

# Unlocking the Secrets to a Calm, Connected Child

**An interactive and practical workshop which will:**

- Demystify sensory processing
- Provide helpful tips and tools for school and home
- Help to make sense of behaviour
- Enhance development and learning within the child

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**Wednesday 11th March 2015, London**

Presented by Lizanne du Plessis (Paediatric Occupational Therapist)

**“Fabulous. I will be recommending to all colleagues  
including the ones who avoid sensory integration”**

# Unlocking the Secrets to a Calm, Connected Child

**Children are unique – they develop, behave and learn differently.**

The key to unlocking a child's full potential and managing day-to-day challenges lies in understanding the way he/she processes sensory information.

**If you want to gain that understanding then this practical and interactive workshop are the most important thing you are going to attend all year.**

The workshop will provide an overview on the theoretical concepts underlying sensory processing. Exceptional content will be delivered in an interactive, practical and thought-provoking way. You will find practical and easy to implement strategies that will enhance relationships, stimulate development, and sort out day-to-day challenges – assisting you to be a better parent, teacher and therapist. If you deal with children who have sensory difficulties this workshop is a must. However, all parents and teachers can benefit as we will be unpacking normal day to day attention, emotion and behaviour dynamics that applies to all children.

This workshop is aimed at Professionals, Teachers and Parents

- Health care professionals including occupational therapists, physiotherapists, speech and language therapists, psychologists and social workers.
- Teachers and support staff of normal developing children as well as highly functioning children with special needs.
- Parents of normal developing children who want to improve their parenting skills as well as parents with highly functioning children with developmental and/or neurological disorders.

## Workshop Outcomes

- **Demystifying sensory processing**
  - What does it really mean?
  - How does it work?
  - Why is it important for all of us?
- **Understanding the senses and their impact on development and learning.**
- **Understanding brain development and how the child's immature brain affects the way he moves, feels and think.**
- **Discovering the child's sensory profile and how it affects the way that he develops, learns and behaves.**
- **Understanding and managing relationships using sensory insights.**
- **Appreciate the fact that self-regulation develops over time and discover the components that results in the child's ability to successfully regulate his body, his feelings and his thoughts.**
- **Improve attention, emotion and behaviour of our children using sensory insights and strategies.**
- **Help develop a toolbox which will assist you when supporting the child and dealing with tricky situations and behaviours.**

## The Trainer:

**Lizanne du Plessis** is an occupational therapist who specialises in the identification and treatment of Sensory Processing Disorder in children with a special interest in the treatment of infants and toddler with Regulatory Disorders. Lizanne has been practicing in the field of Sensory Processing for nearly 20 years, both in the public and private sectors in London (UK) as well as in South Africa. Lizanne has extensive experience in presenting workshops and lectures for professionals, teachers and parents on the subject of Sensory Integration and contributes regularly to professional publications and magazines. She feels passionate about empowering parents and her work has enabled thousands of parents and professionals to discover and understand their child's true nature, support their development, manage daily challenges and build strong relationships. She is the author of "Raising Happy Children: The Key to a Calm, Connected Child" which was published by Metz Press in June 2014. Lizanne has recently relocated from the UK to South Africa, where she lives with her husband and two daughters.

Visit her blog at [www.lizanneduplessis.com](http://www.lizanneduplessis.com).

**"Very informative and presented in a relaxed engaging fashion"**

# Programme

## Morning session 1: Getting to know the child

### Sensory processing and neuroscience 101

What does sensory really mean?  
The sensory systems explained and tips for home and school  
Defining sensory processing  
When does it become it a disorder?  
Classification of Sensory Processing Disorder (SPD)  
Red flags and warning signs  
Brain development in a nutshell  
Practical strategies for developing a healthy brain

## Morning session 2: Exploring sensory temperaments

### A fundamental understanding of children's behaviour

Sensory Over-Responsivity  
Sensory Under-Responsivity  
Sensory Craving

## Afternoon session 1: Self-regulation

### The glue that keeps everything together

Development of self-regulation  
Understanding the calming and alerting properties of the senses  
Different strategies for home and school that work for different temperament styles  
Brain toys and brain foods

## Afternoon session 2: Facing challenges

### Challenging behaviour versus stressed behaviour

Understanding the difference between meltdowns and tantrums  
Practical tools and tips for managing difficult behaviours  
(such as tantrums, fears, stress and aggression)

**Two Q&A sessions will give the opportunity for attendees to ask all those burning questions and to take the information to a deeper more personal level.**

**“Thought provoking, stimulating – thank you”**

# Booking Form

**One day workshop**  
**11th March 2015, London**

## How to Book

Online – [www.centrevts.co.uk/book-online.aspx](http://www.centrevts.co.uk/book-online.aspx)

email – [info@centrevts.co.uk](mailto:info@centrevts.co.uk)

Fax – 01273 441676

Post – Centrevents, PO Box 2100, Shoreham by Sea,  
West Sussex BN43 5UG

## Enquiries

Telephone – 01273 441676

email – [info@centrevts.co.uk](mailto:info@centrevts.co.uk)

## Workshop Fee

### One day workshop

Earlybird rate £160+VAT valid for all bookings made  
before 30th January 2015

**Regular rate £195+VAT**

## Cancellations

Cancellations must be in writing two weeks prior to  
conference date and will incur an administration charge  
of £30. We regret that no refunds can be made after this  
date but we are happy to accept substitute delegates.

## Delegate details

NAME	_____
JOB TITLE	_____
ORGANISATION	_____
ADDRESS	_____ _____ _____
POSTCODE	_____
TELEPHONE	_____
EMAIL	_____

## Payment

Shared services: if your invoices are paid through shared services please ensure the correct  
address and order number is supplied.

I enclose a cheque for £ \_\_\_\_\_   
made payable to Centrevents.

I would like to pay by BACS and will  
send remittance advice as payment  
confirmation.

I require an invoice (please supply  
the address if different from above)

Purchase Order No \_\_\_\_\_

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Authorised Signature  
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## Special Requests

Vegetarian or other dietary  
requirements (please specify):

\_\_\_\_\_  
Induction loop

Wheelchair or other access  
requirements (please specify):

\_\_\_\_\_  
I do not want to receive further  
information from third parties.