



EARLY YEARS EMOTIONAL REGULATION WORKSHOP

**Early Years Enhanced Core Training
Programme presents:**

**Enhanced Early Years Emotional Regulation
Workshop - supporting children's social, emotional,
mental health development.**

This training is designed for individuals who want to enhance their knowledge and skills in emotional regulation. Throughout the session, we will look at case studies and consider support strategies. This session is an opportunity for personal reflection and sharing our knowledge to find solutions. By the end of the training, participants will gain practical insights and tools to apply in their day-to-day work.

Participants are expected to complete the free online course [Prime Importance of Personal, Social and Emotional Development](#) prior to attending this workshop.



Upcoming Dates

**10th November 2026
9.30am - 12pm
Sessions House
Swale Rooms**

**28th January 2027
9.30am – 12pm
MASH Greenbanks
Thanet**

**18th March 2027
12.00pm – 2.30pm
The Old Railway
School
Ashford**

**More dates coming
soon**

BOOKING

Please click [here](#) to book training sessions.

Alternatively please click [here](#) for further information or email: stlstraining@kent.gov.uk