



Anxiety in Early Childhood

A professional development seminar for early childhood professionals.

As much as the early learning environment can nurture and nourish all children, the very nature of it means that it can also hold many anxiety triggers, including unfamiliar people and situations, and separation from a loved one. As some of the most important adults in the day to day lives of young children, early childhood educators have a profound capacity to strengthen all young children against anxiety. This workshop will support participants in further developing the capacity to effectively respond to anxiety in young children. It will also explore ways to capture the powerful role the early learning environment can play in strengthening all children against anxiety. We will explore:

- the different ways anxiety can manifest in the early learning environment;
- the neuroscience of anxiety – what it is and why it feels the way it does;
- how to manage challenging behaviours that are fuelled by anxiety;
- the popular behaviour management techniques that can make anxiety worse, and what to do instead;
- how to build the connection between children and their important adults and why this is critical to managing anxiety;
- separation anxiety – what it is, why it happens, and how to manage it;
- the strategies that will ease anxiety and build confidence and courage;
- how to support parents in being change-makers;
- the development of the brain during early childhood, and why this is important in understanding and managing anxiety in young children;
- how to respond to anxiety in the moment to make way for calm and courage;
- how to respond to the 'big feelings' that come with anxiety in a way that will support healthy child development;
- how trauma can drive big feelings and big behaviour (fight or flight), how to respond, and the important role of educators in buffering children against the effects of trauma and supporting them towards healing.



About Karen Young

Karen has worked as a psychologist in private practice, and organisational and educational settings. She is now a sought-after speaker, educator, and consultant, both at home in Australia and overseas. Karen is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on anxiety and the neurodevelopment of children. She has written three books, including the bestselling 'Hey Warrior' and 'Hey Awesome', which creatively assist children to understand and manage anxiety.