represent the different survival patterns of behaviour. The different characters help children understand how each 'scared' character may react to different situations and shows children what each

of the characters does to achieve their own 'Just-Right' state.

The goal of the programme is to enable children become more emotionally aware of themselves and others, to give them simple tools to enable them to self regulate and achieve the just right state, whether it is to engage in academic learning, interacting with their peers, or to be able to get a good night's sleep.



Parents/carers' Programme

Over 6 sessions, parents/carers attending the Just Right State Programme learn the developmental and attachment principles behind the children's activities and use of The Scared Gang Books. During the sessions parents discuss their child's behavioural problems and their goals for their child with the therapist. Parents./carers will also complete a Sensory-Emotional 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 be introduced to the therapy ball and its safe use at home. Parents/carers will also learn basic strategies to manage their own stress levels. The aim of the programme is to enable parents/carers to provide an enriched environment within the home that facilitates the core components of successful parent child engagement - the capacity to self regulate and to mutually regulate.



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