



'Neuro-Nurtured'

The Developing Brain During Early Childhood

The experiences that build strong foundations for whole-child development.

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. As some of the most important adults in the day to day lives of young children, early childhood professionals have a profound capacity to provide the experiences and relational conditions that will nurture the holistic development of all children. This workshop will explore the powerful role the early learning environment can play in nurturing the strong neural foundations for long-term development in all children. Participants will learn:

- how the brain develops and how the experiences and relationships children are exposed to in early childhood will influence behaviour, learning, regulation, and social and emotional development;
- the relationships and experiences that can optimise learning, and behavioural, social, and emotional development;
- the group and individual strategies to support strong neural foundations 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 strengthen children against anxiety, and towards courage and resilience;
- how to nurture emotional self-regulation in children;
- self-control - why it matters and the activities that will develop it;
- why many common behaviour management techniques don't work and what to do instead;
- the role of attachment in relationships, emotional regulation, joy, empathy, independence, and resilience;
- how to activate attachment systems;
- the impact of trauma on the developing brain;
- the experiences that can protect and strengthen young children who have experienced trauma.



About Karen Young

Karen has worked as a psychologist in private practice, and organisational and educational settings. She is a sought-after speaker, educator, and consultant, and works with parents, schools, government bodies, and child and adolescent focused organisations both in Australia and overseas. Karen is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on anxiety and the neurodevelopment of children. She has written three books, including the bestselling 'Hey Warrior' and 'Hey Awesome', which creatively assist children to understand and manage anxiety.