



FAMILY ORIENTED PROGRAMMING

Black Gold Occupational Therapy Team

Please join the Occupational Therapy Team as they present on three topics related to supporting your child. The sessions will be held while your child is in their program.



AM: ~9:00-10:00

PM: ~12:15-1:15

***Location and times will depend on the school**

Supporting Better Sleep



This presentation will cover the importance of sleep, how much sleep children should be getting, strategies to support sleep hygiene, and how screen time affects sleep.



**Jan 30 (EBS), Feb 1 (ECPS), Feb 6 (TES), Feb 15 (CES),
Feb 22 (RBES), Feb 29 (LPS)**

Supporting Toilet Training



This presentation will outline the developmental expectations of toilet training, toilet readiness, and strategies to support toileting.



**March 5 (EBS), March 14 (ECPS), March 19 (TES),
March 28 (CES), April 4 (RBES), April 11 (LPS)**

Supporting Picky Eating



This presentation will go over developmental expectations for feeding, sensory considerations, and strategies to support picky eaters.



**April 16 (EBS), April 25 (ECPS), April 30 (TES), May 9
(CES), May 16 (RBES), May 23 (LPS)**