

Ask A Behaviour Consultant Virtual Clinic Series

SDRC is offering these clinics for parents and caregivers of individuals with a developmental disability and/or autism spectrum disorder. All clinics will be 1 hour in length via Zoom, be limited to a maximum of 10 participants and will include an opportunity for questions and discussion.

If you are eligible for SDRC services, and would like to attend any of these clinics, please call Rehana Khanam at 519 741 1121 ext. 2201 to register.



Hygiene

This clinic will provide information and support for parents/caregivers of individuals who struggle to complete hygiene routines (i.e. showering, brushing teeth, washing hands, etc.). Participants will learn common barriers that prevent completion of these tasks as well as strategies to support the individual.

Picky Eating

This clinic is designed to provide information and support for parents/guardians of children who are struggling with picky eating. Participants will learn common reasons for picky eating and supportive strategies to encourage successful mealtime.



School Refusal

This clinic will offer general tips and strategies around school refusal issues. Sharing ideas to make transitioning to school a little less stressful for children, youth, parents, and caregivers.

Transitions

Transitions are a large part of any school or workday, as we move to different activities or locations. Studies have indicated that up to 25% of a school day may be spent engaged in transition activities, making it a critical skill for school aged children and youth. This clinic is designed to offer strategies to help support successful transitions across daily routines at home.

