



Early Years and Childcare

EYFS Practice Training

Spring 2024



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online**

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Provider Portal

Understanding Behaviour & Co-Regulation

These 2 x 1-hour long modules look at behaviour using a relational model backed by theory, evidence and research. It helps us understand why our interactions with babies and children in the first 5 years are so important for development, well-being and future success.

The first part will cover:

- What factors effect behaviour and how we can reframe the way we look at children and their behaviour.
- Why our reactions to behaviour and the way we respond makes a difference to children's development.
- How to investigate children's behaviour and why behavioural approaches may look as though they have solved a problem when they might be storing one up!
- Our personal health and well-being

The second part will cover:

- Understanding effective emotional support
- Strategies that will support your practice and how to use them.
- Case studies to help you reflect on your learning and how you might use the approach in practice.

The Padlet accompanying the course will contain continually updated resources, signposting, CPD and evidence alongside the training slides.

We recommend completing this course first before continuing with the follow-on training 'Behaviour, Theory of Mind & Neurodivergence' and 'Understanding Behaviour through Attachment & Attunement'.

Spring 2024			
Code	Venue	Date	Time
M118	Online	Monday 8 January & Wednesday 10 January	4pm-5pm
M119	Online	Monday 4 March & Wednesday 6 March	6.30pm-7.30pm





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Understanding Behaviour through Attachment & Attunement

This 2 x 1-hour module is an introductory look at behaviour through an attachment and attunement lens.

Within the first year of life the brain doubles and 90% of our brain is developed by the time we are 5 years old. This rapid brain development processes a range of information from our environment, helping us navigate a path through life. The brain is experience dependent; its development is reliant upon the interactions we have with others.

This module looks at why understanding attachment and attunement are central to our practice and fundamental to ensure children's needs are met at a time when they are vulnerable and reliant upon others for survival and mental well-being.

The first part will cover:

- Theory, research and evidence around attachment from John Bowlby's and Mary Ainsworth's attachment theories in the 1950's to Peter Fonagy and mentalisation, Tamsin Grimmer's pedagogy of love, Jools Page and professional love and Nell Noddings and ethics of care.

This evidence is now being backed up by neuroscience as we get more sophisticated in techniques to research baby brains.

The second part will cover:

- How attachment and attunement can help us to better understand behaviour in young children and provides information about what additional support they may need.
- How you can use attachment and attunement knowledge to support children and families.
- The Key Person approach, how it relates to attachment and attunement and how understanding the emotional needs of children is fundamental to their well-being.
- Case studies to discuss through the attachment and attunement lens.

Additionally, we have resources you can use in setting and follow up material in our Padlet to help you embed what you have learned and support colleagues within your practice.

This is a stand-alone course although it is recommended that you attend 'Understanding Behaviour and Co-Regulation' first.

Target audiences and cost

Childminders
Early Years Settings
School Nurseries &
Reception Classes

£15 per person

Training provider

Early Years & Childcare





Spring 2024

Code	Venue	Date	Time
M121	Online	Saturday 27 January & Saturday 3 February	8am-9am





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Behaviour, Theory of Mind & Neurodivergence

This 2 x 1-hour module is an introduction to ideas and strategies to support our thinking and approaches toward young children and neurodivergence.

Theory of Mind will explain how we can sometimes assign adult thoughts, motivations and ideas to children's behaviour which can stop us from understanding what is really happening and why it could be our behaviour that is inappropriate and not the children's! Looking at neurodivergence will help us think about creating approaches where we are celebrating strengths and how to support children who have the same needs but process information in a different way.

Target audiences and cost

Childminders
Early Years Settings
School Nurseries &
Reception Classes

£15 per person

Training provider

Early Years & Childcare

The first part will cover:

- What is theory of mind and how does it help my practice and support the children?
- How we need to embed approaches that are inclusive for all.
- De-bunking some myths around children who are neurodivergent and how our approaches may need to centre more on a social model rather than a medical model.
- Some of the challenges we may face in setting and what our support would look like.

The second part will cover:

- How we apply our knowledge of Theory of Mind to everyday situations and how what we do will make a difference to behaviour and outcomes.
- Strategies to support neurodiversity looking particularly at ADHD and Autism.
- Play and the importance of understanding play for neurodivergent children.

This module is based upon theory, research, and evidence; particularly regarding a positive and empowering perspective around neurodivergency. Our Padlet gives more information and support for further investigation and to support practice going forward.

Whilst this is a stand-alone course, it is recommended that you attend 'Understanding Behaviour and Co-Regulation' first.

Spring 2024

Code	Venue	Date	Time
M120	Online	Monday 12 February & Wednesday 14 February	4pm-5pm





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Communication Champion Core Training

This training provides an understanding of the key areas and principles in speech, language and communication, giving all practitioners a solid foundation.

It is a set of sessions that gradually develop practitioners' awareness of early years children with Speech, Language and Communication Needs (SLCN) to ensure quality teaching and support is in place. It builds skills and knowledge in identification and strategies to support within the learning environment.

Target audiences and cost

Childminders
Early Years Settings
School Nurseries &
Reception Classes

£0 – Fully funded

Training provider

Communicate

Throughout the six sessions, delegates will explore:

- Speech, language & communication: definitions, typical development and impact on other areas of learning.
- Identification and assessment of SLCN.
- The communication environment, including the home environment and engaging parents.
- Strategies and support for children with SLCN.

Following completion of the Core Training, delegates can progress onto the six-part Advanced Training which is available to book now. The Advanced Training is recommended for practitioners who wish to engage in speech, language and communication concepts and training in more depth, and at a higher level. It is ideal for SENCOs, early years workers involved in organising strategies for intervention and Key Persons with children with SLCN.

Spring 2024			
Code	Venue	Date	Time
M124	Online	Thursday 4, 11, 18 & 25 January and 1 & 8 February	6.30pm-8pm
M125	Online	Wednesday 14 & 28 February and 6, 13, 20 & 27 March	4pm-5.30pm





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Communication Champion Advanced Training

Delegates must have completed the Core Training 6 week programme prior to attending this Advanced Training.

This Advanced training is a set of six sessions which each focus on a different element of Speech, Language and Communication. Each session covers the definition and typical development, and support both within the learning environment and in targeted intervention for children who have that specific Speech, Language and/or Communication Need (SLCN).

Target audiences and cost

Childminders
Early Years Settings
School Nurseries &
Reception Classes

£0 – Fully funded

Training provider

Communicate

Throughout the six sessions, delegates will explore:

- 'Attention and listening' and 'Understanding of language'.
- Vocabulary and expressive language.
- Speech sounds and including children with SLCN and their parents.

The Advanced module of Communication Champion Training is appropriate for practitioners who are responsible for planning and/or delivering specific and targeted support for SLCN within their school or setting, and who have already completed the Core module.

Spring 2024

Code	Venue	Date	Time
M126	Online	Wednesday 14 & 28 February and 6, 13, 20 & 27 March	6.30pm-8pm





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Communication Hubs Spring 2024

In 2019 the Norwich Opportunity Area launched the Communication Hubs model to provide early years practitioners with new CPD and networking opportunities to help support children's early speech, language, and communication development.

Since then, The Early Years Learning and Achievement Service have launched **five new Communication Hubs** in each of the following Norfolk districts:

- **Great Yarmouth & East**
- **Broadland**
- **North Norfolk**
- **King's Lynn and West**
- **South Norfolk**

Target audiences and cost

Childminders
Early Years Settings
School Nurseries &
Reception Classes

£0 – Fully funded

Training provider

Early Years & Childcare

The Communication Hubs offer was co-produced with both system partners and early years providers using the extensive feedback we received from our autumn speech and language questionnaire. As a result, here is what you can expect from your local Communication Hub:

- **Half termly network meetings** – a mixture of in-person and online deliveries (this may vary each term)
- Evening meetings that start from 6:30pm.
- **High-quality CPD** based on the areas that providers told us they would like more support with.
- Opportunities to **share best practice**, build relationships and network with other local settings.
- Optional 30 minute '**speech and language surgeries**' to allow practitioners the opportunity to talk to a local speech and language therapist and ask practice-based questions. (These surgeries will require practitioners to submit their questions in advance).
- Opportunities to speak with your local **Early Years Adviser and Improvement & Development Worker**.
- Improved access to speech and language resources via a small **resource library** that practitioners can browse during face-to-face meetings. (In the mid-long term, this will be extended to a resource borrow scheme).





Whilst we encourage practitioners to make use of their local Communication Hub, please note that practitioners can still attend any of the five pre-existing Communication Hubs listed below*:

- The North Norwich Communication Hub
- The Lakenham Communication Hub
- The Peapod Communication Hub (for community groups)
- The 0-2 Communication Hub (focused on 0-2 best practice)
- The Breckland Communication Hub

*Please note, the five pre-existing Communication Hubs, established by the Norwich Opportunity Area, have their own offers and agendas. Please get in touch with them directly to find out more, using the details on this [flyer](#).

Booking:

To book onto one of the new Communication Hub network meetings, please use the Provider Portal. Booking is limited to two practitioners per setting for face-to-face meetings and spaces will be allocated on a first-come first-served basis. For online meetings, there is no booking limit for practitioners from the same setting.

If you would like to stay for the optional 30-minute Speech and Language Surgery at the end of each meeting (8pm-8:30pm) and you have a practice-based question to ask, please submit this via the Microsoft Form that will be sent to you before the meeting.

Spring 2024 – Network Meeting 7 'A practical session to explore recommended strategies'			
Code	Hub & Venue	Date	Time
CH031	North Norfolk Hub The Links Hotel, West Runton	Tuesday 23 January	6.30pm-8pm*
CH032	South Norfolk Hub Hethel Engineering Centre	Tuesday 23 January	6.30pm-8pm*
CH033	Broadland Hub Sprowston Manor Hotel	Wednesday 24 January	6.30pm-8pm*
CH034	Gt Yarmouth & East Hub The Imperial Hotel	Tuesday 30 January	6.30pm-8pm*
CH035	King's Lynn & West Hub Knights Hill Hotel	Wednesday 31 January	6.30pm-8pm*



Spring 2024 – Network Meeting 8 'Play, inclusivity and communication'			
Code	Hub & Venue	Date	Time
CH036	South Norfolk Hub Hethel Engineering Centre	Tuesday 12 March	6.30pm-8pm*
CH037	Broadland Hub Sprowston Manor Hotel	Wednesday 13 March	6.30pm-8pm*
CH038	North Norfolk Hub The Links Hotel, West Runton	Monday 18 March	6.30pm-8pm*
CH039	Gt Yarmouth & East Hub The Imperial Hotel	Tuesday 19 March	6.30pm-8pm*
CH040	King's Lynn & West Hub Knights Hill Hotel	Wednesday 20 March	6.30pm-8pm*

*Each meeting includes the option to stay for a Speech and Language Surgery from 8pm-8.30pm. This will be led by the Hubs speech and language therapist.



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Practical Nutrition for Early Years Practitioners: Foundation Course

Learn the foundations of good nutrition for early years with practical, simple swaps from one of the UK's most experienced family nutritionists.

Research consistently shows that the food children eat in the first few years of life can support a lifetime of good health. But where do you start with good nutrition?

Healthy eating doesn't have to be complicated – simple additions and clever swaps can make a big difference. You'll learn key nutrition approaches to support balanced behaviour, good brain development and a healthy gut microbiome. Plus, easy strategies to support your own nutrition, to help keep your energy levels up and your immune systems supported.

This training will help you to meet the Food and Drink requirement of the EYFS Statutory Guidance which states, *'Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious.'*

Following completion of this training you will be invited to attend 3 bitesize 'Healthy Nutrition for Life' workshops which will give in-depth guidance for creating action plans that suit your setting's needs, with feedback and support on how to make those changes long term.

Target audiences and cost

Childminders
Early Years Settings
School Nurseries & Reception
Classes

£15 per person

Training provider

Catherine Jeans, Functional
Nutrition Expert

Spring 2024

Code	Venue	Date	Time
M208	Online	Wednesday 17 January	6.30pm-8.30pm





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Supporting Bereaved Children in the Early Years

A training course offering Early Years Foundation Stage practitioners the opportunity to gain knowledge about the impact a death could have on children in their setting.

This course will offer delegates the opportunity to learn key strategies in dealing with this issue and being able to provide the appropriate support.

Death and dying is part of life, but as adults we find it difficult to talk with children about these issues, and we are often not quite sure about what support young children need and what their understanding is.

Statistics suggest that between 2% and 3% of children under five in Britain will lose a parent, main carer or sibling through death.

The aims of this session are:

- To increase your awareness of the issues surrounding bereavement in young children.
- To help you feel more confident about supporting bereaved children and their parents or carers.

*****Delegates need to access a microphone and camera during the course; therefore, it is recommended that the training is undertaken on a computer/laptop*****

Target audiences and cost

Childminders
Early Years Settings
School Nurseries &
Reception Classes

£0 – Fully funded

Training provider

Bianca Finger-Berry,
Educational Psychology
Support Service

Spring 2024

Code	Venue	Date	Time
M117	Online	Tuesday 7 February	6.30pm-9pm





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Yoga & Mindfulness

The aims of this session are:

- To promote yoga and mindfulness routines into your early years practice.
- To provide early years experiences to share with children and parents/carers in your early years learning environment.
- To consider some of the tried and tested resources by our Yoga Champions.
- To develop some skills for your own well-being.

Please wear appropriate clothing for the session as there is a practical element and you need to be comfortable.

'By stretching and breathing children learn how

to focus internally, growing their self-awareness about their bodies and their breath.'

Razza, R. A., Bergen-Cico, D., & Raymond, K. Enhancing Preschoolers' Self-Regulation Via Mindful Yoga. *Journal of Child and Family Studies*, 24(2), 372-385"

Refreshments will be provided but please take your own lunch.

Target audiences and cost

Childminders
Early Years Settings
School Nurseries &
Reception Classes

£30 per person

Training provider

Ariane Hoppler, Learning &
Development Consultant plus
Advisers from Early Years &
Childcare

Spring 2024

Code	Venue	Date	Time
M112	John Innes Centre, Norwich	Saturday 2 March	9.30am-3.30pm

