

# BEST ONLINE COURSE EARLY CHILDHOOD EDUCATORS



You simply won't get better value. Based on a collective 55 years of industry specific experience, this Online Training Course delivers practical, up-to-the-minute knowledge in bite-sized Modules and Sections.

Positively shaping tomorrow's thinkers



This Online Training Course delivers! Perfect for all Early Years Educators as a comprehensive review of the theory and practice of behavioural, social and emotional, and developmental wellbeing in the early years of childhood.

- ✓ 6 hours of video-based training
- ✓ 4 Modules with 3 sections in each
- ✓ Downloadable Reflection Guides supporting each Module
- ✓ Certificate of Completion
- ✓ Annual subscription allows watch and re-watch



**BEST**  
Programs 4 Kids  
**in WELLBEING**

You're in the BEST hands

# Welcome...

You've found your way to the BEST Online Course for Early Childhood Educators. And it really is the BEST, most comprehensive and practical information delivered to you by experienced therapists who have decades of in-school, family-based and child-centred practice under their belts. No more dry, academic content that's perfect on paper but has little application in the busy, messy and complicated world of little children.

We know that keeping abreast of current theory and practice is difficult - even with time set aside for ongoing training. Well, until now that was true but with our Online Training Course you can watch on-demand, in your own time and know that what you're watching will grow your knowledge and add to your practice too.



Four Modules of work, with 90 minutes of training accompanying each Module. Each Module is broken into 3 x 30 minute sections to assist viewing and processing of content. Each Module is fully supported by a downloadable Reflection Guide that extends learning and makes it context and specific-educator relevant.

## Module 1

### Child behaviour; What's happening?

#### SECTION 1

- The developing child; a holistic perspective
- Zones of Proximal Development
- Meeting developmental milestones
- Developmental de-railers
- The developing brain and self-regulation
- Executive Functioning—what is it?

#### SECTION 2

- Psychological conditioning
- Modelling regulation
- Emotional intensity and self-management
- Serve and return
- Attachment

#### SECTION 3

- Disrupted and disorganised attachment
- Tolerable and toxic stress
- The impact of trauma
- Brain re-programming

## Module 2

### Age appropriate responses

#### SECTION 1

- The long road to self-regulation
- What is the behaviour telling you?
- Behaviours and their 'Best before' dates

#### SECTION 2

- Exploring gender differences in behaviour
- Brain development of girls and boys
- The development of empathy
- Gender differences in empathy expression
- The development of impulse control
- What does this mean for early learning?

#### SECTION 3

- Applying age appropriate discipline
- Feedback ratios
- Planning ahead for behaviour management
- Time in and time out

*Includes 5 full colour posters to print and display in your learning areas.*

## Module 3

### Social & Emotional Wellbeing

#### SECTION 1

- What is Social and Emotional Learning (SEL)?
- Life's relationship templates
- Helping children to develop resilience
- Resilience factors
- Learning to deal with BUMPS

#### SECTION 2

- Emotional self-regulation and maturation
- The 5 regulation domains
- Understanding the power of thinking
- Scaling towards decatastrophising
- Learning to calm down

#### SECTION 3

- Proactive and reactive social skills
- Friendliness, cooperation and inclusion
- Learning to be assertive
- Sillyness the Speed Wobble
- Taming teasing

## Module 4

### Social & Emotional Competency

#### SECTION 1

- Tipping and turning points
- Sensory processing and overwhelm
- Working with the self-regulation MICE

#### SECTION 2

- When a diagnosis gets in the way
- Pervasive Developmental Disorders (PDD)
- Autistic Spectrum Disorder (ASD)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Childhood anxiety

#### SECTION 3

- Manage yourself, manage the child
- Ritualising self-care
- The dangers of staffroom conversations
- Developmentally appropriate expectations

**Engaging, powerful, professionally delivered training is what we do - BEST.**

*In 35 years of education - both in the classroom and as an administrator, I have not experienced a training that moved me so powerfully that it changed not only how I worked at school, but also in my every day life. Thank you for a truly outstanding and life changing exploration of wellbeing.*

*Primary Principal WA*

*Our Early Years Centre has benefited so much from the experience and wisdom generously given by BEST Programs 4 Kids. Our staff and parents feel more confident and empowered to grow and shape the precious little children in our care.*

*Centre Director, QLD*





## The Online Course for Early Childhood Educators includes:

- 12 month access (with cost reduced re-subscription for subsequent years option)
- 6 hours of video-based training
- 4 downloadable Reflection Guides
- The opportunity to complete the course in your own time and space
- 5 printable 'Early Childhood Educator Essentials' wall posters



## Subscription options:

### First year: Annual subscription

Single user:	\$215
Less than 8 staff:	\$475
8 staff or more:	\$795

### Subsequent years: Annual subscription

Single user:	\$170
Less than 8 staff:	\$380
8 staff or more:	\$635

## Meet Helen Davidson and Claire Orange

### Directors | Authors | Therapists

Helen Davidson (Occupational Therapist, Masters Counselling, Family Therapy) and Claire Orange (BSci Speech Pathology (Hons), Counselling, Family Therapy) bring a collective 55 years of child, adolescent and family therapy to BEST Programs 4 Kids. Both have worked nationally and internationally in health and education and are sought after speakers,

experts and advocates in the child, adolescent and family mental health, with weekly television and radio expert roles.

Together, Helen and Claire have authored 16 books on children's social and emotional wellbeing and their Little Highway Heroes (Early Years) and Highway Heroes (Primary Years) programs are used widely all over the world.



## Contacts & Communities:

Website: [bestprograms4kids.com](https://bestprograms4kids.com)

BEST Programs 4 kids is well represented across social media platforms—providing educators and parents with meaningful ways to engage with the latest research and findings in child and family mental health.



[facebook.com/BESTPrograms4Kids](https://facebook.com/BESTPrograms4Kids)



[twitter.com/Best\\_4Kids](https://twitter.com/Best_4Kids)



[youtube.com/channel/UCaBwjofrd19fQQWIXQ2bNKQ](https://youtube.com/channel/UCaBwjofrd19fQQWIXQ2bNKQ)

We invite you to look around the BEST Programs 4 Kids website. There's a wealth of information that's free to use in your community.