

Doing Something Every Day – A Workshop for Parents

Presented by Sara Cohen, M.Ed., OTR/L

On Wednesday evening, March 4, Sara Cohen is coming to the Village School to present a workshop for parents. Sara's enjoyable workshop will help parents understand how chores and other daily activities support both physical and mental growth. For example, as well as being helpful, setting the table can help children develop:

- Sequencing
- Motor planning
- Executive functioning
- Fine motor and sensory motor skills
- The socially appealing habit of pitching in!

Running outside around the house 3 times can burn off steam, but it can also help develop:

- A lifelong habit of motor exercise to deal with stress
- Motor coordination
- Fluency, a big topic in schools these days.

In short, chores and daily physical activity will help support school success! In this workshop, Sara will explain these connections and will provide helpful handouts.

Donations are welcome to support Sara's visit.

Sara Cohen has an M.Ed. in Occupational Therapy and an M.Ed. in Dance. She taught dance for 25 years before becoming an Occupational Therapist, then worked as an OT for 16 years in Western Massachusetts school districts. She is currently an Adjunct Professor in the Occupational Therapy Department at Springfield College, and a consultant.