



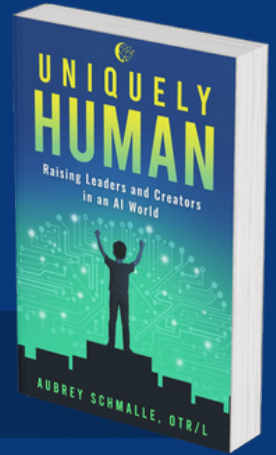
AUTHOR | SPEAKER | OCCUPATIONAL THERAPIST

AUBREY SCHMALLE

Helping parents and educators raise connected, creative, future-ready children through movement, sensory-rich experiences, and practical neuroscience.

CONNECT

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ABOUT THE AUTHOR

Aubrey Schmalke, OTR/L, SIPT, is a nationally recognized occupational therapist and the creator of the Body Activated Learning framework. With over two decades of experience specializing in sensory integration, Aubrey has helped thousands of children and families bridge the gap between therapy and real life—empowering them to thrive in today's fast-paced, digital world.

A passionate educator and sought-after speaker, Aubrey brings science-backed strategies and compassionate guidance to parents, educators, and professionals nationwide. Her work is grounded in neuroscience, yet always rooted in connection, creativity, and the realities of daily family life.

When she's not working with clients or writing, Aubrey is a proud mom to a Gen Z teen and a devoted dog mom to Cooper, a mischievous poochon. She finds balance through movement, creativity, and her latest passion project—reviving a wild backyard garden, one bloom at a time.

TARGET AUDIENCE

- ➕ Parents struggling to figure out how to give their children at all stages of development the skills they need to become leaders and creators rather than consumers of technology in an AI world.
- ➕ Parents who know that there is no one size fits all solution. No matter what your parenting style is, this book and Bonus Family Playbook is designed to allow each parent to craft an individualized plan that works for their family based on their lifestyle and values.

IN THIS BOOK, YOU WILL LEARN:

- ✓ The hidden developmental risks of growing up in a digital-first world
- ✓ How real-world, sensory-rich experiences build lifelong brain power
- ✓ The Five Pillars that foster leadership, connection, and creativity
- ✓ How to build your personalized Family Playbook for raising future-ready kids
- ✓ How to create a personalized plan for your family—one that actually works—to cultivate leadership and creativity to thrive in an AI world

TALK TOPICS

- 1 Alternative screen-free gifts to smartphones, tablets, and video games that promote uniquely human skills
- 2 Practicing presence as parents and saving yourself from excessive screen time
- 3 Regulating dopamine in positive ways allows us to become leaders and creators rather than addicted consumers
- 4 Cultivating uniquely human skills requires real-world multi-sensory experiences and the right kinds of movement
- 5 Limiting and delaying access to smartphones creates space for connection, communication, and learning