

PSED – All about emotions

This is the second of two modules covering the basic social and emotional development of under 5s. We recommend you do both.

- This 2 hour virtual session will support practitioners to understand healthy emotional development from birth, including the role of the key person in working with parents to support this. You will explore ways to help children manage their emotions, develop empathy and a positive sense of self.
- You are encouraged to also apply for All about relationships.

Learning Objectives:

- Explore ways to help children recognise, manage and express their feelings and emotions
- Understand what is meant by 'emotional intelligence' and reflect on how to support children to develop self-awareness, skills of self-regulation and the ability to empathise.
- Develop a plan for appropriately supporting each child's emotions during important transitions

[Apply for a place](#)

Any queries please email: eyc.wfd@suffolk.gov.uk

