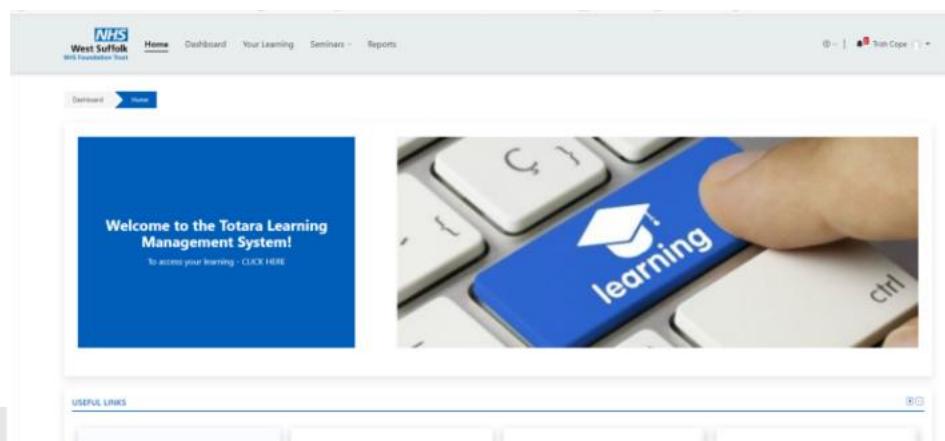


West Suffolk NHS Foundation Trusts online learning platform – Totara

Sensory Workshop – for parents and carers

Self Referral



Who is this for?

This online resource is ideal for parents/carers looking for practical advice and strategies to address common sensory processing difficulties, linked to everyday activities, such as dressing, eating, hair washing, sleeping etc. and how to manage a child who is over or under sensitive to sensory input.

What does it cover?

The focus of the course is understanding what sensory processing is and how the sensory systems impact on behaviour and everyday activities.

How do I access it?

This online course is accessed by you sending an email to the workshop administrator to request that you are enrolled on the training. Please email:

childrensot.icps@wsh.nhs.uk

putting Sensory Workshop in the title line. We need your child's name, date of birth and NHS number – the latter can be found on any letters/reports that you have had about your child from health professionals.

Parents/carers will be contacted via email, so you must have access to an email account. Once enrolled and supplied with your log in details, the course will only be accessible for a limited period of time.

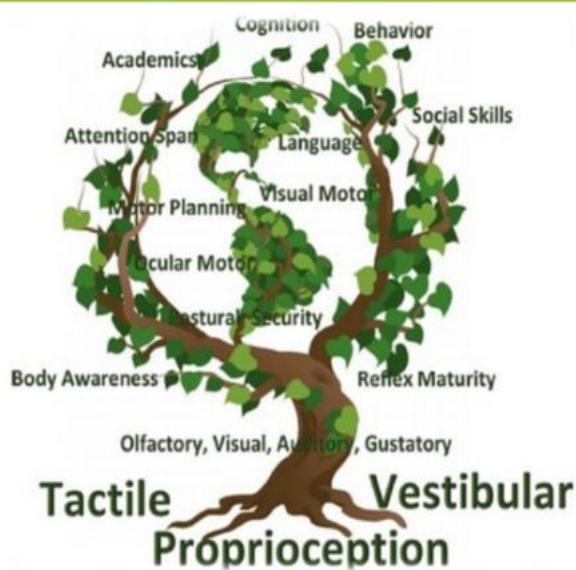
You will be able to access our presentation, which is a mixture of videos and quizzes. You will also have access to a number of resources that you can print off and keep.

It is split into small manageable chunks, and you can view these at a time convenient to you.

Examples of content:



What is Sensory Processing?



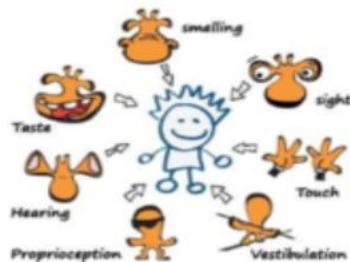
First page of course

Sensory Workshop - for parents and carers

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How to Access the Workshop

Sensory Processing and Modulation Difficulties

How to Access the Workshop

- Click on each section, eg "What is Sensory Processing?"
- Most of the sections have a PowerPoint presentation video, which is a "must do" part of the workshop.
- When you have watched the video presentation it will automatically be marked as complete. Don't worry, once completed you can watch it again if you wish.
- Following this there is a short quiz in each section to check your learning - this is a bit of fun and there is no Pass/Fail. There are multiple choice, True or False or matching questions to answer - don't worry, no-one will be marking them!
- Once you have viewed the PowerPoint and completed the quiz you will have unlocked access and can look at some of the additional resources available in the section but this is not essential.
- Some resources are available without having to watch the PowerPoint or doing the quiz, but they will make more sense to you if you do those things first.
- Once you have answered the questions the section will be automatically marked as complete and enable you to move onto the next one.
- You cannot skip a section but once you have completed sections you can go back to them to refresh your knowledge.
- You may want to print off the slides before you view the video clips.

 [Printable slides](#)

What some of our previous parents/carers have said about the course:

- *I found this workshop really useful. It has made me understand more about my son's behaviours and how to help manage them.*
- *The additional info sheets are very useful.*
- *Found the topics covered helped me understand further how my child feels and answers some of the questions I didn't know I needed to ask.*
- *We liked that strategies were given and examples of products that could help to support were given, the additional information sheets about specific issues were really useful. Thank you.*
- *Very informative, huge volume of additional resources signposted and included hoping these will be useful sources of reference going forward.*

To gain the best possible experience from this online resource, it is recommended that it is viewed via a laptop or tablet.

If you do not have access to either of these, it can still be viewed via a smartphone, but the view will be restricted due to the smaller screen.