

## Tools for Getting Kids in Sync

### COURSE DESCRIPTION

This one day presentation is designed for **parents, teachers, therapists, caregivers and other professionals** who are interested in understanding the basics of sensory processing and in adding tools to their repertoire to create adequate sensory diets for the children they care for.

Often children will look normal but when subtle areas of their nervous systems are not functioning children may have difficulties or behaviors that confuse, frustrate, or anger parents and teachers. Parents then wonder why these children lack self-help skills; become aggressive or withdrawn in a group; refuse to participate in activities or sports; or over-react emotionally to daily events. Often these children struggle with learning or academics as well. For some of these children, the answer lies in difficulties with sensory processing.

Through lecture, hands-on experience, and question/answer sessions, participants will understand sensory processing and begin to learn to identify difficulties which may be attributable to sensory processing disorders. Participants will become acquainted with their own sensory preferences and the strategies they use to maintain a calm, alert state throughout their day as a first step in recognizing appropriate tools for the children in their care. Participants will learn to use these tools to create adequate sensory diets emphasizing the use of efficient sensory inputs, organizing rhythmic input, heavy work/deep pressure, and regulating respiratory patterns with children.

### COURSE OBJECTIVES

- Participants will begin to understand sensory integration, sensory modulation, and sensory

discrimination and the role they play in the learning process.

- Participants will learn the essential ingredients of an effective sensory diet.
- Participants will understand the impact of adequate sensory processing on attention, behavior, learning and social engagement.
- Participants will learn tools to help children “get in sync”.
- Participants will gain tools to take back to the classroom, home, or clinic to use with **all** children whether they present with sensory processing challenges or are developing typically.

### SCHEDULE

**REGISTRATION: 8:30-9:00 am**

**(includes a 1 hour lunch break)**

**9:00-10:30** Understanding sensory processing and its impact on the learning process and behavior

**10:30-10:45** Break

**10:45-12:00** Power tools for sensory integration and getting kids in sync

**12:00-1:00** Lunch on your own

**1:00-2:30** Creating sensory diets to support regulation, attention, learning and behavior in the classroom and at home.

**2:30-3:00** Question/Answer session

**5 Contact Hours-All participants will receive certification of the number of contact hours attended.**

### WORKSHOP SITE

**Doubletree Hotel  
Portland Lloyd Center**  
1000 Multnomah  
Portland, OR 97232  
Phone: (503) 281-6111

### ACCOMODATIONS:

**Doubletree Hotel**  
1000 Multnomah

Portland, OR 97232

Reservations: Call (503) 281-6111

### FACULTY

**Sharron Donnelly, MS, OTR/L**, completed her training in occupational therapy in 1997, after graduating with degrees in Biology and psychology. Sharron has practiced in a variety of pediatric settings, including schools, early intervention, and private practice. She has extensive experience in sensory integration and is SIPT certified. Sharron is also certified in several auditory interventions including Therapeutic Listening™, Berard Auditory Integration Training, Listening Fitness Training Programs with Paul Madaule, SAMONAS Sound Therapy, and Interactive Metronome. Sharron has lectured and provided in-services to many professional and parent groups. She is a nationally recognized speaker on Therapeutic Listening™ for Vital Links.

Sharron is owner of **Advanced Pediatric Therapies, Inc.**, a private pediatric occupational therapy practice committed to meeting the needs of children. APT focuses on providing a highly, individualized, multi-faceted and holistic treatment approach to ensure that each child’s needs are met.

### SPONSORED BY:



**ADVANCED  
PEDIATRIC  
THERAPIES, INC**

4444 SW Multnomah Blvd  
Portland, OR 97219  
Ph: (503)245-5639 Fax: (503)245-6013

11320 NE 49<sup>th</sup> St., Suite 208  
Vancouver, WA 98682  
Ph: (360)885-4684 Fax: (360)882-8972  
[www.advancedpediatrictherapies.com](http://www.advancedpediatrictherapies.com)