

## EMOTIONAL REGULATION: WORKSHOP



**INSPIRE Autism Team** are hosting another Autism Training opportunity. This training is within the *Universal Offer/Ordinarily Available Framework* for staff in **Hammersmith & Fulham Early Years settings** who **work with autistic children** to develop a variety of tools and strategies to support emotional regulation.

### Introduction to Emotional Regulation in your Early Years provision

It's critically important for children to learn how to recognise their emotions but, sometimes it's difficult for adults to see that the child is struggling with this skill.

The first step is supporting a child to understand different emotion states and supporting them with strategies that help them to calm. This is the start towards their success as we know that children learn best when they are calm and well regulated.

You'll achieve this through working with a child, talking about emotions and feelings frequently and helping them to identify them.

Developing emotional regulation, like many elements of development and learning, is not something children do by themselves.

*So, join one of our workshops to explore and understand how you can support children's emotional regulation in the Early Years*

#### SPRING TERM (1)

#### SPRING TERM (2)

DATE	TIME	DATE	TIME
Monday 5 <sup>th</sup> February	12:15 - 1:15pm	Wednesday 13 <sup>th</sup> March	12:15 - 1:15pm

online via MS Teams

### Booking Information

Register in advance for your training at [inspire@lbhf.gov.uk](mailto:inspire@lbhf.gov.uk)