



A DEVELOPING BRAIN

SUPPORTING WHOLE CHILD DEVELOPMENT

Designed specifically for early childhood settings, this workshop explores the recent developments in neuroscience that have given us remarkable insight into the conditions and experiences that can dramatically influence the growth and development of all young children in positive and enduring ways. Early childhood is a particularly critical time for the developing brain, and the early childhood environment is rich with the necessary experiences and relationships to support children in their development, behaviour, learning, and social and emotional well-being. The relationships and experiences children are exposed to in their earliest years, will influence the neural foundations upon which their growth and development is built. This dynamic workshop will explore these conditions, and ways early childhood professionals can translate this knowledge into practice to nurture the holistic development of all children.

The workshop will cover:

- how the brain develops and how the experiences and relationships children are exposed to in early childhood will influence behaviour, learning, regulation, social and emotional development, and general well-being;
- the relationships and experiences children need during early childhood to optimise learning, and behavioural, social, and emotional development;
- the strategies that can be used at a group or individual level to support the building of strong neural foundations in all young children;
- using neuroscience to respond effectively to tantrums, big behaviour, and 'big feelings';
- looking behind big behaviour - an easy, practical way to understand behaviour through a neuroscientific lens, and the importance of translating this into all early childhood practices;
- how to nurture emotional self-regulation in children;
- why many common behaviour management techniques don't work, their impact on the developing brain, and what to do instead;
- the importance of attachment in building the strong neural foundations for essential areas of development including the ability to form meaningful relationships, emotional regulation, joy, empathy, independence, and resilience;
- how to activate attachment systems;
- the impact of trauma on the developing brain, specifically in relation to learning, relationships, social and emotional development, behaviour;
- the relational conditions and experiences that can protect and strengthen young children who have experienced trauma.



Karen Young founded the popular website, Hey Sigmund, attracting millions of readers each year worldwide and is author of the best selling Hey Warrior book for young people with anxiety. She can often be heard on Australian radio and TV programs such as The Project and the ABC. She is a sought-after international speaker to sold out events from New York to Newcastle. She has authored four books for kids and parents to help them understand anxiety and neuroscience. Karen translates the neuroscience of anxiety and every day life into meaningful advice for all ages.