



Let's Try Preschool Another Way

A *Fresh Start* for Your Sensory Sensitive Child

Tuesdays and Thursdays, 9:00-11:00
September 12th – November 16th (10 weeks)
Cost: \$150 per 2-hour session

For some children life is too much, too fast, too loud, or too big and the transition to preschool can be challenging. Despite best efforts on all parts, some children are just not able to thrive in such a dynamic environment. *A Fresh Start* can help.

Some children struggle due to neurological or emotional immaturities.

- Sensory sensitivity or seeking needs lead to extreme behaviors
- Social skill development delays get in the way of productive play
- Language development and processing problems lead to avoidance and frustration
- Motor skill development can make it difficult to keep up with peers

Sometimes what is required for a child to find success in a typical preschool setting is an opportunity to **prepare the nervous system, ready the body and brain, learn expected behaviors, build-in supports and strategies unique to the child, and practice.**

Elaine Tsang, MS, OTR/L is an occupational therapist who has worked in diverse environments and has created a program that mimics a preschool daily structure and allows children to integrate the routine in a sensory and emotionally supported environment.

Group Description:

- Small group size with a two to one child-adult ratio
- Use of the Preschool Social Thinking Curriculum[®], Michelle Garcia Winner
- Use of the Zones of Regulation[®] and How Does Your Engine Run[®] to support self regulation
- Gross motor / gym play to foster sensory and motor development
- Fine motor activities to support prewriting skills and sensory exploration
- Snack time to learn routines and explore new foods
- Introduction to familiar children's games and songs often played in preschool
- Nurturing, caring, and individualized programming to meet the child's specific needs

** This is a therapy group and may be reimbursable by your medical insurance*

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