

Early Years Learning Journey Example A

Strand A: All professionals working with young families

Strand B: All professionals working with more vulnerable and targeted young families

Webinar (90 minutes)

TOXIC STRESS: FIVE TO THRIVE IN PROMOTING RECOVERY FROM TRAUMA

Content: This webinar enables participants to reflect on the implications of trauma-informed practice, and forms the foundations on which a deeper knowledge base will be built through further training and tutorials

Participants: practitioners from both strand A and strand B will attend this live webinar (or access the recording if required)

Purpose: An opportunity to introduce the attachment-aware and trauma-informed knowledge base so that participants can begin to consider this for their practice

E-learning

COMMUNITY RESILIENCE & TOXIC STRESS: WORKING WITH TRAUMA ACROSS THE LIFESPAN

Purpose: to support and build upon the learning content delivered in the introductory webinar, and encourage reflective practice through journal entries and conversations.

Participants: all practitioners from both strand A and strand B – completion time dictated by participant

Webinar (90 minutes)

FIVE TO THRIVE AS A MODEL FOR PROMOTING SECURE ATTACHMENT, AND CONFIDENT AND REFLECTIVE PARENTING

Content: This webinar provides the knowledge base of what builds and maintains healthy brains, and enables participants to take this into practice when working with children, families and the wider community.

Participants: practitioners from **strand A**

Purpose: Five to Thrive provides a bridge between neuroscience and practice – this session will provide the knowledge base for supporting families in practice

NETWORK RESILIENCE, SECONDARY TRAUMA AND FIVE TO THRIVE

Content: This webinar enables practitioners to understand key issues surrounding the impact of secondary trauma, and then identify and develop skills in recognition, prevention and management of those effects.

Participants: practitioners from **strand B**

Purpose: To provide the knowledge base surrounding secondary trauma so that practitioners can recognise indicators, preventative factors and recovery needs

E-learning



Webinar (90 minutes)

Brain Development and Positive Parenting

Purpose: to support and build upon the learning content delivered in webinars 1 and 2, and encourage reflective practice through journal entries / conversations.

Participants: all practitioners in **strand A** – completion time dictated by participant

Secondary Trauma

Purpose: to support and build upon the learning content delivered in webinars 1 and 2, and encourage reflective practice through journal entries / conversations.

Participants: all practitioners in **strand B** – completion time dictated by participant

FIVE TO THRIVE IN PRACTICE: REFLECTION AND NEXT STEPS

Content: This reflective web-tutorial is an opportunity to discuss how Five to Thrive can be weaved and embedded into practice. Small group facilitated discussions will provide opportunity for sharing of practice and formulation of next steps.

Participants: practitioners from **strand A**

Purpose: to ensure practitioners have considered 'next steps' in applying and embedding the knowledge base into their practice, and the practice of others within their setting if possible

FIVE TO THRIVE IN PRACTICE: REFLECTION AND NEXT STEPS

Content: This reflective web-tutorial is an opportunity to discuss Five to Thrive and Mending Hurts in practice, reflect on the benefits of a trauma-informed practice, and discuss secondary trauma, with a focus on practitioner experiences.

Participants: practitioners from **strand B**

Purpose: to ensure practitioners have considered 'next steps' in applying and embedding the knowledge base into their practice, and the practice of others within their setting if possible