



informed
early
years

Empowering Childhood through Compassion and Connection





“The way we talk
to our children
becomes their
inner voice.”

Peggy O'Mara



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www.informedearlyyears.com

Welcome to Informed Early Years!

We're thrilled to share our mission of empowering parents, families, and professionals in early childhood education and care. Our goal is to help you develop relational and compassionate practices that prioritise well-being through a trauma-informed lens.

Our offerings continually evolve with best practices and the latest research. Many of our courses are currently undergoing CPD accreditation, so you can be confident in the quality of your professional development. Look for the CPD Standards Office logo to identify these courses.

We look forward to supporting your journey toward enhancing children's lives.

E-Learning Courses Overview

Welcome to our comprehensive suite of e-learning courses designed for early years professionals, parents, and organisations. Our courses are structured to provide a progressive learning experience, starting from foundational knowledge and advancing to expert-level skills. Whether you are just beginning your journey or looking to deepen your expertise, our courses are tailored to meet your needs. Explore our range of beginner, intermediate, and advanced courses, all focused on fostering a supportive, mindful, and trauma-informed environment for young children.

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Tier One Courses (from £29)

Available
Now

- Introduction to Adverse Childhood Experiences (ACEs) for Early Years: A Beginners Guide**
Learn the basics of ACEs and their significant impact on children's development and well-being.
- Introduction to Behaviour as Communication: Understanding and Responding to Children's Needs**
Discover how children use behaviour to communicate and learn how to respond effectively to their needs.
- Awe and Wonder in Early Years: Creating Safe and Inspiring Environments**
Explore how to create environments that inspire curiosity and foster a love for learning in young children.
- Trauma-Informed Practice in Early Years: History and Origins**
Gain an understanding of trauma-informed practices and how they can be applied in early years settings.
- A Beginner's Guide to Mindfulness in Early Year**
Learn the fundamental principles of mindfulness and how to apply them to early childhood education.
- Building Strong Foundations: The Importance of Early Years Nutrition and Health**
Discover the vital link between nutrition, physical activity, and overall health in early childhood, emphasising the connection between physical and emotional well-being.






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Tier One Courses (from £29)

- ✔ **Supporting Social and Emotional Development in Early Years**
Guiding you through effective strategies to foster emotional intelligence, build positive relationships and support emotional well-being.
- ✔ **An Introduction to Self-Regulation in Early Years**
Explore the basics of self-regulation and strategies to support young children in managing their emotions.
- ✔ **The Power of Play for Early Childhood Well-being**
Discover how play helps foster cognitive, emotional, and social development while building resilience and well-being.
- ✔ **Positive Parenting Techniques for Early Years**
Designed for parents seeking to foster gentle, nurturing, and mindful relationships with their young children using practical strategies like positive reinforcement, co-regulation, and mindful parenting.
- ✔ **Attachments and Professional Love in Early Years (Coming Soon)**
Learn about attachment theory and the concept of professional love in early years settings.
- ✔ **Hygge in the Early Years (Coming Soon)**
Discover the principles of Hygge and how to create

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Tier Two Courses (from £35)

-  **Advanced Trauma-Informed Practice in Early Years**
Deepen your knowledge of trauma-informed care with advanced strategies and practical tools for early years settings.
-  **Mindfulness in Action: Implementing Mindfulness Practices in Early Years**
Learn how to integrate mindfulness across early years curricula and create a mindful culture.
-  **Emotional Literacy and Beyond: Fostering Emotional Intelligence in Early Years (Coming Soon)**
Explore the broader concept of emotional intelligence and advanced strategies for supporting emotional development.
-  **The Art and Science of Self-Regulation in Early Years (Coming Soon)**
Understand the neuroscience of self-regulation and learn advanced techniques to support children's emotional and behavioural development.
-  **Building Secure Attachments and Professional Love in Early Years Settings (Coming Soon)**
Delve into advanced attachment theory and the application of professional love in nurturing secure relationships with children.

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Tier Three Courses (from £35)

- ✔ **Leadership in Trauma-Informed Early Years Practice (Coming Soon)**
Lead the implementation of trauma-informed practices in early years settings with strategic planning, staff training, and policy development.
- ✔ **Integrating Mindfulness Across Early Years Curricula (Coming Soon)**
Take mindfulness integration to the next level by embedding it across daily routines and long-term planning in early years curricula.
- ✔ **Advanced Emotional Intelligence: Cultivating Resilience and Leadership in Early Years (Coming Soon)**
Harness the power of emotional intelligence to build resilient environments and lead with empathy in early years settings.
- ✔ **Innovative Approaches to Self-Regulation: Research and Practice in Early Years (Coming Soon)**
Stay at the forefront of self-regulation research and practice with cutting-edge techniques and personalised intervention strategies.

Our FREE Resources

At Informed Early Years, we release interactive PDF workbooks every month as free resources for parents and professionals alike. These workbooks are thoughtfully designed to provide practical strategies, insights, and interactive tools to help you build compassionate, relational practices. Each month's freebie explores a key aspect of children's well-being, focusing on topics like behaviour as communication, co-regulation, and secure attachments, helping you navigate the complexities of early childhood development.



Check out our latest FREEBIES

Workshops for professionals and organisations

Explore the tailored educational journey offered by Informed Early Years through our in-person workshops. Understanding the unique needs of individuals, families, and organisations, we specialise in crafting flexible and engaging training solutions, both in-person and online.

Find out more

Workshops for professionals and organisations

Core Workshops

- ✔ **Safe & Mindful Settings (from £295)**
Create nurturing environments where children can freely explore and express their emotions. This 3-hour workshop teaches you to foster warmth, security, and well-being, integrating concepts like Hygge and enabling environments to support every child's growth and happiness.



from
£295

Book Now!

- ✔ **Reshaping the Behaviour Policy (from £295)**
Transform your approach to behaviour with our 3-hour training. Explore the latest neuroscience to understand how experiences shape young minds. Learn empathy-driven strategies to foster emotional regulation and positive behaviour, creating nurturing environments that support holistic child development. Priced at £295, this session is an investment in revolutionising your early years setting's behaviour policy.



from
£295

Book Now!

Workshops for professionals and organisations

Core Workshops



Intro to Trauma-Informed Practice & ACEs (from £495)

Elevate your early years care with our comprehensive 6-hour training on Trauma-Informed Practice & Adverse Childhood Experiences (ACEs). Understand the profound impact of trauma on children's learning and behaviour and gain practical skills to apply trauma-informed strategies. Through interactive discussions and case studies, you'll learn how to strengthen relationships with families and support children facing ACEs. Priced at £495, this workshop offers the best value for those committed to making a lasting difference in children's lives.



from
£495

Book Now!

Parenting Support

Parenting is a rewarding journey, but it can also be challenging. At Informed Early Years, we're here to support you with compassion and expert guidance. We offer a wealth of experience, knowledge, and strategies to help you create a nurturing, relational environment for your child. Whether you're addressing behavioural concerns, developmental issues, or seeking confidence in your parenting, we're dedicated to your child's well-being. Together, we'll navigate parenting complexities, respecting your values and unique family dynamics.

For bespoke packages, contact us through our website for more details or to book a discovery call.

[Find out more](#)

The Essential Support Package

from
£149

Got a specific challenge or goal you want to tackle?

What's Included:

- ✔ 60 minutes of 1:1 mentoring*
- ✔ Comprehensive onboarding form
- ✔ Comprehensive action plan
- ✔ Five working days of follow-up email support**



[Book Now!](#)

The Enhanced Support Package

from
£349

Need more in-depth support or ongoing guidance?
The Enhanced Support Package offers extended mentoring and accountability.

What's Included:

- ✔ 3 x 60-minute 1:1 mentoring sessions* (to be used within three months)
- ✔ Comprehensive onboarding form
- ✔ Comprehensive action plan
- ✔ Email support between sessions plus five working days of follow-up email support after our final session**



[Book Now!](#)

Optional Add-On Session

from
£120

Ideal for those needing extra guidance beyond their initial package

What's Included:

- ✓ 60-minute 1:1 mentoring session (Online Video Call Only)
- ✓ Additional follow-up report with updated action steps and strategies
- ✓ Five working days of follow-up email support**
- ✓ Only available after booking 'The Essential Support Package' or 'The Enhanced Support Package'

Book Now!



Parenting with Purpose Guide

Just
£7.99

Our **Parenting with Purpose Guide** is a beautifully designed, **52-page interactive PDF** packed with expert insights, tips, and tools for parents. Available for just **£7.99** in the shop, this comprehensive guide covers essential topics such as **mindful parenting, co-regulation, and building secure attachments**. With daily observation charts, routine planners, and reflection journals, the guide is an invaluable resource for anyone looking to create a **nurturing and supportive environment** for their child.

Get yours NOW!



Join Our Community



Stay Connected

Subscribe to our emails to receive the latest updates, special offers, and valuable resources directly to your inbox. Follow us on social media for daily insights, tips, and community support.

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Get Involved

Join us in making a difference. Explore our services, participate in our workshops, or book a discovery call to see how we can work together for the well-being of children.

[Book a Discovery Call](#)



Connect with Us



Disclaimer

Please note that all prices are subject to change, and all services are subject to our terms and conditions.

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