

# Sensory Beginnings



*Learn, Connect, Share, Love*

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Welcome to Sensory Beginnings Welcome Pack we are delighted you are interested in learning with us about sensory development and becoming confident in creating and promoting nurturing sensory environments.

At Sensory Beginnings we are passionate about life long learning, connecting with others, sharing ideas and resources.

Over the last five years we have visited over ten different countries, delivering our three day programme to over one thousand delegates, including; parents, occupational therapists, physiotherapists, speech and language therapists, doctors, nurses, nursery nurses, teachers, yoga teachers, baby massage instructors and psychologists.

We are delighted that our courses are endorsed by the National Association of Neonatal Therapists (NNA)



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Our feedback from the course has been overwhelmingly positive. We not only want our course participants to come away with the latest evidence, resources, ideas and interventions to support each family and their baby, but we also wholeheartedly believe in therapeutic use of self, and the impact of your words and actions.



Therefore we recognise the need to nurture the care provider, whether you are a parent, health care professional or early educator, our course participants will feel cared for and nurtured as the Sensory Beginnings community provides you with the love and support you need



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"I've learnt that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Maya Angelou



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## LEARN

We would love you to come and learn with us, either at one of our live education courses or online

## CONNECT

We want to give you the opportunity to connect with other like-minded people

## SHARE

We want to share our knowledge, experience, ideas, passion and resources with you

## LOVE

We want to support you to love creating nurturing sensory environments



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## WHO WE ARE

### Lindsay Hardy

Lindsay has over 30 years experience working as a paediatric occupational therapist. She has mentored clinicians working in the NHS, education and private therapy settings. Lindsay has developed and delivered training in sensory integration for over 20 years; she was pivotal in creating and delivering the first sensory integration module 4 course in the United Kingdom. Lindsay currently leads and mentors a team of over 20 therapists, including OT, PT and SLT at PACE a children's charity offering specialist education and therapy for children with neurodisabilities where she is the Director of Clinical Services. Pace has created a family centred early intervention service offering expert therapy within a nurturing environment for infants from 0-3 with love and family at the heart of everything they do.



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## WHO WE ARE

### Emily Hills

Emily Hills has over 20 years experience working as a paediatric occupational therapist. She is currently working in a level 3 and level 2, neonatal unit in London, UK. Emily is passionate about empowering families on the neonatal journey and creating nurturing environments that promote age appropriate sensory development for the high-risk infant. She is a certified neonatal therapist (CNT) and has presented nationally and internationally on development care interventions in the neonatal unit. She is a NIDCAP professional and is a member of the FINE teaching faculty. Emily is a senior lecturer for the Brazelton centre UK. She has an MSc in Advanced Neonatal Studies and has certified in neonatal touch and massage (NTMC), certified in infant massage (CIMI), and certified in Prechtl advanced assessment of general movement.



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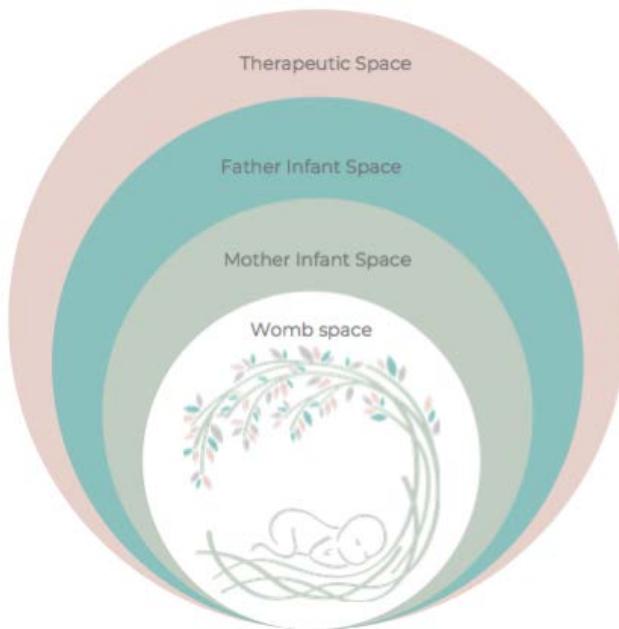


## HOW WE DO IT

### SENSORY BEGINNINGS MASTER COURSE

Our Sensory Beginnings Master Course is suitable for everyone interested in the impact of sensory development. The course is divided into 11 modules that look at the sensory systems in each of the following 5 domains:

1. Neurobiology and Sensory Systems
2. Nurturing Sensory Environments for the womb space
3. Nurturing Sensory Environments for the mother/infant space
4. Nurturing Sensory Environments for the father/infant space
5. Nurturing Sensory Environments for the therapeutic space



Although we have described the first year of life as the mother infant space and the second year of life as the father infant space, it is important to remember that this is not specific to gender, it relates to developmental stages.



# SENSORY BEGINNINGS MASTER COURSE

Our Sensory Beginnings Master Course is suitable for everyone interested in the impact of sensory development and explores the following 11 modules through presentations, class discussions and practical activities.

## COURSE CONTENT

- 1. Module one:** Introduction to creating **nurturing sensory environments** for babies
  - Introduction to sensory processing
- 2. Module two:** Know your neurobiology
- 3. Module three:** Our sensory systems structures and functions
- 4. Module four:** Stress
- 5. Module five: Nurturing sensory environments:** The womb space
  - Pregnancy
  - Birth
- 6. Module six:** The neonatal intensive care unit (NICU)
  - The history of neonatal care
  - Understanding baby behaviour
  - The sensory environment of the neonatal care unit
  - Neurodevelopmental outcomes and follow up
  - Sensory quality improvement projects in the NICU
- 7. Module seven: Nurturing sensory environments:** The mother infant space
  - Relationships and Regulation
- 8. Module eight:** Mother and infant space activities and expectations
  - Sleep
  - Eating
  - Baby massage
  - Baby wearing
- 9. Module 9: Nurturing sensory environments:** The father infant space
- 10. Module 10:** Father infant space activities and expectations
  - Play and Praxis
- 11. Module 11: Nurturing sensory environments:** Therapeutic use of self



## HOW WE DO IT

### Online Training

Our online training allows a more flexible approach to your learning. It covers the same 11 modules listed above and includes presentations, PDF of hand-outs, PDF additional resources, bonus materials, links to websites, articles and books.

You will receive the following:

- Flexible online learning at your own pace
- Additional PDF resources to support your learning
- Downloadable PDF of PowerPoint presentations
- Downloadable PDF of workbook to facilitate your learning
- Links to relevant websites and books to support your learning
- Comprehensive reference list
- Comprehensive resource list
- Training provided by internationally renowned occupational therapists Lindsay Hardy and Emily Hills
- Access to virtual monthly support sessions



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## HOW WE DO IT

### United Kingdom Training face to face

- You will receive the following:
- A course welcome pack to support your sensory wellbeing
- A printed course workbook to facilitate your learning
- Downloadable PDF of powerpoint
- Comprehensive reference list
- Comprehensive resource list
- Training provided by internationally renowned occupational therapists Lindsay Hardy and Emily Hills
- Please see website for course dates

### Group training around the world

- Contact us directly to create a bespoke training at your venue
- A course manual to download
- A printed course workbook to facilitate your learning
- Comprehensive reference list
- Comprehensive resource list
- Training provided by internationally renowned occupational therapists Lindsay Hardy and Emily Hills



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## HOW WE DO IT

### Mentoring

At Sensory Beginnings we believe that understanding sensory development and creating nurturing sensory environments is at the heart of everything we do. We are also passionate about sharing ideas, connecting with other people and providing high quality evidence based education about babies; for families, neonatal professional and early intervention providers. We are delighted to offer 1:1 mentoring sessions to support your learning and clinical practice.

#### 1:1Mentoring

- 60 minute mentoring calls provided via zoom
- Mentoring handouts for reflection
- Mentoring provided by internationally renowned occupational therapists Lindsay Hardy and Emily Hills

If you would like to know more email us at  
[info@sensorybeginnings.com](mailto:info@sensorybeginnings.com)

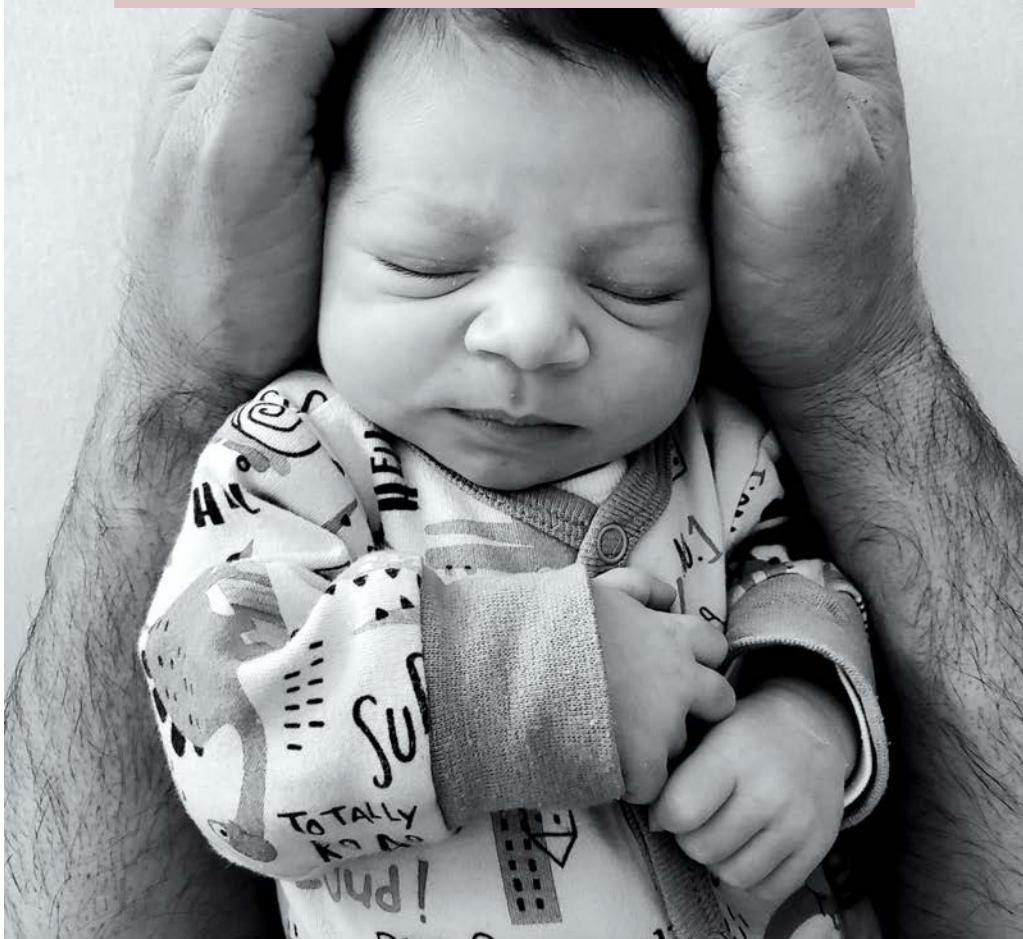
Go to the [Sensory Beginnings website](#) and reserve your space on one of our courses now

### Cost of Course

No of Participants	% discount	Cost per participant	+ VAT (20%)	Total cost per participant
1 – 4	0 %	£420.00	£84.00	£504.00
5 - 10	5%	£399.00	£79.80	£478.80
11 – 20	10%	£378.00	£75.60	£453.60
21 - 30	20%	£336.00	£67.20	£403.20
31 – 40	30%	£294.00	£58.80	£352.80
41 - 50	40%	£252.00	£50.40	£302.40



## OUR MISSION



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To support you to **LEARN**, at Sensory Beginnings we have developed comprehensive and accessible modules, resources and mentoring opportunities to help you **CONNECT** early human and sensory development.

The confidence you will gain as we, at Sensory Beginnings, **SHARE** our passion, knowledge and expertise, will advance your skills and enhance the joy and **LOVE** for your work, building and supporting Nurturing Sensory-Informed Environments.

Learn with us about sensory development and feel confident to create and promote Nurturing Sensory-Informed Environments to support early human development from conception to 2 yrs.

For: Babies, Families, Perinatal, Neonatal and Early Intervention providers.

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