



# Parents Helping Parents

*Serving Families of Children with Special Needs*

## Becoming a Sensory Detective



Local Occupational Therapist Mollie Bivens MOT, OTR/L will provide resources to parents and discuss sensory strategies for the distance learner.

There will be time for questions.

- Identify your child's sensory needs and create a "just right" learning environment
- Learn the importance of heavy work and other self-regulation strategies for the child
- Set your child up for success with a workspace that fosters learning
- Identify seating alternatives to increase your child's attention and focus

**Wednesday, November 18, 2020, 6-7 pm Via Zoom**

**Email to RSVP: [php@ucp-slo.org](mailto:php@ucp-slo.org), (805) 543-3277**

Our staff is committed to helping parents like you navigate the joys and challenges of raising a child with special needs or learning related issues. Family, friends and professionals offer help and support but our parents can honestly say, "We've been there!"



**Tri-Counties  
Regional Center**

