3 July 2020

**Occupational Therapy Online Parent Information Sessions**

Dear Parents and Carers,

As you may already be aware, Eastwood Public School employs an Occupational Therapist to work with all students across K-2 and targeted students across the school. Ms Hazel Mujdeci is an expert in her field and a professional who we are lucky to be associated with.

Hazel will be running weekly virtual workshops for parents on Zoom to give parents some insights into the work she does and provide some skills and strategies that can be used at home to support child development. The workshops will be aimed at parents of students between 4 and 10 years of age and will be completely free of charge.

The workshops will be held via Zoom every Tuesday at 7:30pm, commencing on 21st July, and will run for approximately 45 minutes. There is no commitment to join to every session, but parents are encouraged to do so. To join the workshops, you will need a Zoom account. Please use **Meeting ID: 861 3598 8895** and **Password: 874693** – these will stay the same every week. An outline of each session is provided below.

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| **Date** | **Seminar Subject** |
| Session 1:Tuesday 21st July, 20207:30 PM | **Introduction to OT*** What is Occupational Therapy?
* What is their role in a school setting?
* How can they help my child?
* What can I do at home to help their fine and gross motor skills?
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| Session 2:Tuesday 28th July, 20207:30 PM | **Attention and Concentration*** How the environment affects attention & concentration
* Building routine
* What foods increase attention and concentration
* How to take breaks effectively
* What physical exercises can my child do before homework
* Making sure your child can sit correctly on a chair
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| Session 3:Tuesday 4th August, 20207:30 PM | **How to hold a pencil and Handwriting tips and tricks*** Why isn’t my child holding a pencil properly?
* How can I help them form letters correctly?
* How can I make their hand stronger?
* How to write neatly on the line?
* Why is my child pressing too hard/light?
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| Session 4:Tuesday 11th August, 20207:30 PM | **Self-care skills and eating difficulties*** Dressing skills
* Toileting skills
* Blowing nose & hygiene
* Organisational skills
* Chores and helping around the house
* How can I help my child eat more food?
* How can I make meal times more relaxing and not stressful?
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| Session 5:Tuesday 18th August, 20207:30 PM | **Sensory Processing*** What is sensory processing?
* What are the types of senses?
* How does sensory processing affect my child’s ability to learn?
* What can I do at home to help my child?
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Kind regards,

Krystal Webb Cameron Jones

R/ Deputy Principal R/ Principal