

FREE WORKSHOP: Understanding Motor Learning Challenges in Children and Youth – Optimizing Success

Do you or your child have trouble with activities that require physical coordination, like sports and writing?

Do they appear “clumsy” or “awkward” with their movement or approach to new physical activities? Do they avoid these activities altogether?

Do you have a student who has trouble participating in class activities because of coordination difficulties or trouble starting a task?

Coordination challenges can be a symptom of motor planning challenges and/or Developmental Coordination Disorder (DCD), a condition that affects up to six per cent of school-aged children. Young people with DCD often struggle with daily activities such as:

- Dressing • Eating • Writing • Playing • Speech

Holland Bloorview is hosting a **FREE** workshop for kids, teens, parents, and educators to learn about strategies and resources for young people with coordination and motor planning challenges.

The "Understanding Motor Learning Challenges in Children and Youth – Optimizing Success" workshop is an evidence-informed workshop developed by a team that includes a developmental pediatrician, occupational therapist, physical therapist, speech language pathologist and psychologist.

The workshop provides:

- information about motor planning challenges and DCD
- coping techniques and strategies
- tools and resources for families
- information about supports available in the community



WORKSHOP INFORMATION

Join us on Wednesday, February 13, 2019, 6 – 8 PM

Holland Bloorview
Room: 5E100
150 Kilgour Road
Toronto, Ontario M4G 1R8

Space is limited. Registration is required by February 7, 2019.

To register or for more information please contact Lavinia Dias:
E: ldias@hollandbloorview.ca
T: 416-425-6220 x 3832

Limited child care available (ages 2.5 years and up)
By registration only – call Daniel Scott, 416-425-6220 ext. 3438