



## Self-Regulation

<b>What does this event cover?</b>	<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>
<b>Who is this event for?</b>	This session is ideally suited for all staff working with children aged 2-4 years.
<b>Sessions</b>	1
<b>Date &amp; Time</b>	Saturday 20th November 2021, 09:30 - 12:30
<b>Event Category</b>	Early Years Quality Support and Training
<b>Target Audience</b>	Early Years Settings / Early Years Childminders
<b>Tutor(s)</b>	Sue Mannering-Thorne
<b>Venue</b>	Virtual CPD Session
<b>Event Code</b>	CAM09/15485

Visit us now for further information, costs and to book your place on this [event](#)