

EYFS Bitesize Training



These 1-hour training sessions explore a variety of topics that are specific to Early Years. They are delivered through a trauma-informed lens and will provide attendees with useful strategies and interventions to support children in Early Years settings.

Colleagues in Early Years settings are welcome to book onto one or all of these sessions.

'Ahh there's a bear!'

Thursday 5th October 2026 – 15:30 – 16:30

- * The impact of early trauma
- * Dr Bruce Perry's 5 states
- * Toxic shame and its impact

'999 – what's your emergency?'

Wednesday 13th January 2027 – 15:30 – 16:30

- * How to support a dysregulated child
- * Dr Bruce Perry and Louise Bomber's 4 R's (Regulate, Relate, Reason, Repair)
- * Window Of Tolerance

'You've got a friend in me'

Monday 15th March 2027 – 15:30 – 16:30

- * Relationship disruption
- * The attuned adult
- * PACE (Playfulness, Acceptance, Curiosity and Empathy)

'The same but different'

Wednesday 12th May 2027 – 15:30 – 16:30

- * The challenges of change
- * Quality transitions
- * Secure base

Visit our website for further information on [Training and Events](#).

Please book via [Services for Education](#)

