



2023-2024 Autism Resource Center Parent Training Calendar

Please note ALL trainings will be held via ZOOM

Advanced Registration is Required by contacting arc@sd54.org

Date	Time	Class	Description
9/11/2023	11:30-12:15	The Difference Between Tantrums & Meltdowns Presented by: Megan Keating BCBA D54 Behavior Specialist	Your child might display behaviors that look like a tantrum. But is it really a tantrum or could it be a meltdown? This class will explore the characteristics of tantrums and meltdowns. We will explore strategies and approaches to responding effectively to both.
9/5,9/19,10/10,10/24,11/7,11/28,12/12	8:45-9:15	Mindful Parent Group Presented by: Wanda Farnell D54 Floortime Specialist	Reserve this time for YOU! Find ways to calm your mind and body and stay present. Join us for a wonderful group and many delightful experiences, learn to take mini breaks in your day and take care of yourself.
9/25/2023	11:15-12	Establishing Bedtime and Morning Routines Presented by: Laura Colic SST	Does your child have trouble getting to sleep or getting out the door in the morning for school? Gather tips on how to create a morning and evening routine to support your child.
10/10/2023 TUESDAY	11:30-12:15	Beats for Reading Presented by: Wanda Farnell D54 Floortime Specialist	Rhyme, rhythm and using your body to read stories will encourage children to listen to the sounds and patterns. This will give them a musical experience of language and encourages expression and makes stories come to life.
10/16/2023	11:15-12	Problem Solving Session: How to encourage your picky eater to try new foods Presented by: McKayla Greco, Liz Oliverio, Jen Kalteux D54 Feeding Specialists	During this 45 minute parent session we will discuss specific feeding strategies that you can start using with your child tonight! We will discuss strategies and supports that specifically address where your child is with mealtimes at home & what you can do to support.



10/23/2023	11:15-12	Co-Regulation Strategies Presented by: Jenn Ziemann OT & Kim Miller SW	This course will define and discuss co-regulation and how co-regulatory supports and strategies can help your child improve their self-regulation skills.
10/30/2023	11:30-12:00	Make and Take Adapted Literacy- Fall Themed Presented by: Amber Haas & Ana Pineda, SSTs	Create an adapted literacy activity to use and keep at home with your child . Gather tips for how to adapt literacy activities and foster engagement <ul style="list-style-type: none"> Materials will be sent home in advance to assemble
11/6/2023	10:30-11:15	Learn to Play Presented By: Ania Gunderson & Kaitlyn Gross, SST ELC	Have you ever wondered how children learn best? It's through PLAY! But, an ongoing question is, how do we teach play? How do we show children how to play? We are here to break down the importance of play while keeping in mind that play should be child-directed, fun, and engaging!
11/27/2023	11:30-12:15	Supporting Fine Motor Development Presented by: Hillary Davis & Melanie Hostman OT	Learn about the developmental milestones regarding fine and visual motor skills and how to help kids reach those milestones through targeted interventions
12/4/2023	11:15-12	Understanding how your child communicates-Intro to Gestalt Language Processors Presented by: <i>Brittany LaCursia</i> Speech Language Pathologist	This course focuses on the different ways children with autism develop and express language. Most children with ASD acquire language through TV shows, songs, and/or emotional events. This course will help you understand your child's communication needs and intentions.
12/18/2023	11:30-12	Make and Take Adapted Literacy- Winter Themed Presented by : Allison Noonan, SST	Create an adapted literacy activity to use and keep at home with your child .A seasonal book with visuals that will be embedded throughout the book. A comprehension activity will be included for a total make-and-take, ready-to-go lesson! <ul style="list-style-type: none"> Materials will be sent home in advance to assemble