



## **“Sensational Talks”- A three part Parent Workshop** *with Melissa Alves, Pediatric Occupational Therapist*

**Session #1**    1:00 - 2:00 pm        1/26, 2/2, 2/9  
**Session #2**    6:00 - 7:00 pm        2/28, 3/7, 3/14

~ Topics will focus on the following key objectives ~

### ***Basics of Sensory Processing and Emotional Regulation***

#### **Answers for the basic What? How? and Why? of Sensory Processing**

What is it and how does sensory processing connect to your child's ability to manage their behavior and emotions. Why knowing more about this neurological process can make parenting around challenging behaviors more effective and less stressful.

***Is it sensory or is it behavior?*** “One of the most frequent questions I am asked as a pediatric OT.” Tips to help you tell the difference between sensory or behavior and how to help your child grow and develop.

### ***Sensory Based Activities and Strategies to Support Self-Regulation Skills***

Learn how to build in supportive sensory experiences to support your child's development of self-regulation skills.

*Melissa Alves has had the privilege of providing pediatric occupational therapy for over 20 years in diverse settings including outpatient clinics, rehabilitation hospitals, schools, Early Intervention, community and home based services. She graduated from Springfield College in 1996 with a masters of science degree in Occupational Therapy. Melissa is a certified Sensory Integration therapist, Radiant Child Yoga teacher, and is certified for the Safe Sound Protocol (SSP), designed to reduce stress and auditory over-reactivity. Owner of Melissa Alves Pediatric Occupational Therapy, she collaborates with parents and teachers who are passionate about maximizing the joy and potential inherent in each child from a strengths based perspective.*

**Registration required to receive the Zoom Link: [Call 508-240-3310](tel:508-240-3310)**

*This programming is funded by a SAFE Child Communities grant through the Children's Trust and a Coordinated Family and Community Engagement (CFCE) grant from the MA Dept. of Early Education and Care, administered by the Cape Cod Children's Place.*

