



## 2018 Free Parent Seminars

Thursdays 7:30-9:00 PM

(Please RSVP at least 1 week prior to seminar.)

*January 18, 2018*

### **Food Wars: Tips for your picky eater**

Is mealtime a struggle? Do you find yourself preparing separate meals? How many snacks should kids have during the day anyway? This seminar will discuss some of the daily struggles toddlers have as well as tips to manage your picky eater.

*March 1, 2018*

### **Understanding Dyslexia**

There is a lot of information out on Dyslexia and reading difficulties. In addition, recent legislation has changed how Dyslexia is viewed in public schools. This seminar will help you to better understand dyslexia, provide information on what goes into a diagnosis of dyslexia, and what resources are available to help those with reading difficulties.

*May 3, 2018*

### **Executive Functioning**

What is executive function? Hear from an occupational therapist why working memory, inhibitory control, time management, and other executive functioning skills are vital to your child's future success. Find out how you can facilitate your child's development in this area throughout the school-aged years.

*September 6, 2018*

### **Trauma/Stress Events and Sensory Processing**

While we may identify a stress event (separation from a caregiver, medical intervention, abuse, neglect, or another negative experience) as being "bigger" than another, the chemical reaction in the body is the same regardless of the "size" of the stress event. Therefore, it is important to recognize how stress events and trauma impact a child's body. Stress events can cause kids to have a heightened awareness of sensation, leading to sensory processing challenges, which can contribute to poor self-regulation and negative behaviors. Learn how sensory-based interventions at Leaps and Bounds can positively impact how a child's body processes trauma and stress events.

*November 1, 2018*

### **Understanding Your Sensory Kid**

This seminar defines sensory processing and its impact on a child's attention, learning, behavior, motor skills, feeding skills, social skills and emotional development.