

Deb Hopper

OCCUPATIONAL THERAPIST | AUTHOR | SPEAKER

INTRODUCING DEB HOPPER

As a paediatric occupational therapist with 20+ years' experience, Deb's passion is to empower occupational therapists, educators and parents to demystify kids' behaviour by providing easy-to-implement, hands-on strategies to transform struggling families and kids' lives so they can thrive.

Deb Hopper

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BUSINESS AWARDS
2016 REGIONAL FINALIST



Speaker Intro

BE CURIOUS, NOT CRITICAL...

I make it a point to encourage people to be curious instead of critical about kids' behaviour. Why? Because kids behave a certain way for a reason, and it's our job to figure out why a child displays a particular behaviour.

I've learned to approach each child with a great sense of curiosity to look at the clues and uncover the underlying reasons for emotional-driven behaviour.



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Speaking Topics

TEACHING KIDS TO MANAGE ANXIETY

Deb empowers parents & educators to:

- Understand the warning signs and the impact of anxiety
- Know what to do next with your child who is struggling

She is the author of the popular book *Teaching Kids to Manage Anxiety: Superstar Practical Strategies* (for parents) and other books for children about anxiety.

DEMYSTIFYING KIDS BEHAVIOUR

The underlying triggers and reasons for children's behaviour are complex. Deb encourages parents and professionals to create space and "be curious, not critical".

Deb encourages us to step back, not react and to consider reasons for children's behaviour.

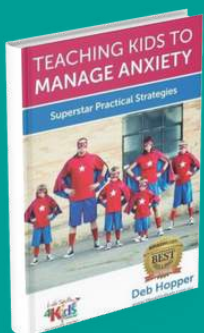
EMOTIONAL REGULATION AND SENSORY PROCESSING

Deb has worked for 20+ years with children and adults with autism, anxiety and sensory processing difficulties.

Her experience in supporting children with emotional regulation, meltdowns and sensory-driven behaviours allows her to support others in making sense of a child's behaviour and why things can suddenly go from peace to panic.

What people are saying...

"This is quite simply the best, most comprehensive and practical book I have ever read to help teach children - and many grownups - how to manage anxiety. It is written in an easy to read way with lots of fabulous graphics. This brilliant book needs to be in every home, every school and every library."



Parenting author and educator
Maggie Dent



Biography

MY PASSION...

I'm Deb Hopper, a paediatric Occupational Therapist with more than two decades of experience working with kids who struggle with anxiety, sensory processing and learning difficulties. It's my ambition to change the conversation about what a 'difficult' child looks like and bring back the joy of parenting.

I work with paediatric OTs, parents and educators to make sense of kids' behaviour by providing easy-to-implement, hands-on strategies to transform struggling families and kids' lives so they can thrive.



Supporting Educators

Teachers are busy and find themselves struggling more and more with kids who have trouble focusing and display emotional-driven behaviour. They need to feel more confident in their role and need easy-to-implement strategies to help these children.

Supporting Parents

As a parent, it's heart wrenching to see your child struggle. They often know something isn't quite right and they've tried coming up with answers, but often nothing seems to work. They blame themselves and wonder, what's the next step?

I've worked with children who display so-called challenging behaviour. I've taught frustrated educators and worried parents easy-to-implement strategies to help them understand their kids' behaviour and make a difference.

I offer a range of online courses that support educators, therapists and parents to feel more confident in their role to support children of all ages.

"The most important thing is to be curious... not critical."



DISCOVER MORE ABOUT **DEB**

Social Stats



354 Instagram Followers
@life_skills_4_kids



8733 Facebook Fans
@lifeskills4kids



2777 LinkedIn Followers
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Short Bio

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