



Co-Regulation strategies for therapists working with toddlers and preschoolers with special needs

September 20th and 21st, 2018 | 8:30 AM to 3:30 PM

W.B. George Centre, Kemptville Campus, 48 Shearer Street, Kemptville ON K0G 1J0

Register online starting Monday June 25th at www.tumblingtogether.ca/registration.html

Workshop Description

Toddlers and preschoolers with special needs are often unable to join or benefit from community or therapy programs because of their inability to understand or follow basic “group rules”. Some parents report “hiding out”, avoid going in public or joining programs because of children’s disruptive behaviours, extreme separation anxiety, fear of movement, postural instability, fear/difficulty with transitions etc.

To address the needs of such children, the Tumbling Together™ model served as a basis to develop **Building Blocks to Co-Regulation Workshop**. Participants will learn how to use the strategies to facilitate assessment and provide therapy through community-based programs that incorporate the key concepts of movement, situational learning, and explicit teaching in the context of inter-professional collaboration and family-centered services.

The Tumbling Together™ model and its related programs: **Calm Alert Connected™**, **STOP-WAIT-GO™**, and **Kids Gotta Move™** are highly recommended by therapists, coveted by parents, and supported by promising initial research.

The highly interactive approach in the **Building Blocks to Co-Regulation** sessions will provide the opportunity to learn, select and modify strategies for both individual and group programs.

Participants will...

- Gain an understanding of the Key Concepts of the Tumbling Together™ Model and Continuum of Programs; upon completion participants will receive the Building Blocks Manual (including the **Calm Alert Connected™**, **STOP-WAIT-GO™**, and **Kids Gotta Move™** program criteria, strategies and curricula);
- Gain an in depth understanding and self-awareness of the importance of co-regulation and building parent capacity when helping young children with complex needs acquire early self-regulation skills;
- Learn a variety of practical, evidence-informed strategies from the fields of self-regulation, occupational therapy, physiotherapy speech/language pathology, attachment, early childhood education, physical literacy, and parenting that can be immediately incorporated into current practice;
- Acquire the knowledge and confidence to incorporate key concepts of the model for improved engagement, participation and skill acquisition into individualized therapy sessions and existing programs such as language and play groups;
- Complete one of the requirements for the Tumbling Together™ program.

Who Should Attend?

This training workshop is ideally suited for professionals designing and implementing programs for children with special needs (ages 0-6) and their parents/caregivers.