

Creating Sensory Friendly Routines



Online Virtual Workshop
facilitated by Sadie Charlton
Sensory Occupational
Therapist

This online session will explore:

- The importance of routines for children with sensory needs
- Creating visual timetables
- What is a Sensory Diet?
- Tools/tips to create a sensory diet

To register your place to attend this free online event, and to receive a link to the event, please email:
virtualschool@rotherham.gov.uk
or call: **01709 334610**



Via MS Teams

Tuesday 31st January

- 10.30-11.30 (Parents/Carers)
- 3.30-4.30 (Primary school staff)
- 5.30-6.30 (Parents/carers)



Happy New Year from everyone at Virtual School Rotherham!

We're excited to announce the first 2023 online Sensory Workshop facilitated by our Occupational Therapist, Sadie Charlton. We're kicking off the year exploring Sensory Friendly Routines and introducing Sensory Diets.

The majority of us have some kind of routine in our daily lives, whether it be the predictable cup of coffee in a morning before we get ready or our preparing for bed nightly routine. Daily routines become habitual, we usually carry out these activities without even thinking. These set routines give us a sense of comfort, familiarity and predictability. Routines support us to feel prepared for our day and a sense of control, which helps to reduce stress and anxiety. When supporting children with sensory needs, the evidence suggests that having predictable and consistent routines can help a child feel calmer and reduces episodes of overload. This online workshop is aimed at parents & carers and will explore the importance of creating sensory friendly routines as well as covering Sensory Diets and where/how to start incorporating sensory activities within a child's daily routine.

Two FREE OF CHARGE sessions will be held on **TUESDAY 31st JANUARY**, the first session at **10:30-11:30** and the second at **17:30 - 18:30** via Microsoft Teams. Each session will last approximately 1 hour.

To register your interest in attending this session please complete and submit the form on the link below as soon as possible

[Click Here to book onto one of these sessions](#)

Please note, this training session is for information purposes only. Sadie is unable to give specific advice or intervention to individual children.

Certificates of Attendance will be issued to all attending delegates for your professional development record.

Teams meeting link and full joining instructions will be forwarded to the email address you provide on the booking form

For any queries, please email virtualschool@rotherham.gov.uk