

Online Training

Daily Living Mini Courses



Educating and building awareness on SPD is our passion. Delivering training online means that wherever you are in the world you have can access our training and learn at your own convenience.

We have a variety of courses available. These short courses focus on different aspects of daily living and are suitable for anyone who is interested in learning more about SPD, particularly parents / family members, care staff and other professionals to whom this might be relevant.

Courses are available individually or as part of a bundle.

For prices and instructions on how to enrol on any of these courses visit our website.

Eating & Food Difficulties

This mini course takes you through the sensory aspects of why some people with SPD may find mealtimes and eating difficult.



Overview:

- This training takes approximately 2 hours
- On completion you will be awarded with a certificate
- The course can also be purchased as part of our 'Daily Living Difficulties' bundle

You will learn:

- To understand your child or adult with sensory difficulties and how best to support them during mealtimes, regardless of age
- Sensory play or activities which help develop these skills



Very informative and full of ideas to start tackling issues straight away.



Sleeping Difficulties

This mini course takes you through the sensory aspects of why some people with SPD may find it difficult to get to sleep, to get into a bedtime routine or rest.



Overview:

- This training takes approximately 2 hours
- On completion you will be awarded with a certificate
- The course can also be purchased as part of our 'Daily Living Difficulties' bundle

You will learn:

- To understand your child or adult with sensory difficulties and how best to support them during mealtimes, regardless of age
- Sensory play or activities which help develop these skills



I found the whole course interesting, however the most beneficial part was the support - where to begin with helping to sleep.



Supporting people with SPD

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www.sensorspectacle.co.uk/online-training

Toileting Difficulties

This mini course takes you through the sensory aspects of why some people with SPD may find it difficult to toilet train.



Overview:

- This training takes approximately 2 hours
- On completion you will be awarded with a certificate
- The course can also be purchased as part of our 'Daily Living Difficulties' bundle

You will learn:

- To understand your child or adult with sensory difficulties and how best to support them with their toileting, regardless of age
- Sensory play and activities which help to develop the skills for toilet training, like zips, buttons and wiping



In 6+ years of experiencing continence issues with my son, not a single health professional suggested processing issues may be influencing his difficulties. This training has prompted a journey that is helping me to understand my son, but also my clients. This training should be mandatory for all staff in an educational or care setting!



Personal Care & Hygiene Difficulties

This course takes you through the sensory aspects of why some people with SPD may experience difficulties relating to personal care and hygiene.



Overview:

- This training takes approximately 2 hours
- On completion you will be awarded with a certificate

You will learn:

- To understand your child or adult with sensory difficulties and how best to support them with daily life, regardless of age
- Hints and tips relating to bath-time / showering, nail trimming, hair cutting, brushing teeth and getting dressed



*Very clear and easy to follow.
The presented is easy to listen to with a wealth of knowledge*



Becky Lyddon - Founder of Sensory Spectacle & Course Leader.



Becky delivers all of our online training.

She has a wealth of experience working with adults and children with complex health needs and disabilities. She qualified as a Makaton tutor and has won awards for her immersive installations focussing on the sensory world.

Becky has produced hundreds of videos and resources. She travels far and wide raising awareness and educating on SPD. For further information visit our website.



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