



## Old Church Nursery School

### Course Title

#### Self-regulation

Supporting the early development of self-regulation skills

#### Open Afternoon:

Come and join us and find out how we work to effectively develop self-regulation skills in young children. Research shows that self-regulation skills have an impact on success in later life and can be nurtured from an early age.

Observe the outstanding provision and interactions which make Old Church a centre of excellence.

#### Target Audience

This open afternoon is suitable for all Early Years and Foundation Stage practitioners and students.

#### Objectives

- to raise awareness of the importance of self-regulation
- to develop an understanding of how children learn to manage their thoughts, actions and emotions.
- to understand ways to support all children in developing self-regulation

### Outcomes

Practitioners will:

- observe a range of meaningful experiences which promote and develop self-regulation
- have an increased understanding of what self-regulation in young children looks like;
- be motivated and confident to develop provision in their own setting.

### Course Details

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Date: 12 March 2019

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Time: 1.30-3.30pm

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Venue: Old Church Nursery School

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Cost: £25

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Early bird discount:

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Facilitator: Sarah Helm and Lydia Boudjema

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Booking:

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