

ONLINE COURSE

EARLY CHILDHOOD EDUCATORS

ESSENTIALS



You simply won't get better value. Based on a collective of 65 years of industry-specific experience, this Online Training delivers practical, up-to-the-minute knowledge and skills-building in bite-sized Modules and Sections.

Positively shaping the future generation



This Online Training Course delivers excellence for Early Years Educators, comprising a comprehensive review of the theory and practice of behavioural, social, 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

Welcome...

You've found your way to the BEST Online Course for Early Childhood Educators. And it really **is** the BEST, most comprehensive, practical information delivered to you by experienced therapists with many 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.

Because we understand that keeping abreast of current theory and practice can be difficult - even with time set aside for training - but with our Online Training Course you can access on-demand in your time, and know that what you're watching will grow your knowledge and add to your practice.



Comprising four Modules with 90 minutes of training, each comprises 3 x 30 minutes sections to help both the viewing - and processing - of the content. **In addition, each Module is supported by a unique downloadable Reflection Guide** to extend the learning and enable readily available discussion with colleagues.

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 unique, full-coloured posters for unlimited printing 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 de-catastrophising
- 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 months 24/7 access whenever you wish
- 6 hours of video-based training
- 4 downloadable Reflection Guides
- The opportunity to complete the course in your own time and space
- 5 printable **(no limit)** 'Early Childhood Educator Essentials' wall posters



Annual Subscription & Inclusions

Annual subscription

Less than 15 staff:	\$995
16 staff or more:	\$1500

PLUS a complementary *Little Highway*

Heroes social and emotional wellbeing
hard copy kit and 12 month's digital access
with every subscription

Meet Helen Davidson and Claire Orange Award-winning Trainers | Therapists | Program Creators

Helen Davidson (Occupational Therapist, Masters Counselling, Family Therapy) and Claire Orange (BSci Speech Pathology (Hons), Counselling, Family Therapy) bring a collective 65 years' 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 and trainers with regular guest spots on television and radio when there is an important issue to do with children's wellbeing.

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

Helen and Claire are the recipients of numerous awards, but most importantly, they believe in access to the best training for every person working with children.

