



## CALM AND CONNECTED

PROMOTING SELF REGULATION

### Occupational Therapy Services

## Services for Child Care Centers

### Training content description

Everything we know about the world is through our senses. Information comes in through our senses, the brain processes it so we can understand and then our body responds to the information. The processing of this information is the foundation to how we learn, store memory, and interact positively to the world around us.

Some children have difficulty processing what is happening around them which causes them to become stressed easily. When children experience high levels of stress for long periods of time, their body and brain need to work in overdrive to survive. Some children therefore, have not yet learnt how to recover and come back to a place of feeling calm. All their energy is put into understanding and managing their emotions that they may not have any left for learning, understanding, following instructions or playing nicely.

This presentation will explore behaviors that impact a child's ability to participate and learn at day care with practical strategies on how to use the sensory regulation framework.

To further discuss the services available, please contact:

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