



# Neuro-Nurtured

## Understanding the Developing Brain to Support Learning, Behaviour, and Emotional and Social Development

*A professional development seminar for teachers and school professionals.*

Most of the time, childhood will be a source of pure, full-bodied joy, but as magical as it can be, it can also be tough at times. Thankfully, remarkable advances in neuroscience have given us a solid well of information about why children do what they do, and what their growing brains need to thrive from childhood to adolescence. This has given us glowing signposts for how to support learning, behaviour, regulation, and social and emotional development in all children. This presentation is for parents or carers, or anyone who lives with or works with children in any capacity. We will discuss:

- what the growing brain needs from infancy to adolescence, and how we can use this information to support the full development of all children;
- what neuroscience can tell us about how best to respond to big feelings and big behaviour;
- how to 'switch on' the learning brain in all children;
- separation anxiety – why it happens and how to strengthen all children;
- how to nurture self-regulation in children, and why it is foundational for learning, relationships, and behaviour;
- the importance of co-regulation in strengthening young brains, and how to do this;
- how to nurture self-control and why it matters;
- brains, bodies, learning and behaviour – why physiology matters, and how this can inform a more effective response;
- the role of relationships in the development of resilience, courage, independence and emotional regulation – what all children need from their important adults;
- building a relationship with your child that promotes openness, closeness, and honesty for the long-term.



### About Karen Young

Karen began her career as a psychologist working extensively with children, teens and families. She is a sought-after speaker and consultant and works with schools, government bodies, and child and adolescent focused organisations both in Australia and overseas to build resources, implement procedures, and support the professional development of staff. Karen is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on anxiety. She is the author of three books, including the bestselling 'Hey Warrior', which creatively assist children to understand and manage anxiety.