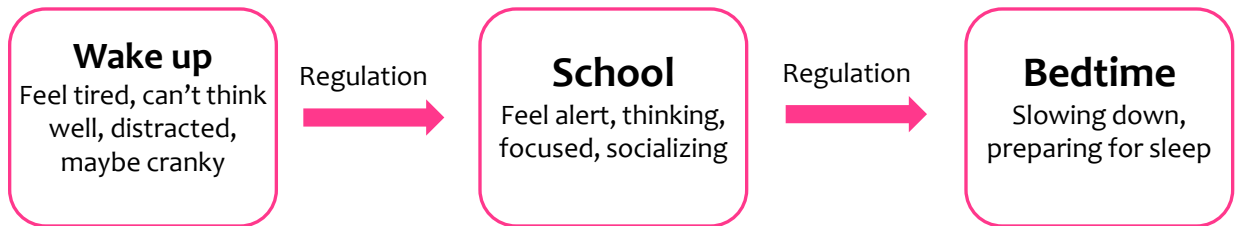


# An Introduction to Sensory Regulation



**This session is ONLY for families who are currently open to the MATC ADHD Service.**

When our sensory systems (taste, touch, smell etc.) get the “right amount” of stimulus, our brains and bodies are able to be calm, alert and focused. Understanding what sensory stimulus we need more or less of throughout the day AND being able to obtain it... **is Sensory Regulation.**



This education session (*children do not attend*) is presented by the Occupational Therapist and explains in broader detail how ADHD affects sensory regulation and explains behaviours that may result. The session also will describe how children develop regulation skills and review multiple factors may contribute to certain behaviours (e.g. not dressing due to sensory sensitivities). Finally, the session teaches families how to help their children understand what their bodies and brains need throughout the day so they can succeed in taking care of themselves, learning and having fun! Attendees will also leave with a list of various sensory strategies that children and adolescents (*and adults!*) can use to regulate.

**All Sessions Take Place at the 167 St. Mary's Road Location**

**Call Julie Roth, occupational therapist at (204) 958-6285 to reserve your spot in ONE of these sessions (the same presentation is given) as space is limited**

Tuesday March 27, 2018

9:30 – 11:00 a.m.

Tuesday March 27, 2018

12:15 – 1:45 p.m.

Tuesday April 24, 2018

9:30 – 11:00 a.m.

Tuesday May 22, 2018

9:30 – 11:00 a.m.

Tuesday May 22, 2018

12:15 – 1:45 p.m.