

## The Biology of Behaviour. Soothing Stress Responses and Developing Self- Regulation in Young Children.

This event aims to challenge traditional beliefs about behaviour in the early years. It will encourage practitioners to view behaviour through a different lens, no longer seeing 'challenging behaviour' but stress and distress. By exploring the rules of the biological make-up of the brain and how it shapes children's behaviour, the session will give practitioners an insight into what a child needs to regulate their emotions and responses. The session will include: early brain development and stress responses, the importance of secure attachments and the impact of trauma, sensory processing and dysregulation, behaviour and communication, developing self-regulation.

### **WHEN:**

**Thursday 20<sup>TH</sup> January 2022**

### **WHERE:**

#### **ONLINE EVENT**

**Joining instructions will be sent to delegates prior to the event**

### **TIME:**

**7.00-8.30pm (approx. finish time)**

### **Keynote Speaker:**



**NICOLA MCALLISTER**

### ***MORE ABOUT OUR SPEAKER***

**Nicola McAllister** .....has over 25 years' experience working with some of our most vulnerable children and young people while providing training, consulting and coaching services to those adults who support them. Nicola's background was originally in Education. Her move from mainstream, early in her career, into a specialist provision for children experiencing social, emotional and communication needs, led to passion and belief that we can and must do better for children who experience prolonged periods of stress and distress.

Using neuroscience informed approaches, she supports adults to create environments that will soothe stress responses within the child, reconnect safe and secure relationships and develop self-regulation for long term success. Adults and children across a number of settings have benefited from Nicola's skills and expertise, these include staff in schools, early years, fostering and adoption teams and supporting parents and carers at home. Nicola's informative, empathic and practical approach, empower adults to change how they view and respond to 'challenging behaviour'.

### **How to book a place:**

Online via the Early Education Website – <https://early-education.org.uk/> by clicking on the event – if you are a member of Early Education you will be required to apply the discount code stated online at the time of booking.

Any queries and requests for invoices should be directed to this email address:  
[office@early-education.org.uk](mailto:office@early-education.org.uk)

**Cost:** – this must be prepaid at the time booking

**Members free**

**Non Members £10.00**

**Students £5.00**



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