

## Gross Motor Skills Development and Sensory Circuits

Dr. Helga Abernethy

### ABOUT THE COURSE

Dr. Helga Abernethy (PhD) works with children and adults with sensory processing difficulties that underlie fine and gross motor skill delays and self-regulation difficulties.

Gross motor skills involve far more than people usually realise and they impact upon the development of a range of other areas. This training session will provide information on the following:

- What are gross motor skills?
- What is needed for good motor skill development?
- The impact of sensory processing difficulties on the development of gross motor skills
- Areas impacted by gross motor skills, including fine motor skills and handwriting
- The use of sensory circuits to develop gross motor skills

This course is suitable for both parents and professionals.

### DETAILS

**DATE:** Wednesday 6<sup>th</sup> November 2019

**TIME:** 9:30am – 12:30pm

**VENUE:** Fleetville Junior School, 228 Hatfield Road, St Albans, Hertfordshire, AL1 4LW

**COST:** Free to parents/carers and professionals from the DSPL7 area.

**PARKING:** Limited parking is available at the school. Free parking is available in the surrounding streets and at the local supermarket. Entrance via the main reception.

**REFRESHMENTS:** Provided

**TO BOOK:** Email [admin@dspl7.org.uk](mailto:admin@dspl7.org.uk)

Places are limited so please book.

