

# BEST

## Strategies To Support Self-Regulation!

- Does your child experience intense meltdowns and/or other challenging behaviours and you are not sure what triggers them?
- Do the meltdowns escalate from 0 to 10 in seconds?
- Is your child impulsive, constantly on the move and has difficulties paying attention?
- Have you heard of the term 'self-regulation' and would like to know more about it?

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### In this interactive workshop you will learn:

- What is self-regulation?
- The signs of poor self-regulation in children
- The eight sensory systems & their impact on self-regulation
- How to identify triggers to challenging behaviours
- When to intervene to prevent meltdowns and other challenging behaviours
- BEST practical strategies to support self-regulation skills!

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# Nov. 15

Thursday, November 15th, 2018 6-8 p.m. at  
Holland Bloorview Kids Rehabilitation Hospital

Please go to [www.eventbrite.ca](https://www.eventbrite.ca) to register for this FREE event: <https://www.eventbrite.ca>



**Moira Peña**, BScOT, MOT Reg. (Ont.)  
Occupational Therapist

Moira works in the Child Development Program at Holland Bloorview Kids and has dedicated her career to working with individuals who experience sensory processing challenges. She is an Expert Hub Team member of the recently launched ECHO Ontario Autism Program which aims to build pediatricians' capacity and ability to screen, diagnose and manage children and youth with autism spectrum disorder (ASD) in Ontario. She has given several invited workshops to parents, teachers, pediatricians and other health care professionals and is a regular guest lecturer at the University of Toronto.



**Megan Lynch**, MScOT, OT Reg. (Ont.)  
Occupational Therapist

Megan works in the Child Development Program at Holland Bloorview Kids and has worked extensively with children and youth in various roles. Megan thoroughly enjoys collaborating with children and their families to develop strategies that will meet their unique sensory processing needs. She has delivered parent workshops on topics including sensory processing, play skills and motor development. Megan holds a lecturer status appointment at the University of Toronto and is actively involved in the education of occupational therapy students.