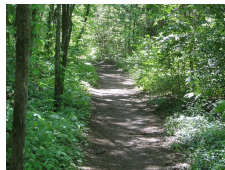


Winter Break – Moving, Sensing and Feeling

Jennifer Bluske, OTR
Children's Therapy Network



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The good, the bad and the ugly.....



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What are our expectations of this holiday season?

Creating Memories

Holiday Traditions

Cancelled therapies

Family Picture

Travel/Extended Family

Balancing work and caring for kids

Rest and Relaxation

Complete Projects



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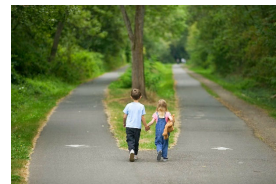
How our kids (and us) feel successful with the holiday experience?



Regulated body



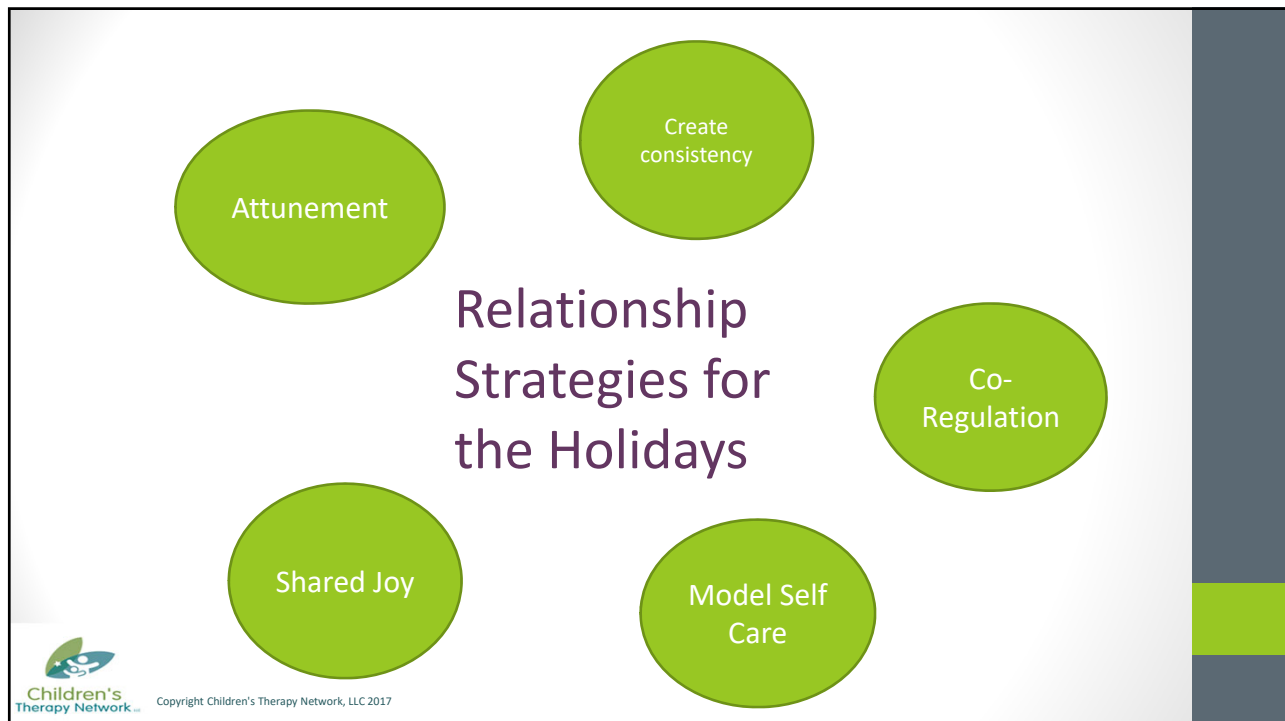
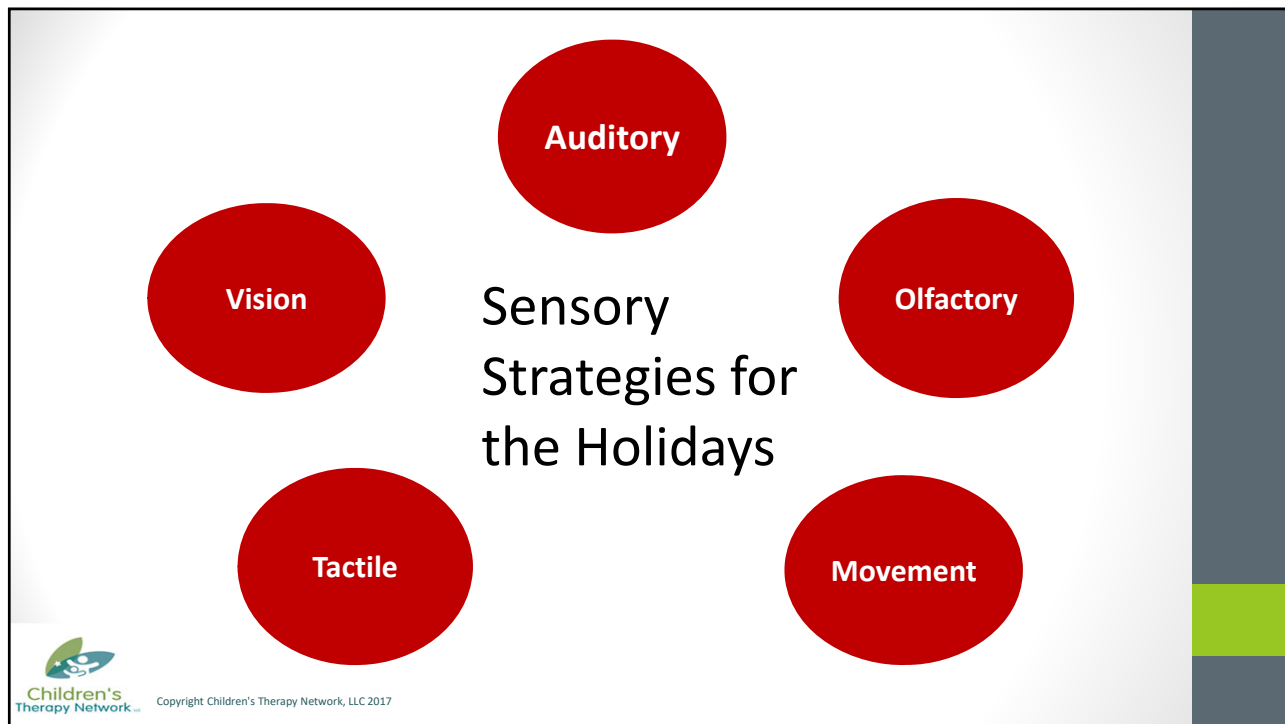
Safe and Engaged Relationships



Balance of known vs. novelty



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Resources!

- Starr Institute- leading research center for Sensory Processing Disorder
<https://www.spdstar.org/basic/home-activities>
- YouTube video resources on Sensory Processing and regulation
<https://www.youtube.com/channel/UC1i4DFy6hVyp2o4SqRbkPQ>



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