

# Early Years

The core principles we are working from are:-

- responsive relationships and positive experiences build sturdy brain architecture and promote healthy brain development starting before birth and during infancy and lasting into the mid twenties
- toxic stress disrupts the developing brain and other biological systems with lifelong consequences for learning, behaviour and health (more likely to have heart disease, diabetes, hypertension, addiction)
- the foundations of resilience can be strengthened in young children through reciprocal 'serve and return' interactions that scaffold life skills of self-regulation, emotion regulation and executive functioners



Research from Center on the Developing Child, Harvard University tells us that policies and programmes that address the needs of adult caregivers and help them to engage in serve and return interactions will in turn help support the healthy development of children.

## **Coaching Wellness offers a new integrative approach**

My vision is that Early Years staff are supported compassionately to understand the biology of stress and the effects on both mental and physical health so that in turn they can share this awareness with parents and carers.

**The trauma informed approach to wellness that EHCAP has developed is incorporated into a Wellness Plan which staff and parents can access online together with a host of resources including Mindful Emotion Coaching and Adverse Childhood Awareness (MACE) elearning modules.**

[www.mindfulemotioncoaching.co.uk](http://www.mindfulemotioncoaching.co.uk)

