

CALM AND CONNECTED

PROMOTING SELF REGULATION

Welcome to the July Newsletter

Kate Keisler, Occupational Therapist

Welcome to the July edition of Calm and Connected's newsletter! I am often amazed about how much information is available online when you start searching, though it can be tricky to work out where to start. I can easily get caught spending hours going through websites trying to work out what is credible and what is not. I hope to save you from some of that endless wandering by highlighting 4 gold nuggets that I have discovered this month. If you are a **parent or teacher** I recommend starting with the Lives in Balance video series, then register for 'The Traffic Jam in my Brain' series. For parents of a child younger than 1 years, check out the Kids Attuned article first. If you are a **therapist**, start wherever is relevant for the kids you see.

If you come across more useful webinars let me know!

Warm wishes,

Kate :)



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Forward

Lives IN THE Balance
Changing the conversation about behaviorally challenging kids
and with

I have discovered this great website with free

webinars and information for families and teachers supporting children with behaviour difficulties. I especially like the approach on problem solving, so worth checking out! This one is free :)

[Lives in the Balance](#) is the non-profit organization founded by child psychologist Dr. Ross Greene, originator of the empirically supported **Collaborative & Proactive Solutions** (CPS) approach and author of the influential books *The Explosive Child* and *Lost at School*.



Here is information on the latest free webinar by the Mental Health Practitioners Network, [click here to register](#).

Supporting Families Going Through Separation

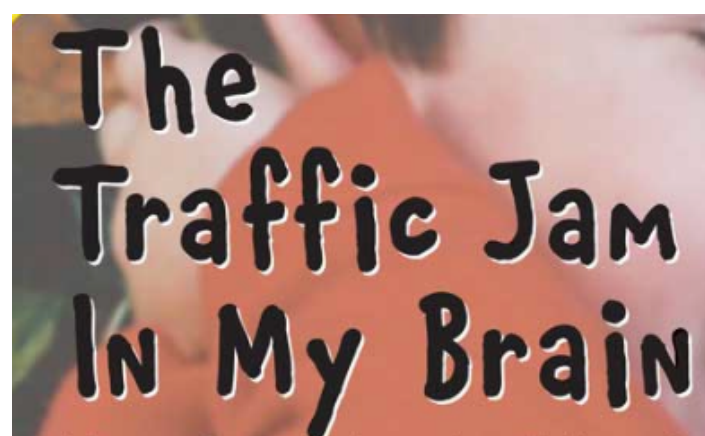
Join our interdisciplinary panel as we discuss how collaborative care may help support the mental health of a family who is going through a separation. The discussion will centre on Belinda, a 39-year-old woman who recently separated from her husband Brian, and their three young children. Belinda and the children are struggling to cope with the upheaval to the family caused by the separation.

Learning Outcomes

- Recognise the key principles of intervention and the roles of different practitioners in assessing, managing and supporting families going through separation
- Explore tips and strategies for interdisciplinary collaboration between practitioners working with members of



The [KidsAttuned](#) website has really insightful articles on working with children in the early years. There are so many early ones, such as detecting children with Autism. However my favourite was [WHY THE MOTHER \(CAREGIVER\) AND INFANT BOND IS OFTEN CALLED “THE DANCE”](#) written by Dr Griff Doyle on attachment and co-regulation for the early 0-3 month old stage. Throughout the article are short videos that demonstrate what is written. It reflects again the importance of the child and caregiver relationship at such an early stage of life. This one is free :)



Its back! 'The traffic Jam in my brain' by Occupational Therapist Genevieve Jereb course is available online in October. I highly recommend this course for teachers, parents, and therapists who support children with sensory processing, motor and learning difficulties. It does cost to complete, however I can guarantee you won't regret it. It is the best course to start with if you

families experiencing mental health distress

- Identify challenges to, and opportunities for collaboration that may emerge as practitioners from different disciplines work together to support families going through separation

just getting your head around how complex sensory processing and children can be 😊 Check out the [Sensory Tools](#) website for more details.

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