



Neurodevelopment from Infancy to Adolescence

Understanding the developing brain to support whole-child development.

We now have remarkable insight into what the growing brain needs to thrive from infancy through adolescence and beyond. Drawing on these insights, we can dramatically influence the growth and development of the young brain to provide the solid foundations for a happy, successful life. We can 'neuronurture' our children, to better support their growth, learning, social and emotional development, relationships, and a rich, wholehearted engagement with the world. This dynamic workshop will translate neuroscience into powerful insights and practical strategies that can nurture the holistic development of all children. Participants will learn:

- how the brain develops from infancy through childhood, to adolescence;
- what children need at each developmental stage;
- the relationships and experiences that 'grow brains', and happy, healthy children;
- what neuroscience can tell us about how best to respond to tantrums and 'big feelings';
- how to nurture self-control and emotional self-regulation in children;
- why many common behaviour management techniques don't work, their impact on the developing brain, and what to do instead;
- the importance of attachment in building the strong neural foundations for essential areas of development including the ability to form meaningful relationships, emotional regulation, joy, empathy, independence, and resilience;
- how to activate attachment systems;
- the impact of trauma on the developing brain, and how to support children and adolescents;
- getting the foundations right - what every brain needs to flourish and why;
- the remarkable changes in the adolescent brain, and how to use this to support adolescents in their relationships, learning, decision-making, emotional growth, and optimal living;
- parent/child conflict during adolescence - why it happens, how to manage it, how to strengthen relationships;
- risk-taking in adolescence;
- the impact of drugs and alcohol on the developing brain, and how to engage and empower young people towards healthy choices;
- how addiction happens in the brain (including social media, gaming, drugs, alcohol), and how to explain addiction to young people in a way they will hear;
- how the foundations for healthy development through adolescence begin in childhood, and how all parents can use this information to support the transition into adolescence and ensure strong parent/teen influence and connections.



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.