

Early Years

The core principles we are working from are:-

- healthy nurturing 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)
- the foundations of resilience (emotion intelligence and executive function) can be strengthened in young children through emotion coaching interactions

The science behind our approach is described in full on our website



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

Emotion Coaching 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
- to share emotion coaching resources with children, parents and carers

EHCAP has developed a School Readiness Programme which staff and parents can access online together with a host of other resources including Mindful Emotion Coaching and Adverse Childhood Awareness (MACE) elearning modules.

www.mindfulemotioncoaching.co.uk

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Early Years Training and Resources

Affordable options from £20 per staff member with a mix of:

- Online resources including e-learning modules for parents and staff
- Access to group webinars introducing the School Readiness Emotion Coaching approach
- 'All Emotions are OK' booklet for parents and carers
- 'My First Emotions' booklets and activities for children and parents
- Access to our Learning Community for parents, carers and staff



Mindful Emotion Coaching and Adverse Child Events (MACE) webinars for staff start at £2,500 plus VAT for groups of approximately 20-50 learners

EHCAP is able to provide online School Readiness coaching for families where Early Years Staff are noticing emotional difficulties (in the child) that they feel may impact on him or her settling in to reception. The cost for this would need to be discussed with Sarah.

sarah@ehcap.co.uk

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