

LIVE

FROM CO-REGULATION TO SELF-REGULATION:

Laying the Foundations in the First Five Years



Tuesday 3rd March 2026



9.30am - 10.45am

Hosted by **Dr Mona Sakr**, an Associate Professor of Early Childhood Education at Middlesex University.

This webinar will focus on how strong emotional and social support in the first two years helps lay the groundwork for what comes next. Drawing on neuroscience and attachment theory, we'll look at how early relationships shape a child's ability to manage emotions and navigate the world. There's no perfect way to do this—we're all learning as we go—but there are key things we can do early in life that make a real difference for children and the adults they'll become.

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