



# Parenting during early childhood.

Bringing neuroscience (and loads of heart) to early child development.

Early childhood is a time of immense development. Most of the time it will be a source of pure, full-bodied joy. But as magical as it can be, it can also be tough at times, when feelings and behaviour swell big enough to own a room. Thankfully, remarkable advances in neuroscience have shone a bright light on why children do what they do and what their growing brains need to thrive. This has helped to make sense of behaviour that often makes no sense at all, and given us glowing signposts for how to respond to big behaviour and big feelings in ways that strengthen the foundations for healthy development. This presentation will be ideal for anyone who lives or works with young children, including parents, carers, and educators. We will discuss:

- how the brain develops from infancy through childhood, to adolescence – and how we can use this to provide strong foundations for whole-child development;
- why many common behaviour management techniques don't work, and what to do instead.
- what neuroscience can tell us about how best to respond to tantrums and 'big feelings';
- big behaviour and how to respond;
- how to deal with peer/sibling clashes;
- how to nurture empathy;
- dealing with separation anxiety;
- how to nurture self-control, and why it matters;
- the role of a loving adult in supporting the development of resilience, courage, independence and emotional regulation – and how to nurture these qualities in young children;
- avoiding bedtime struggles;
- building a relationship that promotes openness, closeness and honesty for the long term.



## **About Karen Young**

Karen has worked as a psychologist in private practice, and organisational and educational settings. She is now a sought-after speaker, educator, and consultant, both at home in Australia and overseas. Karen is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on 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, and build courage and resilience.