



Support • Inform • Signpost • Empower



Interoception

Linked to their sensory processing differences, many neurodivergent children and young people experience challenges with interoception.

Interoception is our internal sensory system or '8th sense'. It helps us to feel the signals and sensations that happen inside our bodies. This includes recognising and interpreting internal body signals such as hunger, thirst, pain or the need to use the toilet.

Interoception also helps us connect physical sensations to emotions, like a racing heart linked to anxiety or tense muscles linked to fear, and so is also important for emotional regulation.

Join our workshops to learn more about this important topic and discover practical ways to support your child or young person.

This workshop will be led by Tamsin Cox, Principal Educational Psychologist from Bexley.

www.bexleyvoice.org.uk

Parent Carer Workshop

Tuesday 24th February 26

10am-12noon

**Danson Youth Centre
The Hall
Brampton Road
Bexleyheath
DA7 4EZ**

Our free parent carer workshop series provides Bexley Voice members with the opportunity to get information relating to your child or young person's additional need and/or disability. We cover various topics according to parental demand.

Advance booking required at:

<https://bexleyvoice.org.uk/calendar/item/57901035>

or scan the QR code:

