



# Sensory Processing & Integration

**For Children Birth - 3 Years Old**

**A Quick Crash Course**

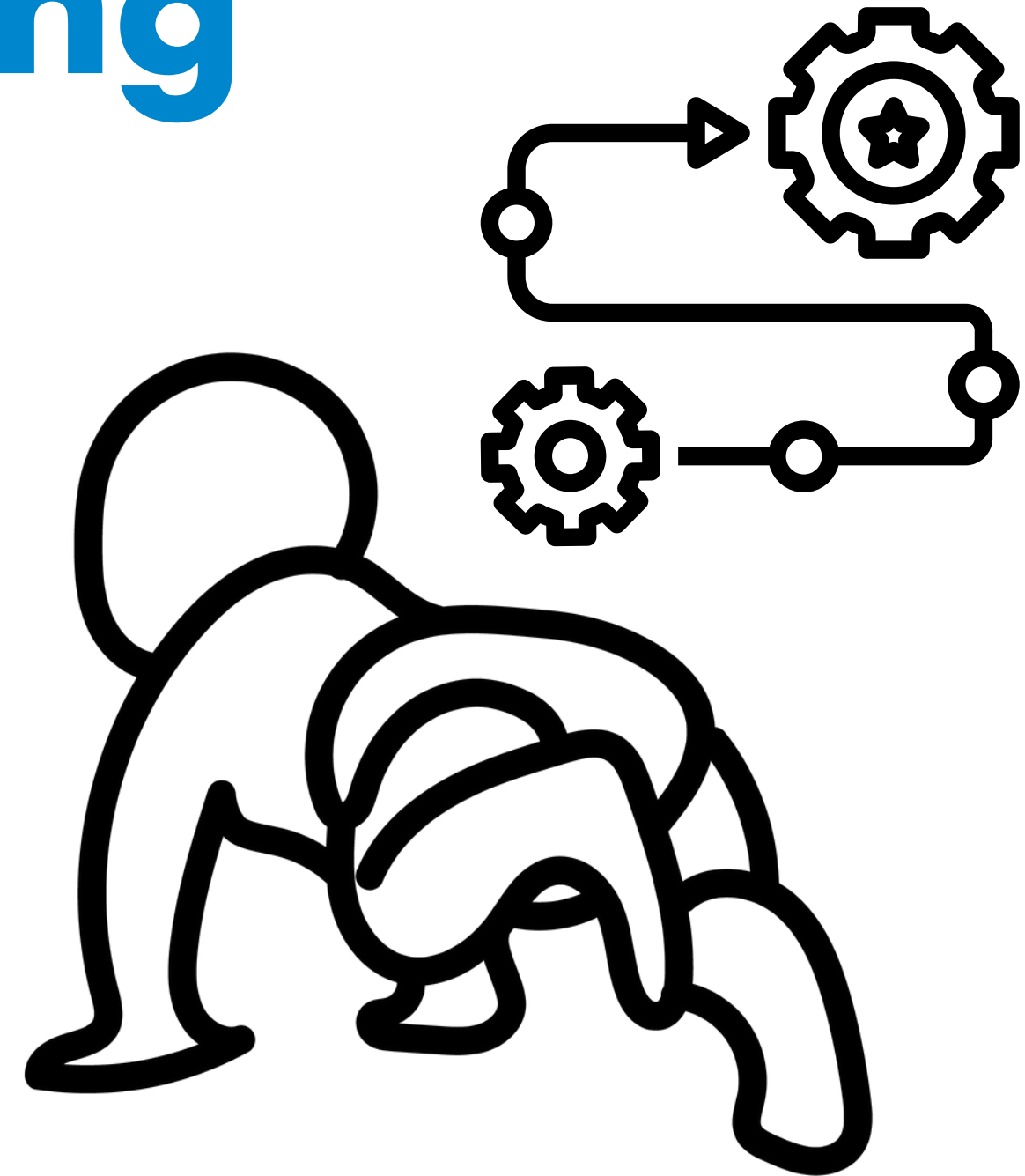
Presented  
by:



**Rachel Harrington**  
COTA/L, AC



**Jessica Hill**  
COTA/L



# Who is this webinar designed for?



## **Parents & Caregivers**

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Anyone who is expecting a new baby, who has a 0-3 year old child, or is a caregiver of a child. This can include extended family and friends!



## **Therapists**

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Therapists working in early intervention settings.



## **Other Professionals**

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Any professional who works with infants and/or the families of infants and young children (i.e. doctors, nurses, etc.).

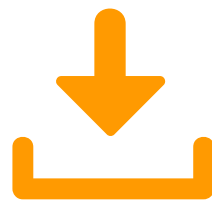
# What can you expect with today's webinar?



**Simple Info**



**Easy to Digest**



**FREE Downloads**



**Q&A Session**

# What is the goal of today's webinar?

## To Learn:

### The What

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Learn **what** sensory integration is and how it pertains to children 0-3 years old.

### The Why

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Learn **why** sensory integration is an essential part of child development.

### The How

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Learn **how** to incorporate simple sensory activities into the daily routine.

### The Next Step

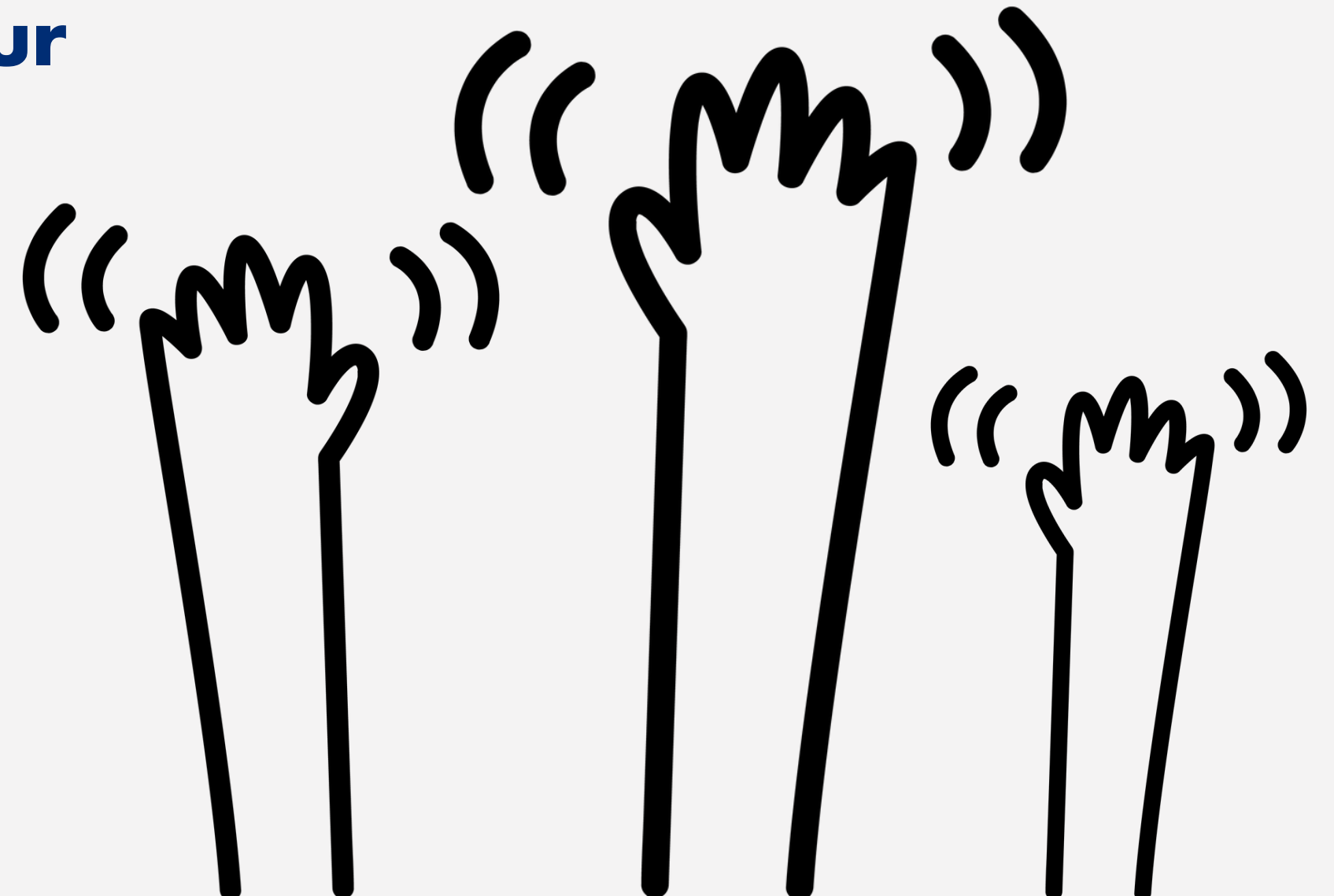
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Identify the **next step** for you and your child in your sensory journey!

# We will have a Q&A session at the end!

If you have a question for us during the webinar, type and submit your question(s) in the 'Q&A' box

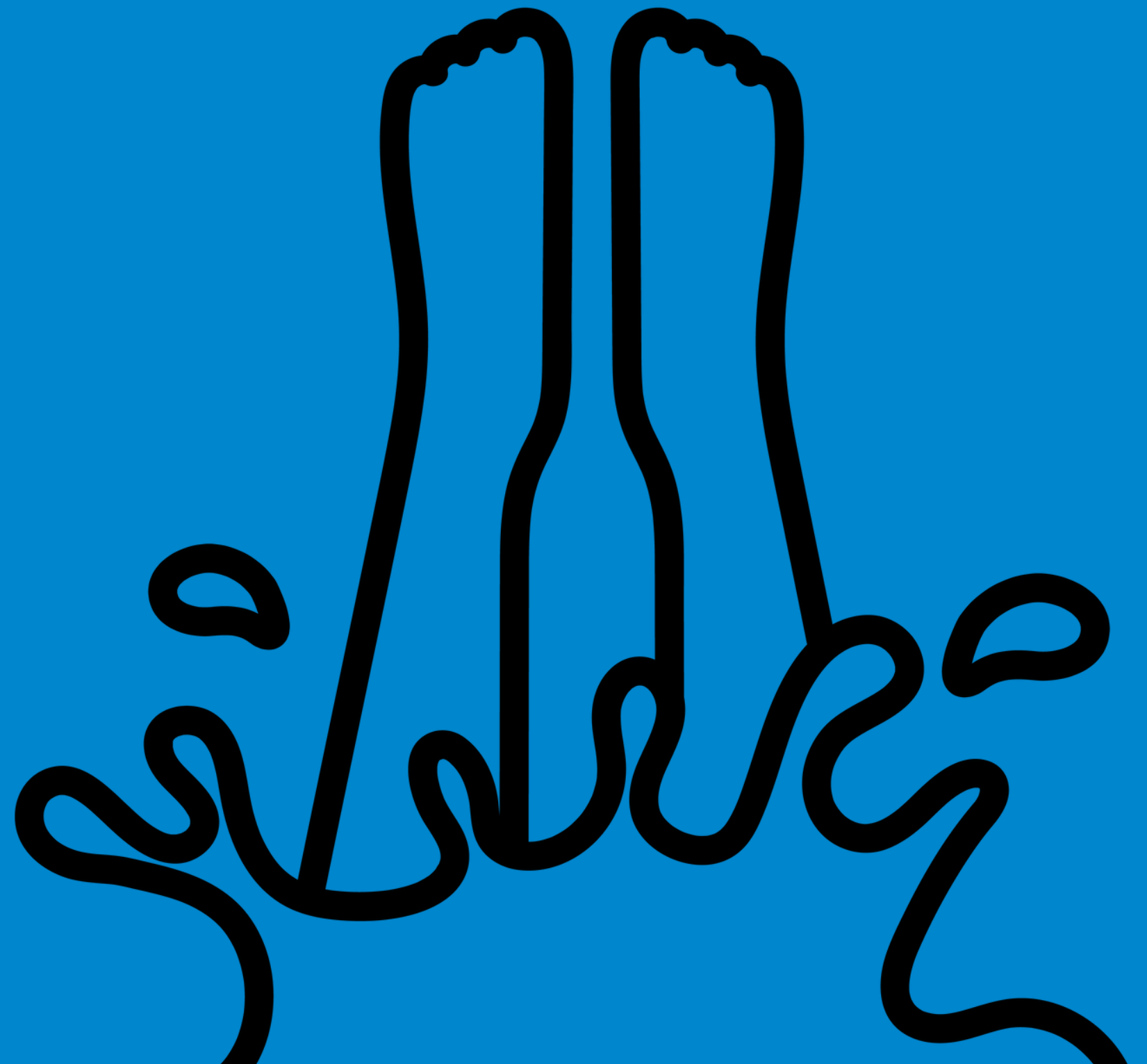
(**NOT** the 'Chat' Box)



# What happens after you finish this webinar?

- You will need to put in the work!
- Use the knowledge you've gained to get started on your sensory journey!
- Use the resources we provide!
- Keep learning - never stop searching for new ideas and strategies!
- Consider our full course that we'll introduce to you at the end!

**Okay!**  
**Let's Dive In!**





**Let's get a little more personal!**

## **Rachel and Jessica met way back in 2012!**

Attended Brown Mackie College to get their degrees as Occupational Therapy Assistants.

**They worked on one or two projects together throughout the two years but never became close friends.**

Jessica had her son, Logan in 2013

## **Rachel had her son, Tripp in 2020**

They have worked on a variety of different OT Entrepreneurial projects over the years while working in different clinical settings.



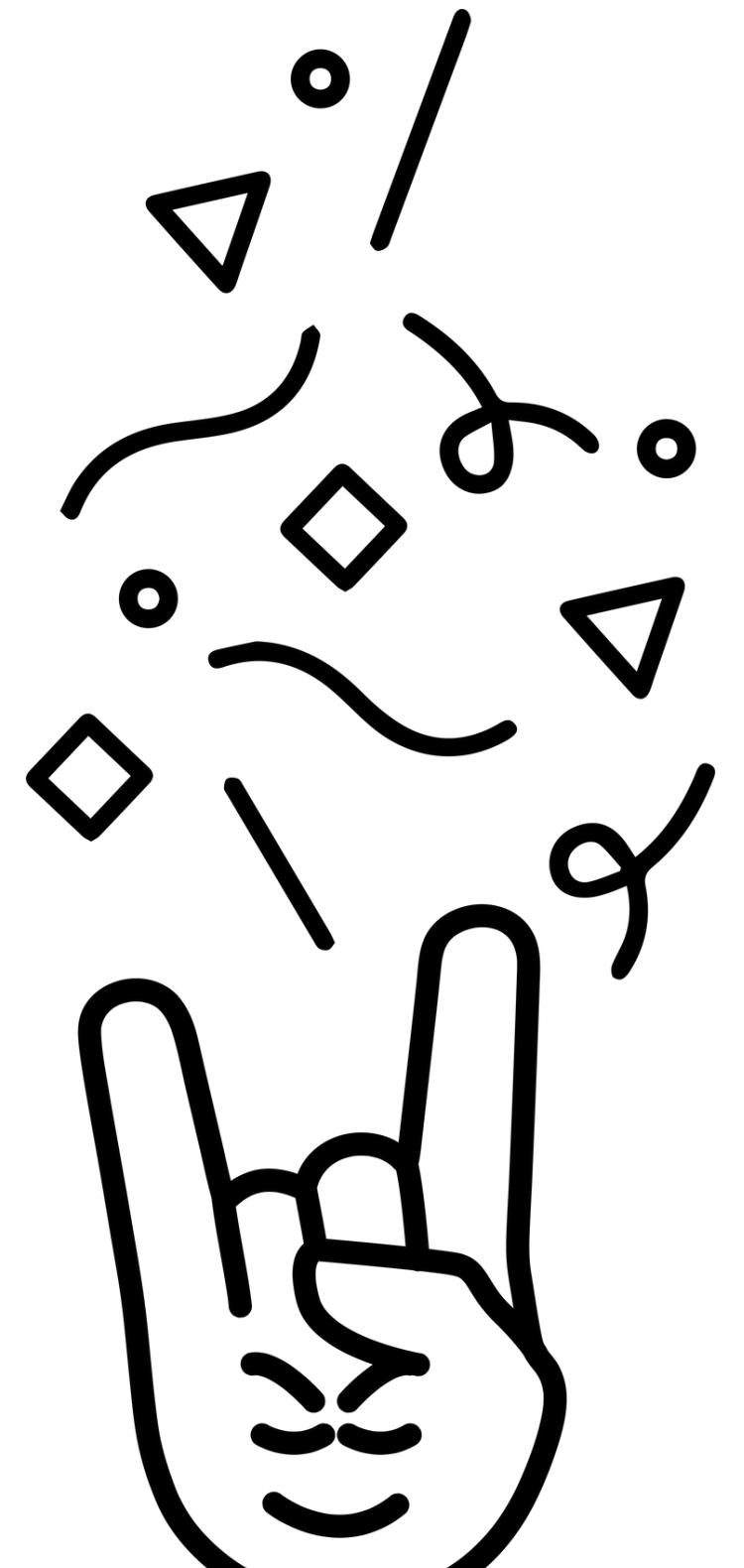
**In late 2020, Harkla approached Rachel and Jessica with an idea to join forces!**

In early 2021, Rachel and Jessica joined Harkla and now work with the team to provide quality products - physical and digital - around the world!

**That's what brings us here today!**



**Now that you know a little bit about how we got here, let's talk about why we are qualified to teach you today!**





**Both Rachel and Jessica hold an associates degree in Occupational Therapy (OT).**

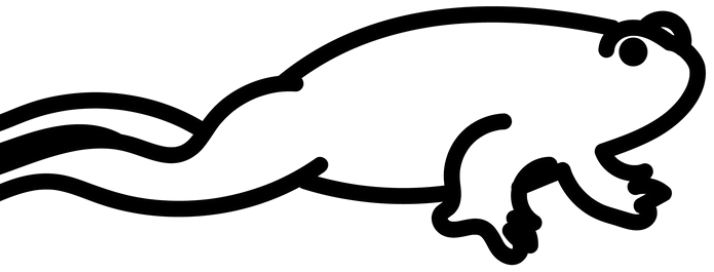
They both hold current licenses as Occupational Therapy Assistants in the State of Idaho, as well as under the national board of OT licensure.

**They both have 6+ years working with children and families in 1-on-1, private clinic treatment settings.**

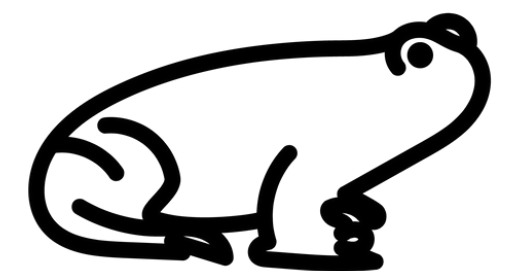
In order to maintain their current licensure, they are both required to obtain a specific number of continuing education credits per year, which they both do!

**They have both taken courses on: Sensory Integration Theory, Sensory Processing, Autism and Learning Disabilities, Handwriting, Feeding and Oral Motor Skills, Primitive Reflex Integration, and more!**

Their mission is to empower adults and children to better understand their sensory systems, integrate primitive reflexes, and use sensory strategies to lead a happy, healthy, successful life.



**Let's jump into our topic today  
and help you learn all about  
sensory processing for infants  
and toddlers!**



# What is sensory integration?

**Everyone has a sensory system!**

- Sensory integration and processing refers to the way the nervous system receives messages from the senses and turns them into appropriate motor and behavioral responses.
- Whether you are biting into a sandwich, riding a bicycle, or reading a book, your successful completion of the activity requires accurate processing of sensation.
- Everyone processes the sensory world differently.

# **There are 8 sensory systems**

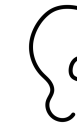
**You are likely familiar  
with the main 5, but there  
are 3 hidden senses!**

# There are 8 sensory systems

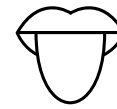
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Visual



Auditory



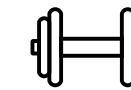
Gustatory  
(Taste)



Olfactory  
(Smell)



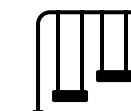
Tactile  
(Touch)



Proprioception



Interoception



Vestibular

01

## Visual

This is your sense of sight - not how well you see, but how your brain interprets the visual information in your environment.



01

## Visual

This is your sense of sight - not how well you see, but how your brain interprets the visual information in your environment.



02

## Auditory

This is your sense of hearing - not how well you hear, but how your brain interprets the auditory information in your environment.



## 01 Visual

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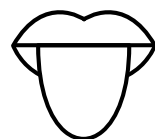
## 02 Auditory

This is your sense of hearing - not how well you hear, but how your brain interprets the auditory information in your environment.



## 03 Gustatory

This is your sense of taste.



## 01 Visual

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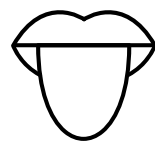
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## 03 Gustatory

This is your sense of taste.



## 04 Olfactory

This is your sense of smell.



05

## Tactile

This is your sense of touch. You have tactile receptors all over your body.



05

## Tactile

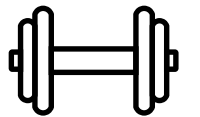
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06

## Proprioception

This is your sense of movement and body position. You have receptors in your joints and muscles that tell your brain where your body is and what it's doing.



05

## Tactile

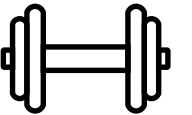
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06

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07

## Vestibular

This is your sense of movement. Your vestibular system is located in your inner ears, therefore whenever your head moves, you activate your vestibular system.



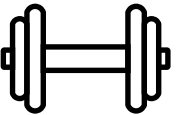
## 05 Tactile

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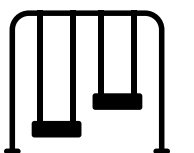
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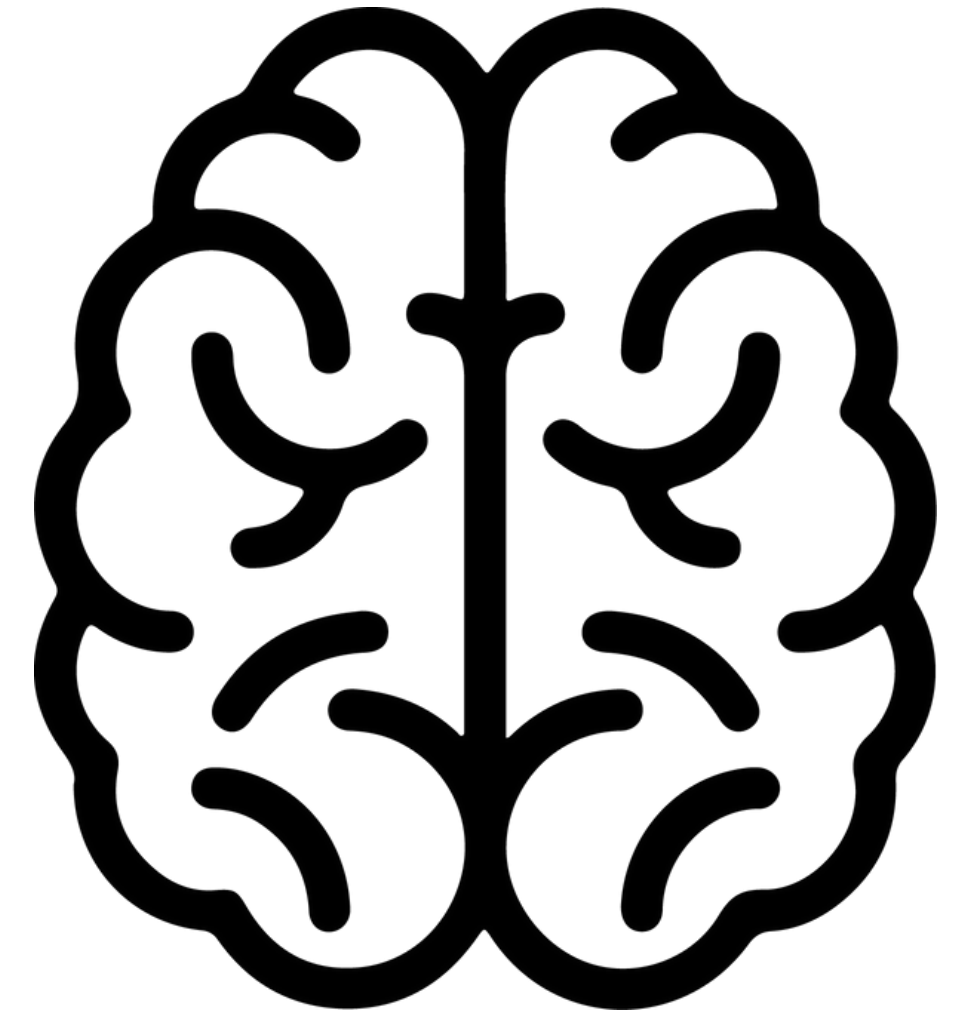
## 08 Interoception

This is your sense of internal processing - hunger and thirst, needing to use the bathroom, when you feel sick, etc.



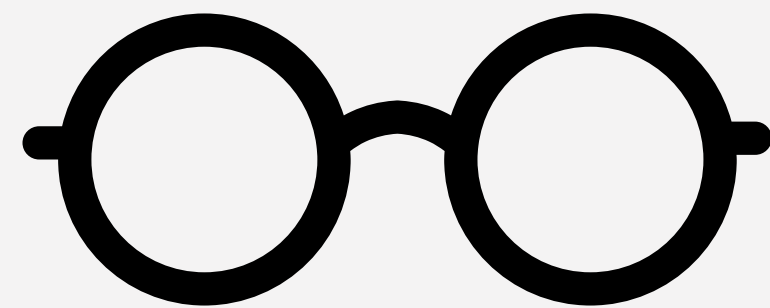
**We all have these 8 senses,  
but we all process the sensory  
world a little bit differently.**

**For children ages birth-3 years, it's  
important to make sure they receive  
different types of sensory input every  
day, so their brains and bodies can  
learn how to process all of the input as  
efficiently as possible!**



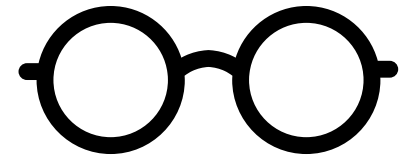
# Sensory through development

- The 8 sensory systems are developed before birth. Some are more developed than others at birth, and they all continue to develop as the infant grows.
- Successful sensory processing allows the infant to interact with the environment. This includes developing social relationships with caregivers, feeding skills, and developmental milestones such as rolling, crawling, walking, and talking.
- All infants can participate in a variety of sensory experiences, and they should! This is how they learn about their bodies and their environment.



# **Visual Sensory Activities**

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## Visual Sensory Activities

- High contrast visuals - black and white books, cards, etc
- Cause and effect light up toys
- Bubbles - blow and pop!
- Rolling a ball back and forth
- Driving toy cars (or other preferred toys) along a path

**Birth - 3 years**



# **Auditory Sensory Activities**

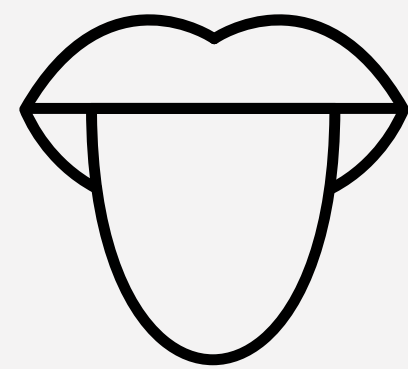
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## **Auditory Sensory Activities**

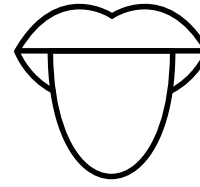
- Slow classical music in the background
- Cause and effect noise toys
- Sing-along songs like "ABCs" and "Old McDonald"
- Simon Says - keep it simple and practice identifying body parts
- Turning on the metronome to 60BPM or similar to the mother's heart beat

**Birth - 3 years**



# **Gustatory Sensory Activities**

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## Gustatory Sensory Activities

- Before introducing solids into the infant's diet, you will focus on completing oral motor activities to help increase tolerance of oral motor input.
  - Gum massage with fingers, finger brush, Nuk brush, etc.
  - Stroking and massaging the cheeks.
  - Vibration using the Arks Z-Vibe or similar tool - inside and outside of the mouth.
  - Tapping and facial massage.
- Introducing a variety of textures, tastes, and foods when starting solids.
- Encourage messy play through the hands and mouth- there are tactile receptors inside the mouth that need to process a variety of textures and tastes.
- Long teethers to promote chewing skills.
- Bite and vibrate teethers.

**Birth - 3 years**



# **Olfactory Sensory Activities**

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## Olfactory Sensory Activities

- Use caution with scented items in infancy, as an infant's sense of smell is much more sensitive than an older child's or adult's.
- Practice smelling foods as the child is introduced to solids. Identify the different scents.
- Dilute essential oils with fractionated coconut oil and offer them for the child to smell.
- Always stop to smell the flowers when out and about.

**Birth - 3 years**



# **Tactile Sensory Activities**

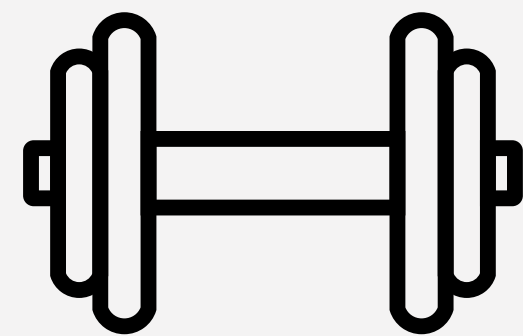
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# Tactile Sensory Activities

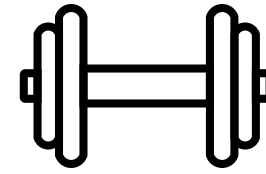
- Infant massage
- Different types of cloth materials to touch and rub on arms and legs
- Sensory bins - use caution, as this age group will likely attempt to mouth items so supervision is required during sensory bin play
- Use different textured blankets on the floor during tummy time.
- Fill large zip lock bags with a variety of different textured items, such as shaving cream, water, pom poms, leaves, etc, and tape them to the floor. This is especially helpful as the child starts pivoting while in tummy time.
- Messy play with food before, during and after meal times.

**Birth - 3 years**



# Proprioceptive Sensory Activities

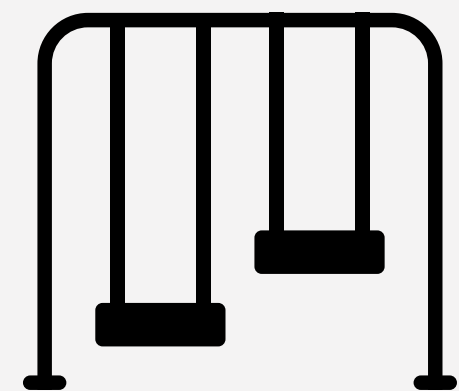
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## Proprioceptive Sensory Activities

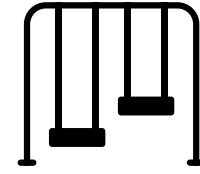
- Tummy time
- Infant massage
- Rolling and crawling - these are developmental milestones and a great example of natural proprioceptive input!
- Jumping and climbing
- Crashing onto bean bags / large cushions
- Chewing on teethers

**Birth - 3 years**



# **Vestibular Sensory Activities**

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## Vestibular Sensory Activities

- In caregiver's arms, rocking on stomach, back, and side
- Infant laying on stomach and back over a therapy / yoga ball
- Supported swinging once head control is established ~ 6-7 months
- After sitting has been established, sitting and bouncing on a therapy / yoga ball
- Jumping and climbing
- Rocking in a rocking chair
- Baby wearing and stroller walks

**Birth - 3 years**



# **Interoceptive Sensory Activities**

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## Interoceptive Sensory Activities

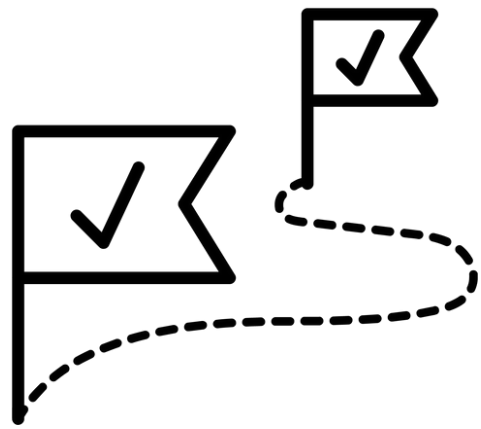
- Establish consistent mealtimes and snack times
- Play with different temperature items - warm and cold
- Teach about body parts by playing Simon Says or other similar games
- Model deep breathing and self regulation techniques
- Keep talk of toileting and elimination positive, not shameful; especially during diaper changes
- Talk about internal feelings of sickness, hunger, thirst, fatigue, etc.

**Birth - 3 years**



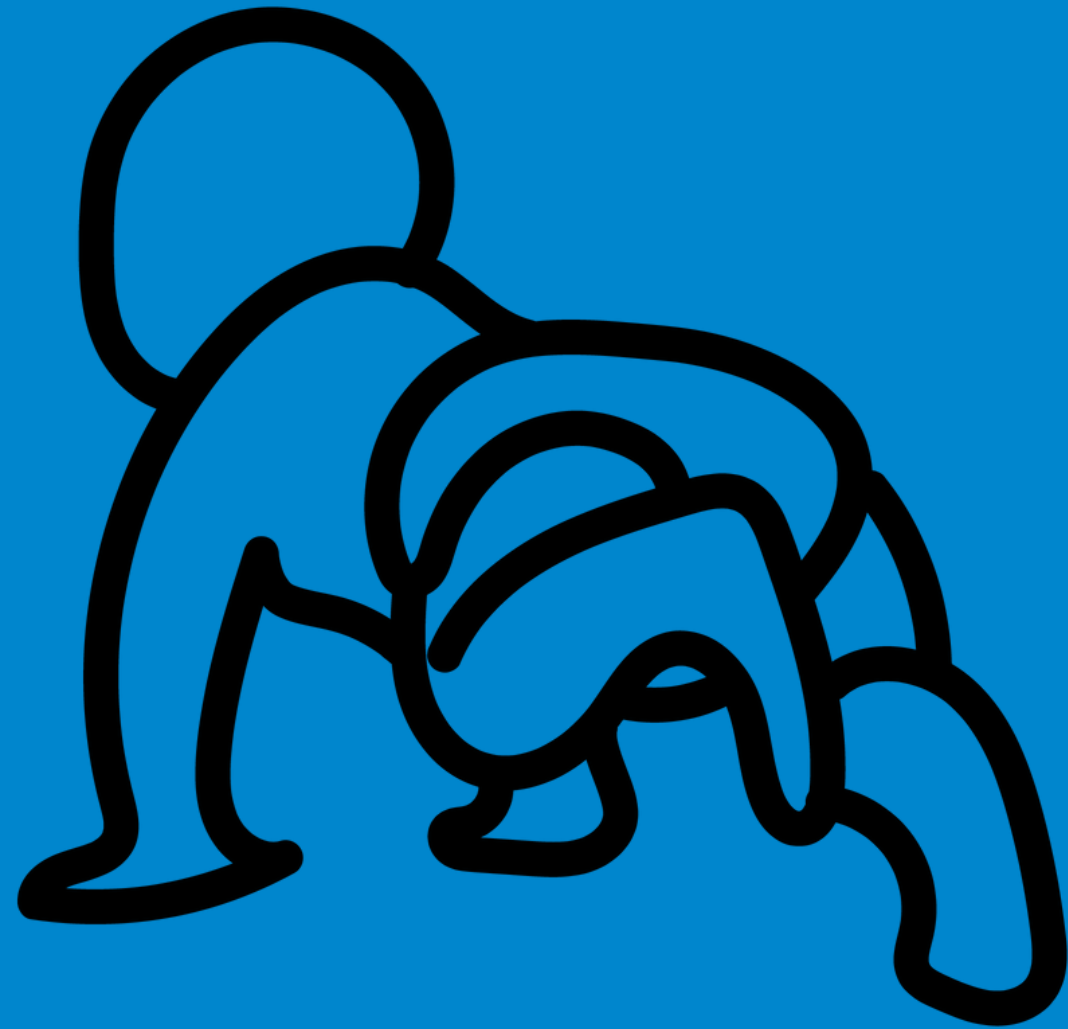
**KEEP IN MIND:**

**Developmental  
Milestones  
Matter!**



# Developmental Milestones

- Skipping developmental milestones can result in future challenges
- Asymmetry of milestones can be caused by weakness / tightness of muscle groups
- Improper form of milestones such as crawling can lead to imbalance
- Floor time is the best activity for infants and toddlers
- Avoiding containers during waking hours (baby swings, bumbos, sit me ups, jumpers, and standers) is the best way to help facilitate child development. Be aware of time spent in the carseat as well.
- Brain and Sensory development starts with free floor movements



# A QUICK NOTE ON **Primitive Reflexes**



# Primitive Reflexes

**We are all born with primitive reflexes!**

- At birth, primitive reflexes are present to assist in survival - most develop in utero. These involuntary movement patterns are designed to keep the newborn alive and help with development throughout infancy.
- The kicker here is that these primitive reflexes do not stay forever; they should integrate - go away - typically around 12 months of age, some closer to two or three years old.
- When a primitive reflex integrates, it makes way for new, more mature movement patterns and higher-level learning to develop.
- If a reflex does not integrate, development may be hindered, and the infant may not gain higher-level skills.



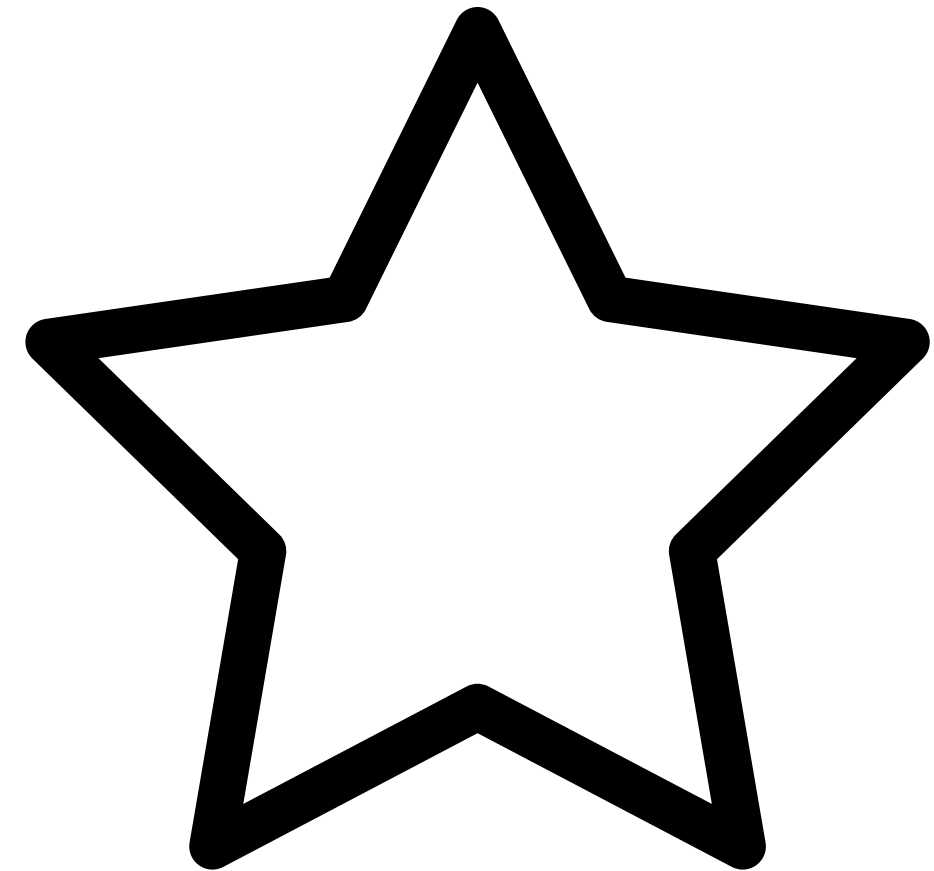
# Primitive Reflexes

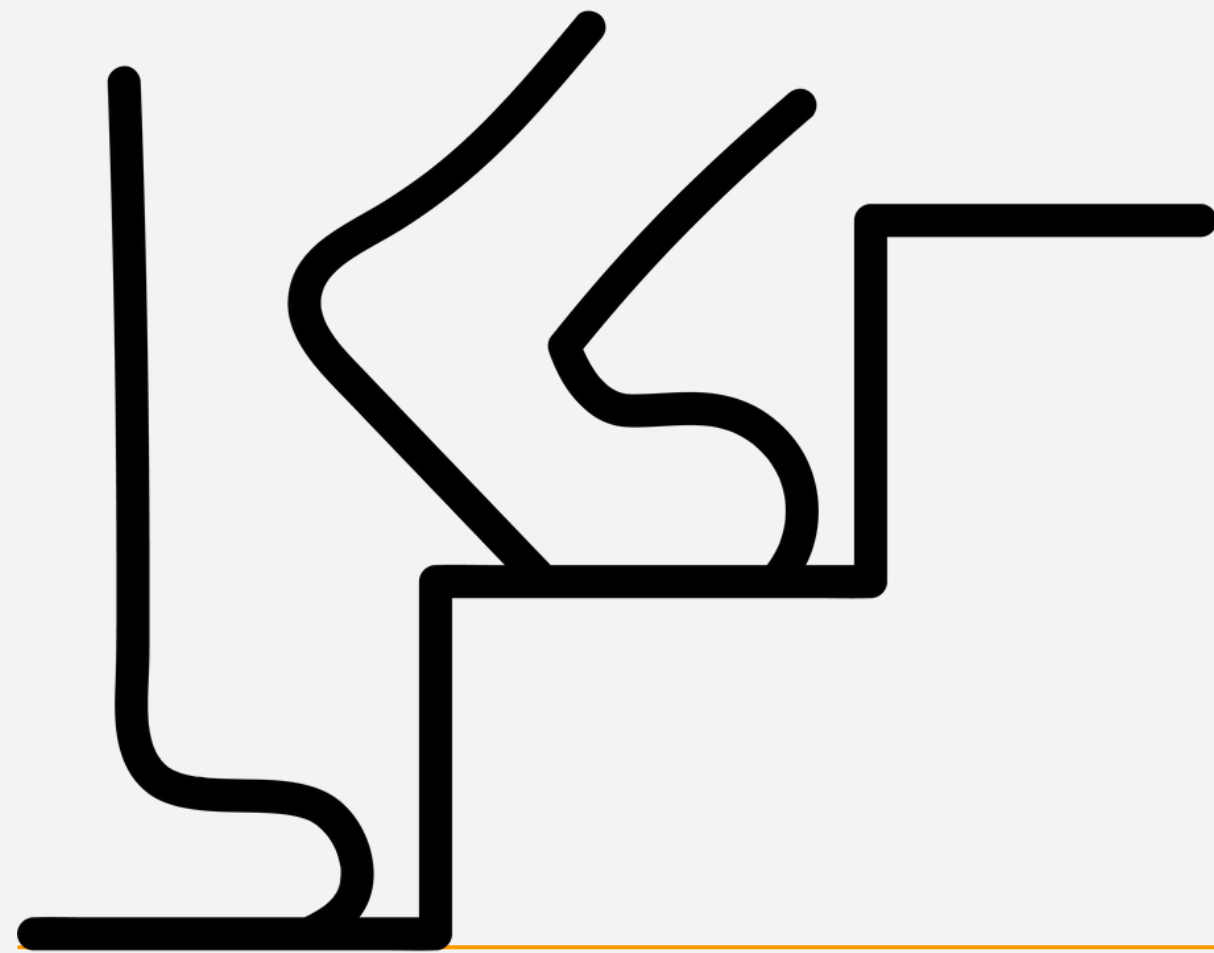
**We are all born with primitive reflexes!**

- Each primitive reflex comes with its own set of movements and leads to new and different developmental milestones. If a specific reflex is retained (meaning it does not go away), it may affect a specific area of development.
- Additionally, many reflexes are directly related to another. Therefore, if one reflex is retained, we can assume that others will likely be retained as well.

**Primitive reflexes integrate  
through natural movement as  
a child develops.**

**This is why sensory activities and  
developmental milestones are so  
important!**





# Ready to take the next step?



**Psst.. stay tuned till the very end for some  
amazing freebies and our Q&A session!**

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# Now that we've gone over sensory integration, sensory activities, and primitive reflexes...

## We want to talk to you about our full length

## Infant Sensory Development Course



**This course provides you with all of the information you need for your parenting journey!**

01

**Developmental & Sensory Milestones as well as Red Flags for each Sensory System!**

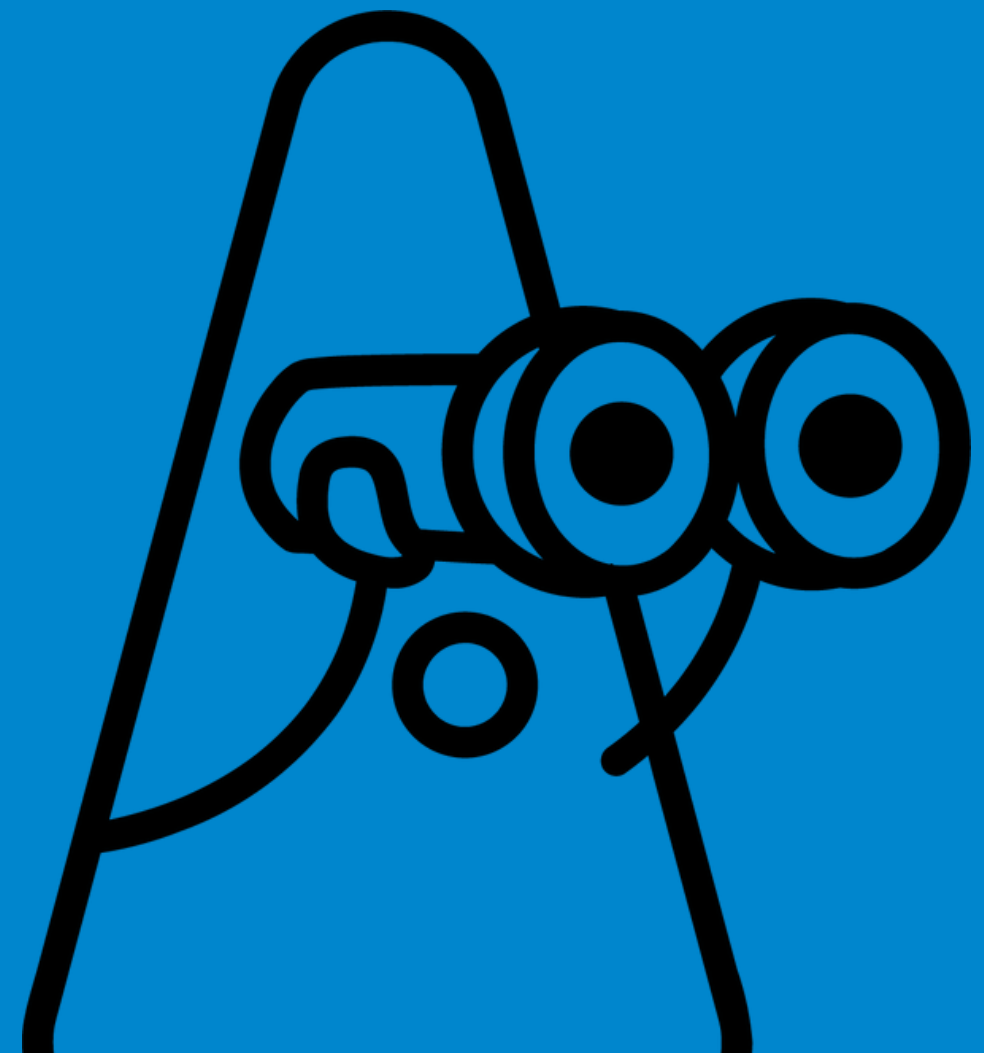
02

**Even MORE sensory activities for your daily routine, broken up by age!**

03

**A ton of resources for primitive reflex integration, understanding common challenges in infancy that are not normal, and more!**

**Let's take a look  
inside the course  
and show you  
what you get!**



# Infant Sensory Development Course

## 6 Modules



### INTRO

#### Introduction

### MODULE 1

#### Developmental Milestones

### MODULE 2

#### Sensory Processing and Sensory Milestones

### MODULE 3

#### Sensory Activity Toolbox

### MODULE 4

#### Primitive Reflexes

### MODULE 5

#### Common (But Not Normal) Challenges During Infancy

### MODULE 6

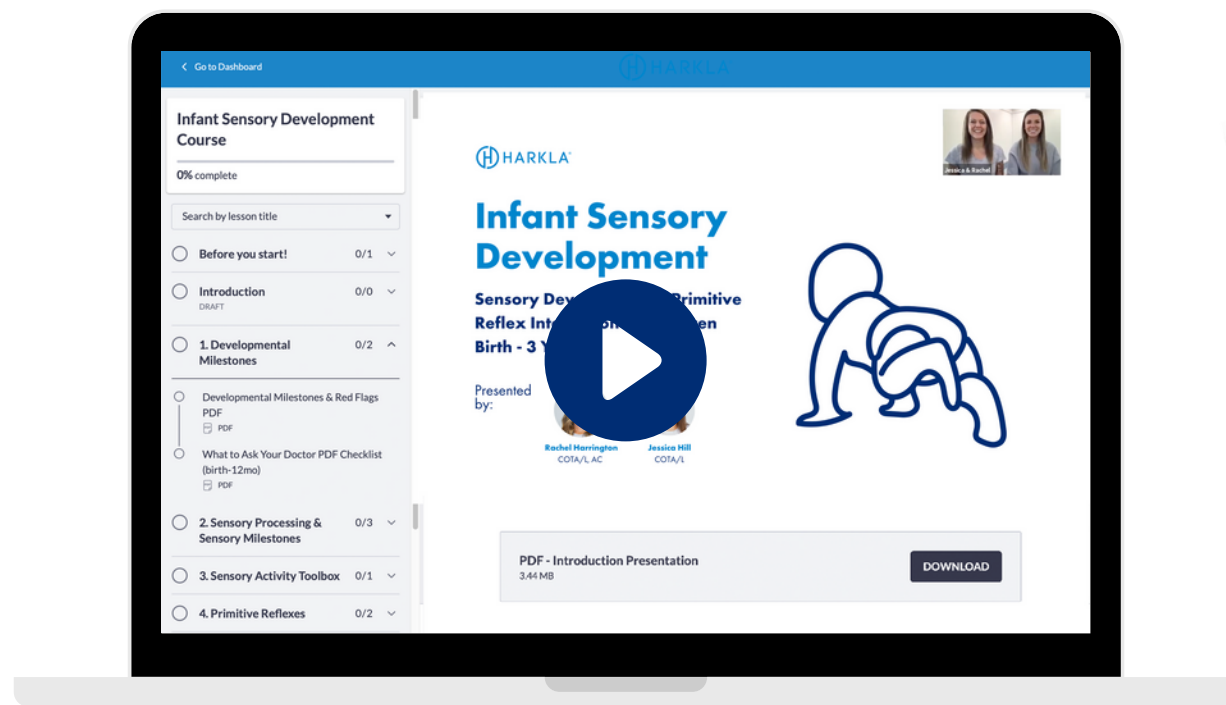
#### Do's and Don'ts from a Therapist's Perspective

### EXTRAS

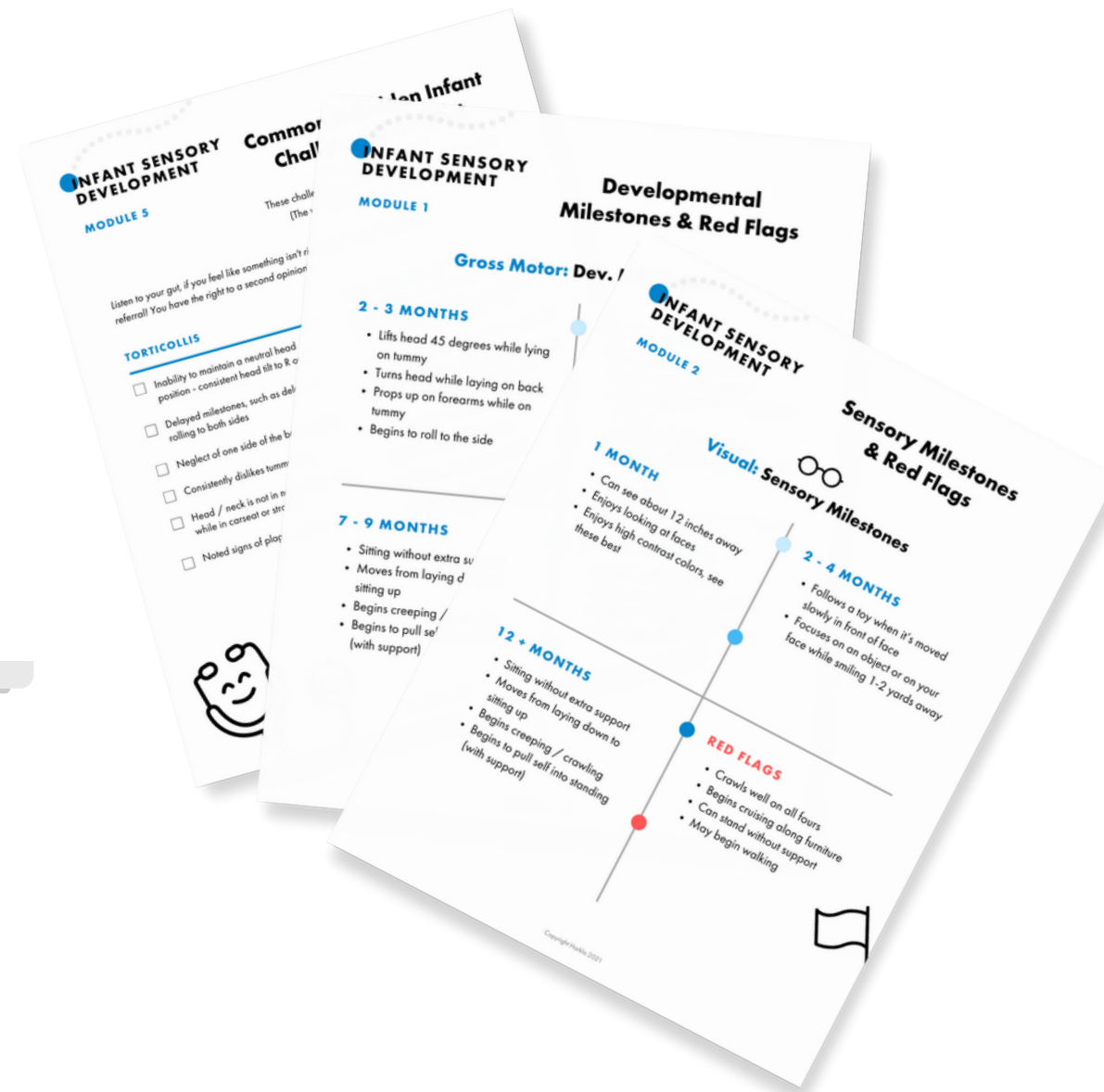
#### Extra Resources

# Each module includes:

## VIDEO AND DEMOS



## PRINTABLE DOWNLOADS



## COMMENT FORUM

this is awesome material!

10 MONTHS AGO

My grandson is on the spectrum and figuring out his triggers (basically on our own/pandemic no help) has been tricky. We call it the daily roller coaster ride. Will this course be available for me to watch again, or is this a one time shot?

R&

Rachel Harrington, COTA/L, AC & Jessica Hill, COTA/L

10 MONTHS AGO

INSTRUCTOR

Hey Amy!

Totally empathizing with you right now regarding how the pandemic has created such a challenge with families!!

As far as the course availability - YES! You have lifetime access and can watch / use everything whenever you need!

Feel free to reach out with any questions or concerns at any time!

- Jessica

REPLY

# Plus, you get lifetime access and can go at your own pace!



This course is not a limited time offer. Once you purchase, it's yours forever! Plus, any updates or additions that happen in the future - you get instant access to all of it at no additional cost!



This course is 100% self-paced. You can start and stop at any time, plus your spot is saved so you don't have to search around if you leave and come back later!



You have access to us, whenever you need! Send a question and one of us will get back to you as soon as we can!

# We will be your instructors!



## **1 - on - 2 Access!**

We will with you to answer any questions you have and to discuss everything you're learning!

## **We created this course for YOU!**

Our goal is to make the information easy to digest and to provide you with tangible steps that you can take immediately!

## **We WANT you to be successful!**

We're like your personal cheerleaders, your accountability partners, the voices in the back of your head reminding you that YOU'VE GOT THIS! No matter where you are in your journey.

**See what current  
students are saying  
about this course:**

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**This course is so much more than sensory development! Rachel and Jessica cover all milestone development (gross motor, fine motor , visual motor) in addition to prevalent topics such as TOTS, plagiocephaly & torticollis. The reflex integration section is super comprehensive and a vastly overlooked part of infant development. This information needs to be out to the masses as we are always preaching as therapists!**

**SHELLY DONNELLY, OTR/L**



**I love how much expertise went into the making of this course. It gives you a very comprehensive understanding of developmental and sensory milestones and how to best support your child in his/her development. The activity ideas are creative and out of the box but at the same time they can be easily implemented in everyday life without a huge amount of preparation. Rachel and Jessica present everything in a very understandable, easy to follow manner and you can tell their hearts are in this topic! The little videos are a great visual support to understand exactly what they're talking about.**

**TINA, PARENT**



**This is a great resource for parents, caregivers, and even therapists! The course provides you with knowledge and resources to better support your infant/toddler. The strategies and ideas provided are simple and can be implemented immediately. As an occupational therapist it was a good general review of concepts but it also gave me ideas for how to better educate parents on strategies to implement at home. I also learned a few new ideas to incorporate into my therapy sessions and I can incorporate them at home with my own children as well.**

**DR. ASHLEIGH GILES, OTD, OTR/L**

# Who is this course for?

## **Parents & Caregivers**

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Anyone who is expecting a new baby, who has a child 0-3 years old, or is a caregiver of a child. This can include extended family and friends!

## **Therapists**

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Therapists working in early intervention settings.

## **Other Professionals**

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Any professional who works with infants and/or the families of infants and young children (i.e. doctors, nurses, etc.).

## **For YOU!**

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YOU can benefit from this and learn valuable tools to jumpstart development!



**When you sign up today,  
you also get a FREE video  
call included in your price!**

Once you're finished with the course, you get to  
schedule a video call with us (Rachel and  
Jessica) to discuss the course - answer specific  
question, brainstorm, troubleshoot, etc.!



# Why families & therapists love this course



## **Improve Life By Implementing a Sensory Lifestyle**

We all have a sensory system and we all have sensory preferences!  
Incorporating sensory activities into your daily life will benefit everyone!



## **Makes Development Fun!**

We believe that raising a child should be fun! This course provides you with the tools to implement daily sensory activities & exercises in a positive way to engage your child.

# Why families & therapists love this course



## **Understanding The 'Why'**

We believe that the first step to raising a child is to understand the 'why' behind the activities you're doing!

We also believe that understanding the 'why' behind any challenges your child may be experiencing is the first step to helping solve any problems!



## **No More Guessing**

With video demonstrations and clear descriptions, we take the guesswork out of how to incorporate a wide variety of sensory activities for infants and toddlers. We want to make this as easy as possible for you!

# This course is valued at \$89.99

**But today we're giving it to you for \$68**



**Are you feeling a  
little overwhelmed?**

**Maybe that you're  
not sure if this  
course is for you?**

**Or nervous about  
implementing  
what you learn?**

# Feeling overwhelmed...

- We've given you a LOT of information today, so it's totally understandable if you're feeling overwhelmed!
- We are going to answer any questions you have here in just a couple of minutes during our Q&A session, so we can help with any concerns you have!

# Not sure that this course is right for you?

- **Are you frustrated with choosing new sensory activities?**

Choosing new sensory activities can feel frustrating and overwhelming!

- **Do you struggle with creating a daily sensory routine?**

We'll teach you novel, engaging activities to try during wake windows that actually help your child's development!

- **Are you confused by your child's sensory preferences?**

Identifying what sensory activities your child prefers can be super confusing!



**If you answered YES to any of the above, then we can confidently say that this course is right for you!**

# Nervous about implementing what you learn?

- If you're nervous about implementing what you learn, that's totally normal! That's why you can comment within the course and we will personally answer your question or concern!
- Plus, once you've gone through the course, you can sign up for a video call with us! This is the perfect opportunity to brainstorm how you can implement what you've learned!
- Because you go at your own pace and have lifetime access, you can revisit the course at any time!
- Use the PDF downloads that are included with the course in your daily routine to help remind you to implement what you learned!

# You also get the Harkla Happiness Guarantee!

If you go through the course and you're not  
satisfied, we guarantee your money back!



# Before we answer questions...

## we want to provide you with a few freebies.

To say thank you for joining us and to help you and your child get started on your sensory journey!



### Sensory Systems Overview

INFANT SENSORY DEVELOPMENT

MODULE 2

Sensory Systems Overview

<div></div> <div><b>VISUAL PERCEPTUAL SKILLS</b></div> <p>This is your sense of sight - not how well you see, but how your brain interprets the visual information in your environment.</p> <p>These activities can be alerting or calming.</p>	<div></div> <div><b>AUDITORY LISTENING</b></div> <p>This is your sense of hearing - not how well you hear, but how your brain interprets the auditory information in your environment.</p> <p>These activities can be alerting or calming.</p>
<div></div> <div><b>GUSTATORY TASTE/TEXTURE</b></div> <p>This is your sense of taste. Your gustatory system is directly connected to your olfactory system.</p> <p>These activities can be alerting or calming.</p>	<div></div> <div><b>OLFACTORY SMELL / SCENT</b></div> <p>This is your sense of smell. Your olfactory system is directly connected to your gustatory system.</p> <p>These activities can be alerting or calming.</p>

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### Primitive Reflexes 411

INFANT SENSORY DEVELOPMENT

MODULE 4

Primitive Reflex 411

What Are Primitive Reflexes?

- At birth, primitive reflexes are present to assist in survival - most develop in utero. These involuntary movement patterns are designed to keep the newborn alive and help with development throughout infancy.
- The kicker here is that these primitive reflexes do not stay forever; they should integrate - go away or mature - some around 12 months of age, some closer to two or three years old.
- When a primitive reflex integrates, it makes way for new, more mature movement patterns and higher-level learning to develop.
- If a reflex does not integrate, development may be hindered, and the infant may not gain higher-level skills.

Goal of Primitive Reflex Integration:

- The goal of integrating primitive reflexes is to improve daily living skills, utilizing a bottom-up approach. Primitive reflexes are mediated at the level of the brainstem and postural reflexes are controlled from the midbrain.
- Without the proper foundational skills developed, higher level learning and movement is much more difficult.
- With a cluster of abnormal or retained primitive reflexes, signs and symptoms of Dyslexia, Dyspraxia, and ADD can become apparent.

[Source: Reflexes, Learning and Behavior: A Window into the Child's Mind. By Sally Goddard]

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### What to Ask Your Doctor Checklist

INFANT SENSORY DEVELOPMENT

MODULE 1

What To Ask Your Doctor Checklist

Take this handout into the pediatricians office with you!

Listen to your gut, if you feel like something isn't right, speak up and ask for a referral! You have the right to a second opinion!

3 MONTH CHECKUP - CHECKLIST

☐ Torticollis

☐ Head shape

☐ Family history of autoimmune disorders

☐ Tummy time

☐ Latching, breastfeeding, bottle feeding

☐ Tongue tie / lip tie

☐ Bringing hands to midline

☐ Visually tracking items with both eyes

☐ Mouthing objects and hands

☐ Reaching for toys / items

6 MONTH CHECKUP - CHECKLIST

☐ Weight gain

☐ Babbling - sounds "m" and "b" as well as imitating sounds

☐ Eye contact

☐ Sleep changes

☐ Starting solids

☐ History of allergies

☐ Developmental milestones

- ☐ Sitting with support
- ☐ Rolling in both directions
- ☐ Pivoting on tummy in both directions

☐ Content most of the time

☐ Imitating facial expressions





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# Sensory Systems Overview

**INFANT SENSORY DEVELOPMENT**  
**MODULE 2**

## Sensory Systems Overview

 <b>VISUAL PERCEPTUAL SKILLS</b> This is your sense of sight - not how well you see, but how your brain interprets the visual information in your environment. These activities can be alerting or calming.	 <b>AUDITORY LISTENING</b> This is your sense of hearing - not how well you hear, but how your brain interprets the auditory information in your environment. These activities can be alerting or calming.
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- A 2 page PDF that describes each of the 8 sensory systems.
- Perfect to print and keep on your fridge or somewhere easy to see every day!



# Primitive Reflexes 411

## INFANT SENSORY DEVELOPMENT

### Primitive Reflex 411

MODULE 4

#### What Are Primitive Reflexes?

- At birth, primitive reflexes are present to assist in survival - most develop in utero. These involuntary movement patterns are designed to keep the newborn alive and help with development throughout infancy.
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- With a cluster of abnormal or retained primitive reflexes, signs and symptoms of Dyslexia, Dyspraxia, and ADD can become apparent.

*(Source: Reflexes, Learning and Behavior: A Window into the Child's Mind. By Sally Goddard)*

- A 5 page PDF that describes what primitives reflexes are and why we want them to integrate.
- Descriptions of the 8 primitive reflexes that we dive into throughout the course.



# What to Ask Your Doctor Checklist

**INFANT SENSORY DEVELOPMENT**  
**MODULE 1**

## What To Ask Your Doctor Checklist

Take this handout into the pediatricians office with you!

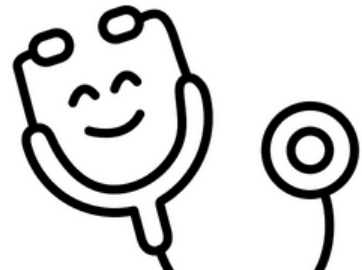
*Listen to your gut, if you feel like something isn't right, speak up and ask for a referral! You have the right to a second opinion!*

### 3 MONTH CHECKUP - CHECKLIST

- ☐ Torticollis
- ☐ Head shape
- ☐ Family history of autoimmune disorders
- ☐ Tummy time
- ☐ Latching, breastfeeding, bottle feeding
- ☐ Tongue tie / lip tie
- ☐ Bringing hands to midline
- ☐ Visually tracking items with both eyes
- ☐ Mouthing objects and hands
- ☐ Reaching for toys / items

### 6 MONTH CHECKUP - CHECKLIST

- ☐ Weight gain
- ☐ Babbling - sounds "m" and "b" as well as imitating sounds
- ☐ Eye contact
- ☐ Sleep changes
- ☐ Starting solids
- ☐ History of allergies
- ☐ Developmental milestones
  - ☐ Sitting with support
  - ☐ Rolling in both directions
  - ☐ Pivoting on tummy in both directions
- ☐ Content most of the time
- ☐ Imitating facial expressions



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- A 2 page PDF that you can print and take with you to your child's pediatrician appointments.
- Includes checklists from 3 months to 1 year of age!

# Questions?!

**Type and submit your questions in the 'Q&A' box**

*(Not the 'Chat' Box)*

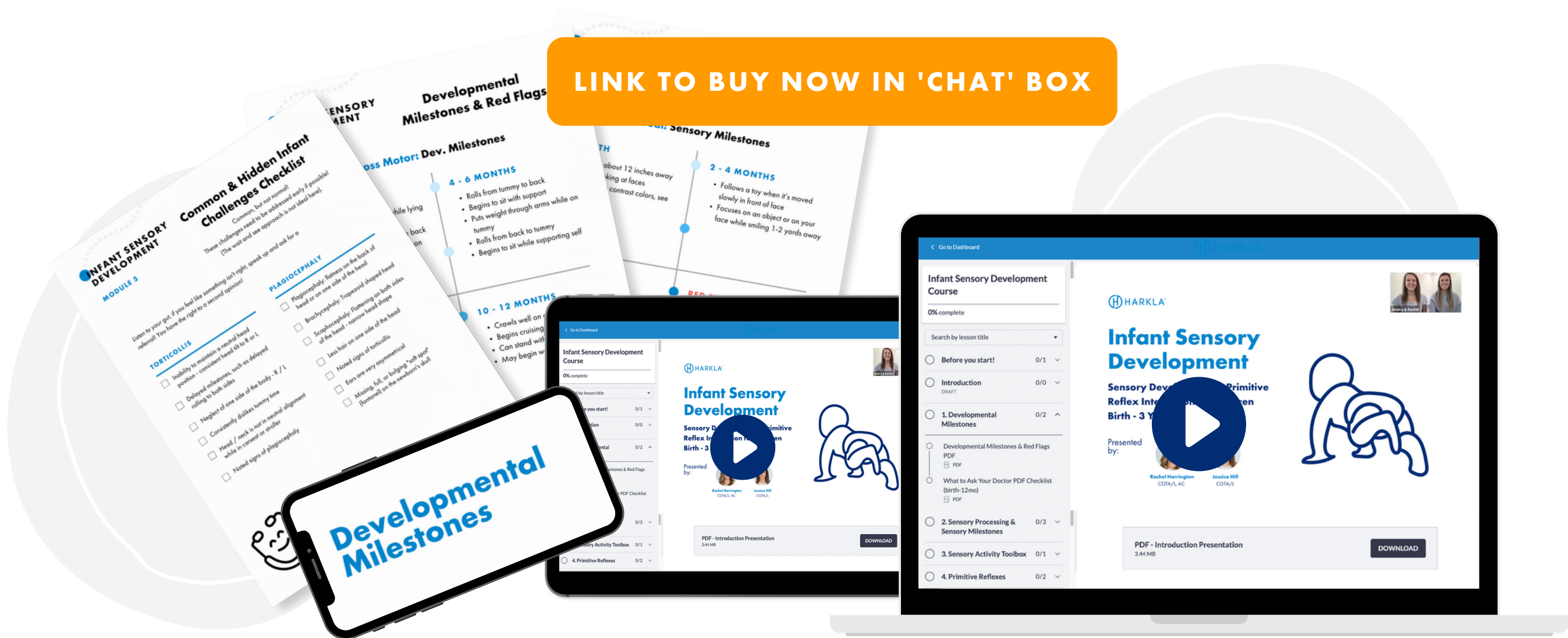


# Infant and Toddler Sensory Development Course

## Get Started Now for \$68!

★ When you're ready to purchase, use the code: `ISD_Webinar25` ★  
to receive a limited time offer of 25% off!

LINK TO BUY NOW IN 'CHAT' BOX



# Thank you!

## Questions or Concerns?

You can reach us at [support@harkla.co](mailto:support@harkla.co) with any questions or concerns you have.

## Disclaimer

While we make every effort to share correct information, we are still learning. We will double check all of our facts but realize that medicine is a constantly changing science and art. One doctor / therapist may have a different way of doing things from another. Do not use this webinar as medical advice to treat any medical condition in either yourself or your children. Consult your child's pediatrician/ therapist for any medical issues that he or she may be having. This entire disclaimer also applies to any guests or contributors to the webinar. Under no circumstances shall Rachel Harrington, Harkla, Jessica Hill, or any guests or contributors, as well as any employees, associates, or affiliates of Harkla, be responsible for damages arising from use of the webinar.

