



# WINTER PROGRAMS 2018

INTEGRATED DEVELOPMENTAL EDUCATIONAL AND ASSESSMENT SERVICES INC.

## Boost School Skills This Year with Occupational Therapy!

### Developing Pre-printing Skills

Pre-school/Kindergarten

Offered Weekdays or Saturday morning

- **Winter Session:** January, February & March 2018, dates to be determined
- **Cost:** \$450 \*\$400 (Early Bird Rate)

The development of muscle strength and dexterity in hands and fingers, eye-hand coordination, visual-motor control and visual perceptual skills is essential for the acquisition of pre-writing skills. *This is a therapeutic program for students to improve pre-writing skills.*

### The Skills of Handwriting

Grade 3-6

Offered Weekdays or Saturday morning

- **Winter Session:** January, February & March 2018, dates to be determined
- **Cost:** \$450 \*\$400 (Early Bird Rate)

Studies have shown that increased legibility of handwriting can result in improved self-esteem, greater proficiency and stronger grades. *This is a therapeutic program for students to improve cursive writing, focusing on the fundamentals of handwriting and lower case letters.*

- ❖ Initial consultation is required for new clients
- ❖ All programs are comprised of **5 sessions**
- ❖ Each session will include an evaluation of skill level and practical recommendations for home and school use if required
- ❖ Parents will have a chance to discuss their child's progress, any concerns regarding their child and implementation of the therapist's recommendations during a private consultation meeting

*Karen McIntosh BScOT(C), Santina Cimino Deschenes MScOT(C) & Courtney King MScOT(C) are offering the above programs for preschool & elementary students. Their extensive experience in developmental and educational occupational therapy has helped hundreds of children improve their abilities to learn and communicate.*

For more information or to REGISTER

Ph: (403) 271-9020 ext 1127 OR (403) 680-8108

### The Skills of Printing

Grade 1-3

Offered Weekdays or Saturday morning

- **Winter Session:** January, February & March 2018, dates to be determined
- **Cost:** \$450 \*\$400 (Early Bird Rate)

Children who experience difficulties with fine motor and visual motor skills often struggle in acquiring the skills of printing. This struggle can lead to frustration, poor motivation and reduced work output. *This is a therapeutic program for students to improve printing skills, legibility and speed.*

### Self-Regulation Programs (Alert/Zones of Regulation)

Grade 3-6

Offered Weekdays or Saturday morning

- **Winter Session (+ Parent Session included):** January, February & March 2018, dates to be determined
- **Cost:** \$500 \*\$400 (Early Bird Rate)

These programs are designed to help students with self-regulation by teaching them how to recognize their own zones of regulation or "engine speeds". Students will also learn various strategies to use to attain, change, or maintain their levels of alertness. In addition to addressing self-regulation, the students will gain an increased vocabulary of emotional terms, skills in reading others' facial expressions, insight into events that trigger their behavior, perspective about how others see and react to their behavior, calming and alerting strategies, and problem solving skills.

**\* Early Bird Deadline: \***

**Winter Session: January 12, 2018.**

**Space is Limited to 5 Children per Group  
\*Please contact us for more information\***

Visit us at [www.ideascalgary.ca](http://www.ideascalgary.ca)  
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