

UNDERSTANDING BEHAVIOUR, EMPOWERING CHILDREN

Developing self-regulation in the Early Years

This webinar will enable participants to:

- Understand the concept of self-regulation and how it develops in the early years
- Recognise the difference between behaviour and communication, exploring what children's actions might be telling us about their needs and emotions
- Identify common triggers for dysregulation
- Apply practical strategies to support children in developing self-regulation
- Reflect on our role as co-regulators
- Create emotionally safe learning environments

£70 per person

**9 February 2026
9.30 - 11.30am**

BOOK VIA EMAIL: INFO@HELENTATECONSULTANCY.CO.UK