

Werner Elementary Talk
My Child's Sensory Highway
1/14/14

Teacher/Runner Coach Analogy

John's Premises

- everything is sensory, your sensory system affects your motor responses
- the nervous system absorbs "everything" ... for life
- most adults do not fully comprehend how the child's behavior is often directly related to how they process sensory information
- the present sensory world is quite different than the sensory world most parents grew up in, there has been a drop off in children's motor skills since the 70's
- not all learning is in your head (Smart Moves Book, the greater one's physical flexibility the greater one's emotional flexibility)
- if you fortunate you have 85 years. "Does thou love life, then do not squander time for that is the thing that life is made of", Ben Franklin.
- "the apple does not fall far from the tree", if you or your spouse struggled in school, be proactive.... Address that NOW.
- kids would benefit greatly if the core curriculum had an **EFFORT** Score
- One has to do a motor activity 10,000 times till it is committed to motor memory
- Boys are influenced mostly by dads from birth-6yr, teachers from 7-12yrs and coaches, mentors, etc... 13 years and up
- It is good to have skin in the game especially as kids are headed into middle school and onwards

Strategies

- start setting boundaries early (especially technology)
- feed your child's strengths', assist areas of less affinity (clumsiness, social struggles, reading struggles, etc...)
- help kids set their own goals and have them write them down

-hug your kids, pray for them and their peers

-keep them moving (Mr. J's early morning movement program), Spark Book

-Middle School- no cut sports and no cut social groups i.e. Young Life, Youth Groups, etc...

-Balance Mind-Body-Spirit

-Everything impacts behavior (sleep, diet, exercise, structure or lack of, expectations, etc...)

But for sure demand "ZOOM"

Sincerely,

**John Murray, OTR
Murray Therapy**