

Emerge



A Child's Place

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Occupational Therapy
Speech Therapy

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Serving children from birth
to 14 years old

Using therapy to improve
conditions such as:

Delayed Speech
Dyspraxia
Speech Impairments
Non-communicative Speech
Oral/Verbal Apraxia
Language Disorders
Feeding Difficulties
Autism/Asperger's/PDD
Developmental Delay
Cerebral Palsy
Sensory Integration
Disorders
Sensory Modulation
Disorders
Handwriting Impairments
Fine & Gross Motor Delays

A Private, Independent
Provider

www.EmergeAChildsPlace.com

Empowering Children in Self-Regulation



Bonnie Hacker, OT
Founder / Director

Sometimes we ask a child, "How does your engine run? If your body is like a car engine, sometimes it runs on **high**, sometimes it runs on **low**, and sometimes it runs **just right**." This simile starts a popular process called the Alert Program™. Authored by renowned occupational therapists Sherry Shellenberger and Mary Sue Williams, the Alert Program™ is a system that has helped children diagnosed with **ADD, ADHD, autism**, and more. Originally, the Alert Program™ was used for schoolchildren age 8 and up, but modifications make it useful for younger children, including preschoolers. In recent years, teachers have discovered that the benefits of the Alert Program™ are not limited to children with learning or behavioral differences. The program has helped other children and even adults improve their success with school, work, and social activities.

The Alert Program™ begins by teaching a child about various measuring tools. The measuring tools help children judge their own arousal / energy as low, high, or just right. Emerge therapists teach children to understand that the best state is when their engine is running "just right." **Children learn to recognize whether they need to lower or raise their energy level.**

Then, Emerge therapists use the Alert Program™ plus decades of therapy experience to help each child build his own "tool box" of self-regulation techniques. Everyone has self-regulation techniques to create desired energy levels and emotional states. Routines such as drinking morning coffee, listening to peppy vs. relaxing music at certain times of the day, or fidgeting with a pen to shed excess energy while you are trying to focus all serve as methods for self-regulation that most adults take for granted. Emerge therapists may introduce self-regulation techniques such as fidgeting with a stress ball, breathing exercises, using white noise, a timely brisk walk, chewing gum, and/or using a therapy ball as a seat. Different children may respond differently to the same stimuli. One child may find white noise such as ocean sounds distracting while trying to take a test while another child finds that he daydreams without white noise to keep him focused. Emerge therapists work with children and parents to learn how a child responds to proven self-regulation techniques, to choose techniques that fit each child's lifestyle and current challenges, and to teach **children to self-initiate the techniques at appropriate times.**

Another positive benefit of the Alert Program™ is that, after parents receive their orientation, it gives parents and children a common lexicon for understanding and discussing emotional states and self-regulation. Suddenly, children and parents become alert to other people's unconscious techniques. They both notice a man jingling his keys in the checkout line and can begin a discussion that reinforces the new techniques learned. Compared to other approaches for behavioral differences, an important advantage of the Alert Program™ is that it directly empowers children with self-awareness skills and the ability to develop self-regulation techniques.



The Alert Program teaches children with behavioral and learning differences to assess their own energy levels and to implement strategies that change how they feel.



Emerge – The Place Children Prefer

At Emerge, children find spacious rooms, large windows, colorful surroundings, and lots of toys and playful equipment. In general, Emerge is a place children like at first sight and look forward to visiting again. Important therapy has never been so much fun.

**Please tell parents about Emerge – A Child's Place
Believing in a Child's Potential to Flourish**