



Ask A Behaviour Consultant Virtual Clinic Series



The Behaviour Consultants of SDRC are presenting 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 or enrolled with Ontario Autism Program (OAP), and would like to attend any of these clinics, please call Rehana Khanam at 519 741 1121 ext. 2201 to register.

Supporting Healthy Sleep in Children by Chloe Riddell, May 20, 6 pm

This new clinic will focus on common sleep issues and factors influencing sleep. Sleep is essential, influencing our biological, social and emotional needs. We will look at sleep as a skill, examining specifically how to support a healthy sleep environment and review evidence-based sleep strategies.

School Refusal by Denise Burke April 14, 1 pm and June 16, 1 pm

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 by Jennifer Jacobs April 16, 6 pm, May 14, 12 pm and June 18, 6 pm

Transitions are a large part of anyday, 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 and in the community.

Hygiene by Denise Burke April 14, 10 am and June 16, 6 pm

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 by Chloe Riddell April 8, 12 pm and June 17, 12 pm

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.

Executive Functioning by Denise Burke May 26 at 1 pm

This new clinic will look at mental skills that includes working memory, flexible thinking and self control. We use these specific skills everyday to learn, work and manage daily life. We will learn to identify challenges with executive functioning and how to implement strategies that can be useful in day to day situations.