

Pasadena Child Development Associates, Inc.

# Developing Self-Care Skills

in Toddlers & Pre-School Aged Children with Special Needs:  
*Creating opportunities for independence in dressing, toileting  
and grooming*

*Speaker*

**Kim Wilkinson, PhD, OTR/L, SWC**  
*Pediatric Occupational Therapist*

*Saturday, October 10, 2009*  
*9:00 a.m. - 12:00 p.m.*

*COST: \$45.00 (per person)*

Location: Pasadena Child Development Associates' Conference Room  
620 N. Lake Ave., Pasadena

*For Parents and Professionals*

*Topics include:*

The developmental trajectory of self-care skills; identifying barriers to independence in self-care skills; specific techniques for helping children with toileting, dressing and grooming; creating opportunities for independence at each developmental level; addressing sensory needs for success in self-care; developing a family-friendly self-care routine; dealing with rigidity and inflexibility relating to self-care; a review of current research related to toileting, dressing and grooming; keeping it fun, helping children develop these skills through play and playful interaction.

TO REGISTER: Please complete the form below and mail it along with your registration fee to PCDA. If you would like to register over the phone with a credit card, please contact Amber at (626) 793-7350 ex: 229 or Barb at (626) 793-7350 ex: 219

*\*No child care available*

**\*\*THIS TRAINING IS VENDORED THROUGH REGIONAL CENTER\*\***

**VENDOR #: PD2442 SVC 102**

Print Clearly

Developing Self-Help Skills - Oct. 10, 2009

Name: \_\_\_\_\_ Day Phone #: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Profession/Discipline (if applicable) \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

E-mail address: \_\_\_\_\_

To charge w/visa or Mastercard : \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp. date: \_\_\_\_\_

Please mail registration & payment to:

Pasadena Child Development Associates - 620 No. Lake Avenue, Pasadena, California 91101