



Self-Regulation

What does this event cover?	<p>Self-regulation is one of those phrases in early years that is so much easier said than done. In short, self-regulation means having the ability to choose how we respond. It is believed to be one of the main keys to achieving a fulfilling and successful life. Those of us who are able to manage our own emotional responses and our consequent behaviour, tend to develop successful social friendships and work relationships.</p> <p>For children, beginning to know how to control those big, overwhelming feelings of frustration, anger or fear and choose how to respond to them, to bounce back from set-backs, to have the give and take it requires to balance their needs with those of their social group, allows them to fully immerse themselves in the important work of play, exploration and learning and to make friends.</p> <p>It's vital stuff, which is why it is part of the revised EYFS, however, not one of us has ever got to this place of self-regulation alone. We need our ...</p>
Who is this event for?	This session is ideally suited for all staff working with children aged 2-4 years.
Sessions	1
Date & Time	Thursday 7th October 2021, 09:30 - 12:30
Event Category	Early Years Quality Support and Training
Target Audience	Early Years Settings / Early Years Childminders
Tutor(s)	Sue Mannering-Thorne
Venue	Virtual CPD Session
Event Code	CAM09/15464

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