



Professional Development
Package One

Managing Anxiety in Children for Educators

It is normal for children to feel worried or anxious from time to time, such as when they're starting kindergarten or school, moving to a new area or there has been a significant change in the family. However, for some children, anxiety affects their behaviour and thoughts every day, interfering with their education, home and social life. Many children have fears or worries of some kind, but for some children, severe anxiety and/or fearful behaviour is experienced and can impact on their happiness, wellbeing and daily function.

This professional development package provides a theoretical outline to assist in distinguishing normal anxiety from severe anxiety and/or fearful behaviour that may impact on a child's development. This workshop will support you to work with children who are displaying stress-related behaviours or more severe presentations of anxiety and fearful behaviours.

Learning objectives:

- Understand anxiety and shyness in preschool children
- Understand causes and risk factors for childhood anxiety
- Understand how a stressful event can contribute to the development of severe anxiety in young children
- Develop skills to support a child experiencing severe anxiety and children with ADHD
- Increase knowledge of support services available to families in the local community and how to navigate the system

How to access this program

This program is available for kindergartens with eligible School Readiness Funding.

This program can be delivered online or in person at the kindergarten, Bethany offices in Geelong/Warrnambool or other community settings.

Cost

\$195 per person plus GST

- * Minimum number of participants is three.
- * This workshop is three hours long.
- * Workshop content can be modified to meet the needs of particular kindergartens/educators.

Additional information

- * Additional travel and accommodation costs if more than 40 kilometer radius of Geelong or Warrnambool.
- * Delivery of workshops outside of standard working hours may be an option – please contact to discuss.



Professional Development Package Two

Trauma Informed Practice for Educators

Early childhood educators play a central role in children's lives and create safe environments for them to learn, grow and develop. Unfortunately, some children can present in these settings carrying an overwhelming burden and history of trauma, which if not understood and managed, can further impair their capacity to learn and benefit from the learning environment.

Childhood trauma can occur when a child witnesses or experiences an overwhelming negative experience. Early childhood trauma generally means trauma between birth and the age of six. The early childhood years provide an essential window for the child's brain to grow and develop rapidly, especially in the first three years. When trauma occurs in these years, it can affect a child's development with specific disruptions in developing secure attachments, emotional regulation, behaviour presentations and impaired learning.

This trauma-informed professional development package is designed to further enhance an educators knowledge of working with children 3-5 years old who have experienced early trauma or neglect; understanding the impacts on a young child's brain and developmental delays. The focus of these modules are to provide a theoretical framework with a particular emphasis on practical strategies for educators, using relevant case examples to enhance the learning process and offer practical strategies.

Learning objectives:

- Develop a clear understanding of childhood trauma and recognise the effects on preschool children
- Learn about the developing brain
- Understand behaviours through a 'trauma lens'
- Understand the vital role of secure attachments
- Understand the core principles of trauma-sensitive practice and how to create appropriate learning environments using this framework
- Examine behavioural and developmental problems seen in children with trauma – case related examples
- Develop practical strategies to support traumatised children in the classroom
- Learn how to support families with traumatised children

How to access this program

This program is available for kindergartens with eligible School Readiness Funding.

This program can be delivered online or in person at the kindergarten, Bethany offices in Geelong/Warrnambool or other community settings.

Cost

\$195 per person plus GST

- * Minimum number of participants is three.
- * This workshop is three hours long.
- * Workshop content can be modified to meet the needs of particular kindergartens/educators.

Additional information

- * Additional travel and accommodation costs if more than 40 kilometer radius of Geelong or Warrnambool.
- * Delivery of workshops outside of standard working hours may be an option – please contact to discuss.

Professional Development
Package Three

Building Resilience in Children for Educators



A focus on promoting and building resilience in early childhood settings, foster the learning, resilience and wellbeing of children and young people. Resilient children are more able to 'bounce back' and manage their emotions when they face everyday adversity and are more likely to take healthy risks. Resilient children are curious, brave and trusting of themselves and their capacity.

Research suggests that some children develop resilience through the normal developmental process, while others need guidance. Building resilience within children involves both improving the skills and capabilities of the child and the environments around the child.

This professional development package provides educators with a deep understanding of the importance of resilience in children and how a child's resilience might be impaired when they are not appropriately supported to overcome adversity. The workshop will assist educators to plan approaches, activities and interventions to build and grow resilience in children.

Learning objectives:

- Develop a clear understanding of the importance of building children's resilience and wellbeing
- Understand the relationship between adversity and resilience
- Develop everyday strategies for building children's resilience
- Build, strengthen and promote supportive child relationships
- Create opportunities for healthy challenges
- Apply current research to create an 'action plan' for particular programs, interventions or contexts

How to access this program

This program is available for kindergartens with eligible School Readiness Funding.

This program can be delivered online or in person at the kindergarten, Bethany offices in Geelong/Warrnambool or other community settings.

Cost

\$195 per person plus GST

- * Minimum number of participants is three.
- * This workshop is three hours long.
- * Workshop content can be modified to meet the needs of particular kindergartens/educators.

Additional information

- * Additional travel and accommodation costs if more than 40 kilometer radius of Geelong or Warrnambool.
- * Delivery of workshops outside of standard working hours may be an option – please contact to discuss.

For more information or apply for this program contact:

Bethany Community Support **Ph: 03 5278 8122**

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