

Participant Information Sheet

WELCOME TO THE PROGRAM!

We are so glad to have you join us for these 4 weeks of learning and exploration! Over the coming weeks we are excited to share with you the process we use in ABMNM to help your child become a better and more successful learner.

Below you will find some suggestions that will be helpful in making this process a success for both you and your child.

Creating a space for learning:

- Please be a few minutes early for the calls so that we can start on time.
 - Do your best to have your child comfortable, fed, and rested prior to each of the calls
 - Find a space where you and your child can be alone together with minimal interruptions and distractions (ie: noise from televisions or other children). Preferably somewhere quiet, with enough floor space to play on the floor
 - Have a blanket to do the movement lessons on during the large group calls. You will also want to have a couple of large towels in case you need the head and neck support.
 - A blanket is also nice for creating a defined space for the small group calls.
 - Have some toys, books or activities that your child is currently interested in (coloring books, etc.) handy for the call.
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Technical requirements of the program:

- Zoom app for the video conferencing - works with most devices and home computers
 - A space with adequate lighting - once you sign up for zoom, you can test this by starting a meeting on your own and checking your video. NOTE: face away from windows or
 - Make sure to have a charger for your device!! Video conferencing can drain the battery quickly!
 - If using an iphone or ipad, set up guided access to lock the screen when on a call. If you're using an android phone you can find apps to download that will do this.
 - We will need to be able to see you and your child! Make sure to have multiple places where you can set up your device so that we can see you in the room with your child.
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Suggestions to prepare for course:

- Watch Dan's Grand Rounds Presentation at Royal University Hospital
- Read parts of Kids Beyond Limits each week OR read through the 9 essentials PDF found on BIMT's website under resources
- Watch BIMT's YouTube channel or Anat's