

# SUPPORTING SOCIAL-EMOTIONAL DEVELOPMENT & WELLBEING IN THE EARLY YEARS

## LAYING THE FOUNDATIONS

- Understanding emotional-social development in infancy
- Core needs of babies and young children
- Recognising warning signs

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## MAKING ATTACHMENTS

- Attachment styles
- Applying attachment
- Importance of self-awareness

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## BUILDING RESILIENCE

- Risk & resilience
- ACEs
- Enabling environments
- Supporting families

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## MAKING SENSE OF FEELINGS & BEHAVIOUR

- Emotional intelligence
- Voice of child
- Promoting positive behaviour
- Support Skills

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## SEDW TOOLKIT

- Trauma-informed practice
- Emotion coaching
- PACE
- Wellbeing in nature
- Play & creativity
- Mindfulness

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## WORKFORCE WELLBEING

- Professional self-care
- Managing stress
- Demands vs Resources
- Mentally Healthy Cultures

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