



Practical Sensory Strategies to Support Your Family through the Covid-19 Pandemic

Join us for this interactive ECHO Ontario Autism Pop-Up **Online Series for parents** with our occupational therapist, Moira Peña and our amazing family advisors!

Moira Peña, BScOT, MOT Reg. (Ont.) is an occupational therapist working at Holland Bloorview Kids Rehabilitation Hospital who has dedicated her career to supporting children and youth who experience sensory processing challenges. She is an Expert Hub Team member of the ECHO Ontario Autism Program. She loves coaching and empowering parents to implement sensory-based interventions (SBI) to improve their children's function and participation in meaningful daily activities. Moira has presented across Canada to parents, teachers and health care professionals and is also a Lecturer in the Department of Occupational Science & Occupational Therapy at the University of Toronto.

Practical Sensory Strategies for Home

April 22nd or April 29th, 2020 1:30 to 3pm

- Learn about the eight sensory systems and how they impact a child's (and our own) behavior
- Learn how to identify sensory processing challenges
- Learn what to look for in your home to identify sources of sensory disruptions
- Learn practical sensory solutions to help support your family through this pandemic

April 22, 2020 register here: <https://is.gd/Apr22SensoryStrategies>

OR

April 29, 2020 register here: <https://is.gd/Apr29SensoryStrategies>

Creating Calming Sensory Spaces at Home

May 6th or May 13th 2020 1:30 to 3pm

- Learn how to create sensory spaces (often called sensory modulation spaces) with items you already have at home to help support your child or youth's emotional regulation
- Problem solve and create a daily schedule that meets the sensory and emotional needs of your family
- Learn practical sensory solutions to help support your family through this pandemic

May 6, 2020 register here: <https://is.gd/May6CreatingSensorySpaces>
OR

May 13, 2020 register here: <https://is.gd/May13CreatingSensorySpaces>

Self-Regulation in Times of Anxiety

May 20th or May 27th, 2020 1:30 to 3pm

- Learn about the different domains of self-regulation
- Learn self-regulation strategies for your child or youth and for the whole family
- Learn BEST (**B**ody, **E**motional, **S**ensory and **T**hinking) self-regulation strategies to help support your family through this pandemic

May 20, 2020 register here: <https://is.gd/May20SelfRegulation>
OR

May 27, 2020 register here: <https://is.gd/May27SelfRegulation>

Questions? Contact Salina at seldon@hollandbloorview.ca

Please note that attendance will be capped at 25 families per session to ensure that sufficient time is allotted for questions, problem solving and supporting each other.

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