



## (A) Course Summary

<b><u>Name of Course</u></b>	Being in the Zones Group		
<b><u>Training Provider</u></b>	National University Hospital (s) Pte Ltd (Child Development Unit)		
<b><u>Target Participants</u></b>	Parents and children with sensory regulation challenges and attention difficulties		
<b><u>Synopsis</u></b>  Outline how the course will better equip caregivers to look after their loved ones on a day to day basis  <i>*propose format, between 50-150 words</i>	This group program is designed for parents/caregivers and their children who have difficulties with self-regulation and emotional control, and will require co-regulation. This group aims to help children raise awareness about their levels of arousal and teaches self-regulation strategies for children to reach their “just right” arousal level for optimal performance and parents to co-regulate them. The group includes sensory based learning activities and utilizes principles from The Zones of Regulation®, Alert Program® and Sensory Integration to treat regulation challenges and attention difficulties in young children. At the Child Development Unit, we offer the group for children aged 4-7 years old; and a concurrent parenting programme for parents and caregivers.		
<b><u>Course Outline</u></b>  <i>Indicate the learning units/ modules in sequence with duration for each unit/ module stated</i>		<b>Duration</b>	<b>Learning Outcome</b>
	Children Grp - 1	1.5	<ol style="list-style-type: none"> <li>1. Students will become familiar with the concept of the zones</li> <li>2. Students increase emotions vocabulary</li> <li>3. Students increase recognition of facial expressions</li> <li>4. Social skills</li> <li>5. Students will learn about the green and blue</li> </ol>
	Children Grp - 2	1.5	<ol style="list-style-type: none"> <li>1. Students will increase emotions vocabulary</li> <li>2. Students will learn about the green and blue zone and describe feelings connected to the green and blue zone</li> <li>3. Students will learn about the yellow and red zone</li> <li>4. Students will describe feelings connected to the yellow and red zone</li> <li>5. Students will be able to identify and apply a tool in the yellow and red zone</li> </ol>

	Children Grp - 3	1.5	<ol style="list-style-type: none"> <li>1. Children are able to explore the different tools (sensory, calming, thinking)</li> <li>2. Children will be able to identify different triggers</li> </ol>
	Parent workshop	1.5	<ol style="list-style-type: none"> <li>1. Parents will learn about what is attention vs behaviour</li> <li>2. Parents will understand definition of self-regulation</li> <li>3. Parents will learn strategies on how they can help their child at home</li> </ol>
	Children & Parent Grp - 4	1.5	<ol style="list-style-type: none"> <li>1. Students will increase emotions vocabulary</li> <li>2. Students will review the concepts of the Zones</li> <li>3. Students will learn basic awareness of expected and unexpected behaviours in each zone</li> <li>4. Students will learn about a check-in system to assess their ability to recognise how they are feeling using the concept of zone</li> <li>5. Students will recognize and select an appropriate tool based on their zone</li> <li>6. Parents are able to use zones vocabulary with the child consistently</li> </ol>
	Children & Parent Grp - 5	1.5	<ol style="list-style-type: none"> <li>1. Child will be able to come up with a tool box of tools for each zone</li> <li>2. Parents are able to determine when their child need to use a tool</li> <li>3. Child is able to choose 1 tool to help regulate themselves</li> <li>4. Parents are able to model proper use of the tool</li> </ol>
<b><u>Learning Outcomes</u></b>	<p><b>Outcome 1:</b>  <b>Parents will participate in workshop exercises and learn to:</b></p> <ul style="list-style-type: none"> <li>- Verbalise understanding and of self-regulation and define its relationship to attention and learning</li> <li>- Understand their child's regulation needs</li> <li>- Choose appropriate strategies and activities for home so that they can better support their child's learning, attending, and positive behaviours.</li> </ul> <p><b>Outcome 2:</b>  <b>Children will participate in Group program and gain skills in the areas of self regulation.</b></p> <ul style="list-style-type: none"> <li>- Children will learn to recognize when they are in different zones (states of alertness/moods/feelings)</li> <li>- Learn how to use tools (including sensory supports, calming techniques, and thinking strategies) to regulate themselves.</li> </ul>		

<b><u>Mode of Teaching</u></b>	Class-based	
<b><u>Venue</u></b>	NUH Child Development Unit @ Keat Hong 2 Choa Chu Kang Loop, #03-01, S689687  <b>NUH Child Development Unit @ Jurong Medical Centre</b> <b>60 Jurong West Central 3, Level 2, S648346</b>	
<b><u>Course Fee</u></b>  *Inclusive of GST	Course Fee (Before CTG)	<b>Subsidised: \$438.60</b> <b>Subsidised PR: \$657.90</b> <b>Private: \$938.40</b>  *PR refers to Permanent Resident
	Co-Payment (After CTG)	<b>Subsidised: \$238.60</b> <b>Subsidised PR: \$457.90</b> <b>Private: \$738.40</b>  *PR refers to Permanent Resident  <i>*(Subject to eligibility and the remaining amount of the care recipient's CTG which is capped at \$200 per year)</i>
<b><u>Duration</u></b>	12 hours in total (6 sessions * 2 hrs per session)	
<b><u>Trainer's Bio</u></b>	<p>*The organisation has a pool of trained allied health professionals. The session will be taught by some of the trainers listed below. Please note that all trainers in CDU are qualified personnel and will select the trainer based on their respective schedules.</p> <p><b>Chiang Jing Jing, Senior Occupational Therapist</b>          Jing Jing graduated from University of Sydney with Masters of Occupational Therapy. She has been working as an occupational therapist in Australia and Singapore since 2013, providing assessments and interventions for children who have difficulties participating in their daily living activities. These includes but are not limited to children with fine motor delays, sensory difficulties, developmental delays, autism, social communication disorders, behavior and attention difficulties. She also collaborates with families to equip and support them as essential partners in their child's development.</p> <p><b>Hepsi Priyadharsini, Senior Occupational Therapist</b>          Hepsi has extensive experience as an Occupational Therapist working with paediatric and adult clients in India and Singapore since 2003. She leverages on her 16 years of intervention experience as an Occupational Therapist to practice in the field of Early Intervention and Special Education in Singapore. She holds a Bachelor degree in Occupational Therapy from MGR Medical University, India. She has post graduate certification in Neurodevelopment Treatment (NDT) approach, Sensory Integration Therapy, Handwriting Without Tears (HWT) and in SOS feeding approach. As an Occupational Therapist, Hepsi focuses on helping children achieve independence in all areas of their lives by shaping intervention</p>	

	<p>to fit needs, priorities and values of each child and family. She conducts training programmes for parents, teachers, therapists to support each child in being the best they can be.</p>
<p><b><u>Enquiries</u></b></p>	<p><i>Please contact Child Development Unit @ Keat Hong at:- Tel: 6769 4537 / 4637</i></p> <p><i>Please contact Child Development Unit @ Jurong Medical Centre at:- Tel: 6665 2530 / 2531</i></p> <p><i>Email: <a href="mailto:cdu@nuhs.edu.sg">cdu@nuhs.edu.sg</a></i>  <i>Website: <a href="https://nuh.com.sg/our-services/Specialties/Paediatricians/Pages/Developmental-and-Behavioural-Paediatrics.aspx">https://nuh.com.sg/our-services/Specialties/Paediatricians/Pages/Developmental-and-Behavioural-Paediatrics.aspx</a></i></p>