

FINDING THE BALANCE



Empowering the Whole Child

Spiritual, Physical, Emotional, Cognitive and Social

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Overview

- Introduction
- How do we learn?
- Societal trends that are impacting development and learning.
- Ways you can positively impact your child's development and in turn impact self esteem.

Mental Health Stats

- 1 in 5 children have mental health problems
- 43% increase in ADHD
- 37% increase in teen depression
- 100% increase in suicide rate in kids 10-14 years old

- *Statistical trend from over the past 15 years

HOW DO WE LEARN

SENSORY

- Our 7 Senses
- “Organization of Sensation for Use”
- Motivation



MOTOR

- Reflexes
- Movement- we move because our senses create a desire for us to interact with the world
- Movement is necessary for learning
- Communication
- Problem Solving



EMOTION

- Effects inner drive
- Our senses allow us to attach meaning to sensory experiences- memories
- Regulation
- Coping



SOCIAL

- Senses allow us to connect
- Builds confidence
- Impacts self-esteem



WHAT HAS CHANGED?

Societal Trends Impacting Lifestyle

- Hunters & Gathers vs. Pre-Dominantly Indoors
- Manipulatives vs. Electronics
- Free Play (Jungle Gyms) vs. Structured/Guided Play (organized sports)
- Little Litigation vs. Hyper Litigation
- One Working Parent vs. Two Working Parent Household



Societal Trends Impacting Parenting

- Trophies for One vs. Trophies for All
- Authority vs. Friendship
- Parent Directed vs. Child Directed
- Social Media
- No Time for Boredom- constantly connected



Societal Trends Impacting Education

- 2 hr. Recess vs. 30 minute Recess
- Pre-school Choice vs. Requirement
- Kindergarten Play Focus vs. Academic Focus
- Education Standards vs. Developmental Appropriateness
- College vs. Skilled Trades



Societal Trends Impacting Play

- Creativity vs. Guided
- Movement-based vs. Screen Time
- Child Dominated vs. Adult Directed
- Full Sensory Exploration vs. Limited Sensory Exploration
(bath time, meal time, barefoot)



HOW DO WE ADAPT

- ALLOW FOR FAILURE
- SET BOUNDARIES
- INCREASE OUTDOOR TIME
- ALLOW FOR BOREDOM
- BE EMOTIONALLY PRESENT
- TEACH COPING SKILLS
- ANSWER QUESTIONS WITH A QUESTION
- TEACH ORGANIZATION

