

# Sheffield Early Years Conference

## Please join us for the Sheffield Early Years Conference 2022.

We are lucky enough to have Kate Moxley and Anne O'Connor speaking to our Early Years Professionals across the city. For details on each speaker please see information below.

To attend the sessions, there is a charge of £100 which will enable unlimited access per setting.

Anne's conference session will be repeated, we hope this allows for more people to attend. Kate's first conference session was well received and we hope to have many more attend the second session.

To book a place, please email  
**[EarlyYearsBusinessSupport@sheffield.gov.uk](mailto:EarlyYearsBusinessSupport@sheffield.gov.uk)**

Please provide -

- attendees name and school /setting or Local Authority position
- school / setting / contact phone number
- email address of finance department invoice to be sent to

We look forward to seeing you!





# Anne O'Connor

Anne has more than twenty years' experience and leadership in nursery, infant and primary schools in inner London where she developed and coordinated one of the first Early Years Units in the London Borough of Tower Hamlets, in which both nursery and reception age children were integrated across mixed age groups over the full 3-5+ age span and where children with a wide range of SEND were fully supported within a mainstream setting. Working as a freelance, independent educational consultant since 2000, Anne provides training, consultancy, workshops and conference keynotes both nationally and internationally. She is a regular contributor to Nursery World and other publications and has written widely on the subject of Early Years care and education.

Her most recent titles include 'Understanding Transitions in the Early Years:

supporting change through attachment and resilience;(Routledge 2nd Ed 2019) and is co-author of 'Understanding Physical Development: linking bodies and minds' (Routledge 2016) with Anna Daly, with whom she founded 'Primed for Life' a training and consultancy organisation focussing on the Prime Areas of the EYFS and their crucial role in wellbeing and learning throughout the early years and beyond. As an adoptive parent of a child with SEND, Anne has a special commitment to supporting Looked After and adopted children in settings and raising awareness of the impact of early trauma, loss and neglect on children's wellbeing and learning. This has become even more widely relevant since the current pandemic and her work reflects the crucial importance of positive relationships in children's early lives.

**Moving and Grooving: exploring the powerful links between attachment and self-regulation, sensory development and movement play.**

**Tuesday 21st June 9.30-12pm**

**OR**

**Monday 27th June 1.30-4pm**

**Online over Zoom**

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We've all been struggling over the last couple of years but those of us working with young children and their families are seeing the impact that the stress and uncertainty of these times are having on our youngest citizens.

Now more than ever, we need to pay attention to our children's need for relationship and physical connection and the important role played by the Prime Areas throughout the EYFS and beyond.



**This session will:**

Focus on the powerful links between children's physical development and their personal, social and emotional development

Look closely at attachment and co-regulation and their importance in the development of later self-regulation.

Consider the fundamental ways in which our early sensory and movement experience contribute to emotional wellbeing and development

Offer simple suggestions for promoting sensory and movement play within continuous provision to support healthy emotional development

# Kate Moxley

I am a proud and enthusiastic Author, Consultant, Trainer and Speaker specialising in wellbeing and mental health. Founder of the Wellness for All training company and a Mental Health First Aid England Instructor Member.



I am dedicated to leading a new agenda to improve the mental health and wellbeing of the early years workforce. I love nurturing teams to develop mentally healthy working environments that improve outcomes for children. I combine my experience and love of the EY sector with a BA (HONS) in Early Childhood Studies, along with over two decades of real-life first-hand experience of working with children and families in educational and PVI settings. I pride myself on my own unique approach, sharing individual experiences of my hands on, real life, relatable practice as an EY educator. I strive to advocate and raise awareness, training and education on mental health and mental health issues for the wellbeing of all staff, children, and families.

I am the founder and organiser of Early Years Wellbeing Week #EYWellbeingWeek which runs every year in line with world mental health day on 10 October.





**Wednesday 15th June 1.30-4pm**  
**Online over Zoom**

## **STAFF WELLBEING AT THE HEART**

### **SETTING A NEW AGENDA FOR THE HEALTH AND WELLBEING OF EARLY YEARS EDUCATORS**

Going to work should be good for our wellbeing, yet often educators find they are compromising their own health for a job role that demands so much and can reward with so little. The very skills and characteristics that working within the early years requires, are the ones that can be taken away, leaving a workforce facing burnout and compassion fatigue.

It is little wonder we find navigating, wellbeing issues in the workplace tricky when early years educators have likely never had any formal training or support that focuses on their own health and wellbeing. In 2022 we should not be playing games with our own health. It is time we took seriously the risk factors that threaten our physical and mental wellbeing. You are more than a job.  
You deserve more than just to survive.

We can lead change. We can put down foundations for mentally healthy workplace cultures that value the quality of health, that celebrates having a life outside of work, where it is the norm to put your health above work. This wellbeing webinar will put your health at the heart of policy and practice and over a two and a half hour online session I invite you to explore,

Wellbeing—intersection of wellbeing, five ways to wellbeing  
Mental Health—stress, mental health issues, cultural perspectives, able-ism  
Self Care—resilience, boundaries, emotional intelligence  
Workplace Wellbeing Issues  
Risk Factors for Wellbeing  
Breath of life—creating a community of care

This session is for you if you would like to develop your understanding of wellbeing and mental health, develop you own wellness toolkit, look out for and support colleagues, prioritise work-life balance, take away practical tips and ideas

**SELF-CARE ISN'T ENOUGH WE NEED COMMUNITY CARE TO THRIVE**

