




Well Balanced Care presents

My Sensory Systems and Me



Facilitator: Michaela Raw –
Paediatric Occupational Therapist

Duration: 1 week (5 consecutive days) – 60-minute sessions






Dates: 12th to 16th January 2026

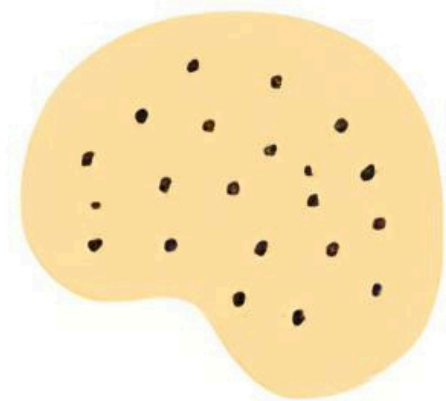
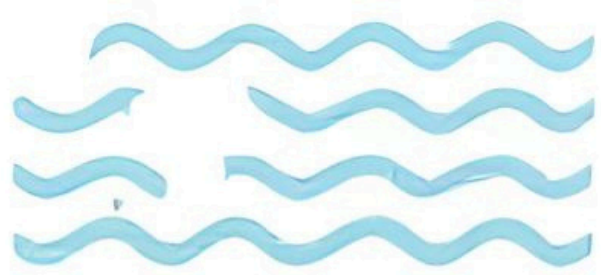
Target Group: Children aged 3–12 years and their parents/carers

My Sensory Systems and Me is a school holiday program designed to help children and their parents/carers understand and experience sensory processing in a supportive, engaging environment. The group aims to build a parent's foundational understanding of sensory processing while providing children with guided, play-based sensory experiences that promote self-regulation, body awareness, and engagement in meaningful play.

Spaces are limited. Early expressions of interest are encouraged to secure a place in this interactive and educational holiday program.

PROGRAM DETAILS

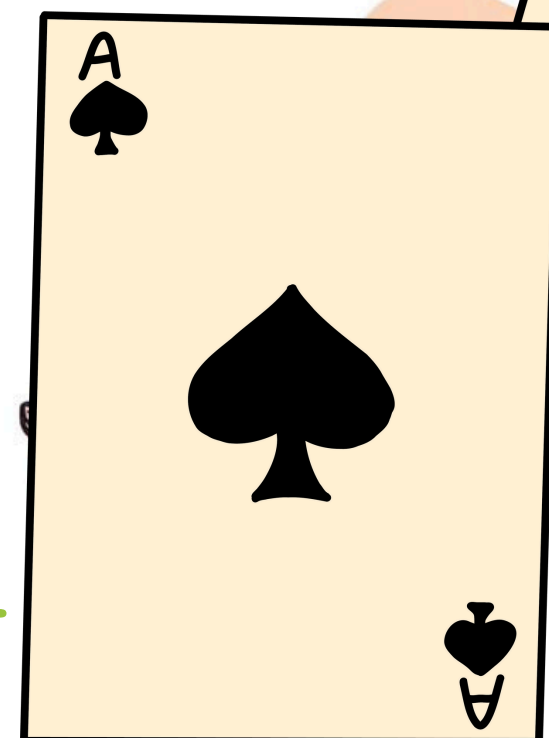
-  Enhanced self-regulation and body awareness.
-  Improved understanding of sensory processing and its impact on daily life.
-  Strengthened parent-child connection through shared experiences.
-  Practical tools for supporting sensory needs at home.
-  Sensory-rich activities



Well Balanced Care presents

FINE MOTOR meets FUN

Facilitator: Michaela Raw
Paediatric Occupational Therapist



Duration: 1 week (5 consecutive days) – 60-minute sessions

Dates: 19th to 23rd January 2026

Target Group: Children aged 3–12 years

This engaging program is designed to strengthen fine motor skills, hand strength, bilateral coordination, and dexterity in children through playful, purposeful, and developmentally appropriate activities. Each day builds on the last, using evidence-based, play-based challenges and multisensory tasks.

Children will take part in hands-on activities that support precision, control, and confidence in everyday skills. while encouraging creativity, problem-solving, and social interaction.

By the end of the week, children will show improved fine motor control, better hand-eye coordination, and a strong sense of achievement – all within a supportive, play-based environment.

Spaces are limited. Early expressions of interest are encouraged to secure a place in this interactive and educational holiday program.

PROGRAM DETAILS



Hands on activities



Multi-sensory engagement.



Enhanced fine motor skills, hand strength, bilateral coordination and dexterity



Encourages Social interaction, problem-solving and creativity.



Supportive, play-based environment.

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