



# Neuro-Nurtured

## Understanding the Developing Brain to Support Learning, Behaviour, and Emotional and Social Development

*A workshops for parents.*

Remarkable advances in neuroscience have given us a solid well of information about why children do what they do, and what their growing brains need to thrive from childhood to adolescence. This has given us glowing signposts for supporting learning, behaviour, regulation, and social and emotional development in all children. This presentation is for anyone who lives with or works with young people in any capacity. We will discuss:

- what the growing brain needs from infancy to adolescence, and how we can use this to support the holistic development of all children;
- how to respond to big feelings and behaviour in the moment to make way for calm and connection;
- how to 'switch on' the learning brain and maximise the learning potential in all children;
- a new way to understand feelings and behaviour, and how this model can be used to support social-emotional development, learning, regulation, and behaviour;
- why relationship matters, and how to build relationships that maximise influence and support learning, regulation, and behaviour;
- building their social-emotional toolbox;
- practical ways to respond to challenging behaviour;
- connection after conflict - how to repair after an emotional or relational 'collision' with our children;
- the neuroscience of co-regulation - how to co-regulate and why it matters,
- how to establish meaningful boundaries with love and leadership, and how to respond when those boundaries are challenged,
- how our own emotional temperature will affect theirs and how to gently collect ourselves in challenging, stressful times;
- why environment matters - the relationship between sensory input, learning, and behaviour



### **About Karen Young**

Karen began her career as a psychologist working extensively with children, teens and families. She is a sought-after speaker and consultant and works with schools, government bodies, and child and adolescent focused organisations both in Australia and overseas to build resources, implement procedures, and support the professional development of staff. Karen is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on anxiety. She is the author of four books, including the bestselling 'Hey Warrior', which creatively assist children to understand and manage anxiety.