

Parents as Partners Conference

Workshop Session, A8

Room: 202B

Keeping Calm and Carrying On: Practical strategies to support Self-Regulation Mental Health and Well-Being Parent Partnership Committee

This workshop will highlight sensory strategies, environmental adaptations and other practical strategies to promote self-regulation at home and in the community. Parents will walk away with:

- an understanding of what self-regulation and co-regulation is
- evidence based research on how self-regulation directly affects daily life and well-being for everyone but especially children with special needs and
- easy/practical strategies that can be applied in the home and community settings.

This workshop is geared towards parents of early learners.

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Ana Talag and Rhanda Craig are Occupational Therapists with several years of experience working in the community, home and school settings. Both have spent many years working on the Autism Team for the TDSB and other boards and have a passion for empowering students, parents and educators with the knowledge and strategies to promote self-regulation and well-being.