

# Early Years Conference 2022

Supporting the Emotional Wellbeing of Children and Staff



Happy  
Healthy  
and  
Ready to Learn

**3rd March 2022**

10.00am - 3.30pm

# Early Years Conference 2022



COVID-19 played a significant part in our emotional wellbeing in 2021, with the attention now more than ever focusing on the impact on children's and staff's well-being.

Personal social and emotional development is important in a child's life from birth onwards as it forms the foundation to all learning later in life, with a specific emphasis on attachment and self-regulation.

There is now also a greater emphasis on staff wellbeing and mental health.

## Aim

This conference aims to explore issues on wellbeing for children and early years practitioners and childminders, with particular regard to the self regulation of children and the benefits of being outdoors.

## Who should attend?

- All Early Years Practitioners and childminders working in Hackney's Private, Voluntary and Independent Nurseries plus Playgroups and Schools.
- Practitioners from other local authorities are also welcome to attend.



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## Conference Programme

10.00	<b>Welcome and Introduction</b>
10.10	<b>First Steps on Staff Wellbeing</b>
11.00	Q&A
11.10	Coffee break
11.20	<b>Suzanne Zeedyk on Self-regulation</b>
12.10	Q&A
12.20	Lunch
1.20	<b>Mine Conkbayir on achieving self-regulation in the early years</b>
2.10	Q&A
2.20	<b>Marina Robb and Jon Cree on nature recovery</b>
3.10	Q&A
3.20	<b>Closing remarks</b>
3.30	<b>Close</b>

10.10am

**Supporting staff wellbeing: Dr Liz Malpass and Sabrina Anderson – First Steps**

A brief introduction to ways of supporting staff wellbeing within Early Years Settings using the Solihull Approach. We will offer a space for reflection, discussion, and some practical ideas of ways in which managers can use the Solihull ideas to support staff wellbeing, and to cultivate Early Years contexts which support wellbeing.

11.20am

**Self Regulation: Suzanne Zeedyk**

Self-regulatory skills can be defined as the ability of children to manage their own behaviour and aspects of their learning. In the early years, efforts to develop self-regulation often seek to improve levels of self-control and reduce impulsivity.



1.20pm

**Self Regulation: Mine Conkbayir**

In this session, Mine will take you on an introductory journey of self-regulation in Early Years. You will explore the meaning of self-regulation, how and when it develops and your role as co-regulators in nurturing its development.

The inextricable link between self-regulation and executive functioning will also be examined, alongside discussion concerning the new self-regulation Early Learning Goal, to ensure it is interpreted appropriately – and not reduced to a tick-box exercise.

2.20pm

**How contact and deeper connection with the natural world can help us all recover and grow: Marina Robb and Jon Cree**

Jon and Marina will look at the positive benefits of risky play in the natural world and explore practices that equip early years practitioners and their learners with the tools to cope with the current health and environmental issues we all face, whilst addressing the benefits of this approach for the promotion of cultural diversity. Through rhyme, story and song in the natural world, we will look at how we can help regulate and understand our body sensations.

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## Speakers



### **Dr Liz Malpass, Clinical Psychologist (First Steps)**

Liz is a Clinical Psychologist who completed her doctoral training at The University of Hertfordshire. She has worked in a range of settings with both adults and children and families. Liz is trained in several evidence based psychological therapies. Liz has a special interest in Perinatal work and has worked in parental mental health services and teams supporting young parents. She has worked in a range of settings supporting professionals from differing backgrounds including Health Visitors, Midwives, Family Support Workers, Teachers and Early Years Staff.

Liz is passionate about providing support to children and families in the first 1001 days, and in supporting parents and professionals to provide opportunities that nurture children's cognitive, social, and emotional development. Liz currently works with the First Steps Community Psychology Team offering emotional support to children and young people 0–18 and leading one of the locality teams.

### **Sabrina Anderson, Speech Therapist and Cognitive Behavioural Psychotherapist (First Steps)**

Sabrina is a speech therapist by background and completed her training at University College London. She has subsequently completed further training in Cognitive Behavioural Psychotherapy at Reading University. Sabrina has worked in a range of settings with both adults and children and families. She has a special interest in neurodevelopmental conditions and communication difficulties, especially when they overlap with mental health problems.

Sabrina has worked in various settings such as: community services, education, and a rehabilitation centre. She enjoys working with communities in order to enhance the outcomes for young people. Sabrina currently works with the First Steps Community Psychology Team offering emotional support to children and young people 0–18. Sabrina also works at National Deaf CAMHS.

### **Dr. Suzanne Zeedyk, Research Scientist, University of Dundee**

Dr. Suzanne Zeedyk is a research scientist fascinated by babies' innate capacity to connect. Since 1993, she has been based at the University of Dundee (Scotland), within the School of Psychology. Her academic career began in the USA, where she completed her PhD at Yale University.

In 2011, Suzanne stepped away from a full-time academic post in order to establish an independent training enterprise. Its aim is to help the public understand all that science has discovered about the importance of emotional connection for human health and happiness. It's working! Approximately 40,000 people have now attended her speaking events, and she reaches over 50,000 people a week on social media. She works internationally with organisations who are keen to think more deeply about fostering connection, compassion and resilience.

In 2014, Suzanne broadened her public reach even further by founding the organisation connected baby. She and her team work to help parents and professionals make practical use of the science of connection. Relationships matter – as much for human brains as for human hearts.

### **Dr. Mine Conkbayir, Neuroscientist, Author Doctor of Philosophy, specialises in neuroscience**

An award-winning author, lecturer, trainer and researcher, she has worked in early childhood education and care, for over twenty years. Mine is passionate about bridging the knowledge gap between neuroscience and Early Years. She designed the new Cache Neuroscience in Early Years qualifications and accompanying textbooks as part of this endeavour and her latest award-winning book, *Early Childhood and Neuroscience: Theory, Research and Implications for Practice*, is now in its second edition.

Mine is the winner of the Nursery Management Today Top 5 Most Inspirational People in Childcare Award. She is the founder of the award-winning Cache Endorsed Learning Programme, Applying Neuroscience to Early Intervention and the two times award-winning online training programme, Self-regulation in Early Years. She is the designer of the two times award-winning free self-regulation app, the Keep Your Cool Toolbox and has contributed to the development of the Birth to Five Matters non-statutory guidance for the Early Years Foundation Stage, on the subject of self-regulation.

Trained in trauma-informed approaches, Mine regularly delivers training on behalf of local authorities and fostering organisations, as well as various Early Years providers in achieving trauma-informed care. Mine is a frequent main stage speaker and has spoken at the Ofsted Big Conversation events, as well as hosting three sold-out Funzing lectures and Q&A on the subject of adverse childhood experiences and the long-term impact of trauma.

#### **Marina Robb, Author, Director of Circle of Life Rediscovery**

Marina Robb (Bsc; PGCE; MA; Msc; Author) is Founder and Managing Director of Circle of Life Rediscovery Community Interest Company and The Outdoor Teacher Ltd, both leading organisations that aim to transform education and health through nature.

Marina has more than 30 years experience in outdoor learning and nature connection. She provides a deep understanding of effective nature education at all levels and for a range of diverse backgrounds. She has pioneered nature programmes within the health sector, working with teenagers, families and young people with mental health issues, disabilities, dementia and early psychosis.

Marina is co-author of 'Learning with Nature' (foreword by Chris Packham), a must-have book for Forest School & Outdoor practitioners, and 'The Essential Guide to Forest School and Nature Pedagogy' (foreword by David Sobel) which contains everything you need to know from theory to practice.

Marina co-chairs a Community Benefit Society which manages a community woodland (CBS), used to provide access to nature for marginalised groups. She believes that everyone should have the right to access nature.



#### **Jon Cree, Trainer and Author, Director of Circle of Life Rediscovery**

Jon Cree is an ecological and Forest School trainer and has always revelled in sharing and making up stories in the woods with small people. He was the founding chair of the Forest School Association and recently co-written the book titled 'The Essential Guide to Forest School and Nature Pedagogy'.

As a father of 3 girls (now women) and grandfather to a 9 month old he is enjoying the honouring of the rapidly growing small person through song and play in the outdoors. Jon has been working in nature education and deeper connection to the non-human for over 40 years and written many articles on the importance of integrating regular contact with the natural world into our education system.

He has worked for a number of local authorities over the years and worked with and in a number of settings – from special schools and pupil referral units through to many early years settings, primary and secondary schools and individual Looked after Children. He currently supports a small community wood in the middle of Worcester which runs Forest School and a number of intervention programmes for youngsters with mental health issues, trauma and display distressed behaviour.

#### **How to book on the conference:**

 [hackneyeducation.bookinglive.com](https://hackneyeducation.bookinglive.com)

**Cost £150 per setting  
or £ 40 per childminder**

For settings/childminders not based in Hackney

Please contact the CPD team on 020 3076 1516  
or email [cpdadmin@hackney.gov.uk](mailto:cpdadmin@hackney.gov.uk)

For more information call us on 020 8820 7568/7031