

Early years



CONFERENCE



SEMINAR

TRAINING
WORKSHOP

This training will support those working with our youngest children to ensure they receive a great start in life. There is an emphasis on the importance of creative, playful and outdoor learning, and on the impact of ACEs on attachment. We are happy to announce that presenters include Cowgate Under 5s Centre, Starcatchers and Dr Suzanne Zeedyk.

NEW Building resilience through play

Date: Saturday, 7 September 2019 (Edinburgh)
Trainer: Stacey Marko, Play Midlothian
Cost: from £89



This session will look at play in relation to adverse childhood experiences (ACEs) and its potential to be a protective factor for children. You will explore the opportunities that play can provide children in developing and strengthening their resilience. The session will touch on play theory whilst also exploring the important role of the adult and the environment in working with and supporting children. This workshop will include presentations, group discussions and practical, hands-on experiences.

Key learning:

- Underpinning theory on each of the topics of ACEs, resilience and self-directed play
- Links between play and resilience
- Techniques for supporting resilience through play.

Foundations of literacy: with Sue Palmer

Date: Twilight sessions: Tuesday, 10, 17 & 24 September 2019 (5.30–7.30pm) (Edinburgh)
Trainer: Sue Palmer
Cost: from £89



To become committed readers and writers, children need the right support during their early years to develop the abilities that underpin literacy acquisition.

This course will draw on research in speech and language therapy, developmental psychology, literacy, music, storytelling, physical development and play, to explore 'literacy readiness' between the ages of three and seven.

The course will take place on three consecutive Tuesday evenings and can only be booked as a block of three twilight sessions.

Key learning:

- Supporting children's language development, including listening skills in a visual child
- Integrating music, movement, stories and songs into daily practice to support literacy
- Developing children's concepts about print and building phonic knowledge
- The relationship between mark-making, emergent writing and explicit teaching.

Learning through play the Froebel way

Date: Friday, 27 September 2019 (Edinburgh)
 Friday, 29 November 2019 (Edinburgh)
 Friday, 21 February 2020 (Edinburgh)
Trainer: Cowgate Under 5s Centre
Cost: from £89



Pioneer Friedrich Froebel's theory that "play is the highest expression of childhood development; it alone is the free expression of a child's soul" has been applied within early years establishments across the globe.

This workshop with the acclaimed Cowgate Under 5s Centre in Edinburgh will explore practical ways to put Froebel's theories into action in your own setting.

Key learning:

Practical ways to meet children's needs in the following areas identified by Froebel:

- Physical activity and sensory awareness
- Creative expression and exploration of ideas
- The experience of living among others.

Attachment-led early years practice: with Dr Suzanne Zeedyk

Date: Wednesday, 2 October 2019 (Glasgow)
Trainer: Dr Suzanne Zeedyk
Cost: from £89



In our society, caring for children includes a large component of professional input. We use the language of 'services' to describe that input. Yet science tells us that children seek relationships, not services. Human beings are physiologically driven to seek out emotional connection with others – especially with the adults who are significant in their lives, whether at home, with parents/carers or within childcare settings.

Key learning:

- Review the key scientific insights that help us to understand the human drive for relationships
- Compare this to the ways in which professional services are currently conceived, designed and delivered
- Identify gaps between children's services and children's needs – and explore how to address these gaps.

Nursery to primary: easing transitions through play

Date: Tuesday, 19 November 2019 (Edinburgh)
Trainer: Kate Johnston
Cost: from £89



A key part of the drive to make transitions easier for children was Curriculum for Excellence's proposal that more 'nursery'-type learning through play should be practised in the early stages of primary. As this is a significant departure from the norm for many schools in Scotland, this workshop will explore how this transformation can be achieved and the opportunities it presents.

Key learning:

- Adapting current settings to include more play whilst ensuring progression in learning
- The role of the teacher in supporting transitions
- Finding confidence to be more adventurous and try out a different way of working.



Supporting parenting in the early years

Date: Thursday, 26 March 2020 (Edinburgh)
Trainer: Jan Montgomery
Cost: from £89



This training workshop will look at behaviours in the early years, with a focus on the impact of adult behaviour on young children.

It will consider practical examples to observe different behaviours and responses to behaviour. As a carer or practitioner, it will also reflect on how your own adult behaviour can enable a young child to build a resilient brain.

Key learning:

- Understanding behaviour and its impact
- What neurosciences and attachment theory tell us about behaviour
- The impact of adult behaviour on children
- Strategies to change behaviour and build resilience.

"This was an exceptional residential and I am so glad that I came to it!"

*Delegate, July 2019
 (How ACEs impact on the attachment system:
 a residential with Suzanne Zeedyk)*

NEW A creative skills approach to the arts for 0-5s

Date: Wednesday, 4 December 2019 (Edinburgh)
Trainer: Heather Armstrong, Starcatchers
Cost: from £89



This fun, interactive training will deepen your understanding of why the arts and creativity are so key for babies and young children. It will share practical ideas to inspire creativity for both staff and children, and tackle some of the barriers early years professionals can face when looking to improve children's access to expressive arts and creativity within their setting.

Key learning:

- You don't need to be Beyoncé – why attitude is more important than being "good"
- Learn why creative, responsive adults are the most valuable open-ended resource our children need
- How creativity and the expressive arts support improving outcomes for young children
- Explore practical ideas to inspire creativity for both staff and children.

How ACEs impact on the attachment system: a residential with Dr Suzanne Zeedyk

Date: 30, 31 January and 1 February 2020
 (Location TBC)
Trainer: Dr Suzanne Zeedyk
Cost: TBC



The rupture-repair cycle is central to all healthy relationships. It is in the repair of ruptures that resilience is built, for both relationships and individuals. This three-day residential course will explore this cycle in depth, making links with attachment processes, traumatic experiences in childhood and the development of self-regulatory capacities. You will leave with a clear understanding of why 'making up' really is more important than 'messaging up'.

Key learning:

- Understanding how the rupture-repair cycle functions in healthy relationships
- Understanding how the cycle sits at the core of attachment process, ACEs and resilience
- Observing the rupture-repair cycle in operation in everyday situations (via video)
- Developing an awareness of neurophysiological processes that underpin resilience in the human body.

You might also like:

Finding the pathway to outdoor play

Saturday, 13 September 2019 (Edinburgh)
 See page 22

ADHD, autism and attachment in early years

Thursday, 26 September 2019 (Edinburgh)
 See page 10

Deaf awareness in the early years

Friday, 13 March 2020 (Edinburgh, am)
 See page 13