

## Parent / Carer Sensory Information Sessions

Places are now available to book on our Autumn Term information sessions for parents and carers



Innovative



Caring



Agile

### Supporting your child's sensory Self-Regulation development

How does the sensory environment around us affect our attention and behaviour? How do children manage the sensory information within everyday situations?

Our Supporting your child's self-regulation information session is for parents and carers who would like to learn more about helping their child to self-regulate. Sensory regulating activities can help children focus and organise their responses to sensory information around them. The session offers practical advice and strategies that you can try at home with your child.

These sessions provide an introduction to the topic of self-regulation for parents/carers.

#### BOOK YOUR PLACE:

- **Wednesday 23<sup>rd</sup> September 1pm – 2pm**      <https://tinyurl.com/y5yxh2ey>
- **Friday 23<sup>rd</sup> October 10am-11am**      <https://tinyurl.com/y6zj7v9e>
- **Monday 23<sup>rd</sup> November 10am-11am**      <https://tinyurl.com/y2llya48q>
- **Wednesday 16<sup>th</sup> December 1pm-2pm**      <https://tinyurl.com/y5buhjvn>

We are also offering parent information sessions on understanding sensory preferences. To find out dates of these and other training opportunities please visit our CYP Therapies – Occupational Therapy Service webpage <https://www.hct.nhs.uk/our-services/childrens-occupational-therapy/>

Children & Young People's Therapies Service

Contact us  
Telephone:  
01992 823093

Email:  
[hct.cyptherapies1@nhs.net](mailto:hct.cyptherapies1@nhs.net)

Twitter: @CypHCT