



# Parenting During Early Childhood

Bringing neuroscience (and loads of heart) to early child development.

## A parent workshop presented by Karen Young

Early childhood is a time of immense development. Most of the time it will be a source of pure, full-bodied joy. But as magical as it can be, it can also be tough at times, when feelings and behaviour swell big enough to own a room. Thankfully, remarkable advances in neuroscience have shone a bright light on why children do what they do and what their growing brains need to thrive. This has helped to make sense of behaviour that often makes no sense at all, and given us glowing signposts for what they need from you, their parents, to strengthen the foundations for healthy development. This presentation is for anyone who lives or works with young children. We will discuss:

- Understanding your child's development needs right now:
  - The developmental stage your child is at.
  - The behaviours you might see, and why.
  - What your child needs from you.
  - Building a relationship that promotes openness, closeness and honesty for the long term.
  - One of the most important predictors of wellbeing as an adult - why now is the time to nurture it, and how.
- Preparing your child for the transition to school:
  - Routines, familiarity, predictability. Why they matter, and what to do.
  - Making time for play and why it matters.
  - Sleep - what to do when bedtimes are tricky.
- Separation anxiety:
  - A new way of thinking about separation anxiety.
  - Why it happens, and why it's 'normal'.
  - Practical strategies to support children when goodbye feels tough.
- Big feelings and behaviour:
  - Making sense of the after-school meltdown.
  - How to respond to big feelings.
  - When behaviour gets big.
  - Why boundaries matter, and how to hold strong, loving boundaries in ways that preserve connection.
  - Repair after rupture - how to repair after a relational or boundary collision.
- Common parenting struggles in early childhood:
  - How to deal with peer/sibling clashes;
  - Why kids lie, and how to nurture their willingness to be honest with you;
  - Bedtime - how to help them fall asleep and stay asleep on their own.
  - Managing screen time

### 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 four books, including the bestselling 'Hey Warrior', which creatively assist children to understand and manage anxiety.