

**PARENT TRAINING PROGRAM 2018**

*Join the summer workshops*

*For Teen Boys and Girls*

*Come and Join*



**TEEN**  
**PPP**  
Positive Parenting Programme

**Let Go**



*Hold me tight*

*Put me down*

*Let me go*



*Leave me ALONE!!!!*

**Tune in to connect**

## **Activities-**

- Yoga
- Physical exercises – Cardio Vascular Endurance, Gross motor exercises that enhance the coordination of the whole body movements.
- Dance therapy – Relaxing and flexibility of the movements
- Occupational therapy – Fine motor activities
- Computer skills - To introduce the basic knowledge on word and excel.
- Personality development – Body language
- Self care -       Male –Grooming ,Personal Hygiene  
                          Female -Menstruation, personal Hygiene
- Socialization -
- Drawing
- Numeracy
- Literacy
- Money/Shopping Skills/ Field trip regarding Money concept.
- Vocational Training
- Acts and Legislation
- SEAL – Social Emotional Aspect of Learning.

# Equip, Enhance, and Energize



# EQUIP ENHANCE AND ENERGISE

By the end of the Parent training, Parent will be introduced to.....

1. Movement routine which includes Aerobics, calisthenics and clapping exercise which will help parent and child to relax and engage in movement. Benefit from the physical activity.
2. To understand and facilitate communication between the child, parent, and family.
3. To understand the current level of development of their child, identify areas or domain of intervention needs, supports needed, identify professional support needed.
4. Transdisciplinary discussion with Parent as child's advocate along with professionals/ Para professionals working with child to understand the child's needs and to facilitate need based intervention.
5. Healthy food alternatives for parents through holistic approach in the areas of metabolism, behavior, sleep patterns and self-laughing, for his/her child's nutritional intake.

Date: 16/04/2018 to 20/04/2018

Venue: The Spastics Society of TamilNadu(SPASTN), CSIR Road, Taramani

Fees: Rs.2500/-

Time: 9.30am to 3.30pm