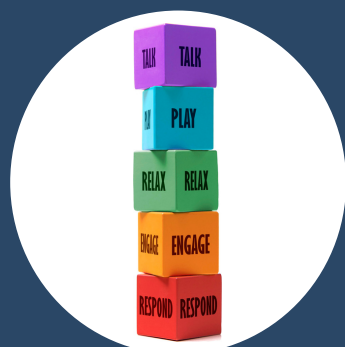


Five to Thrive - for Early Years

Training Opportunities for Early Years professionals

About Five to Thrive

KCA's model **Five to Thrive**, is a model for promoting secure, attuned, need meeting relationships based on the neuroscientific understanding of what happens inside us, as the meeter of needs, when we make an attuned, connected relationship with a baby or child and the brain building potential of these **Five to Thrive Relationships**.



The training provided by **Shropshire Early Years Team** and funded by **Shropshire Virtual School** enables participants to connect theory to daily practice in a meaningful and accessible way. This course has been built with **Early Years Professionals** in mind to ensure understanding, confidence and practical applications to practice

The session begins with developing a foundational understanding of how the human brain responds to stress. Participants explore the neurobiology of stress, focusing on how unregulated stress impacts brain development, impairs regulation, and can lead to trauma. This training highlights how trauma affects behaviour and relationships. Participants will be introduced to the **Five to Thrive** model as a way to co-regulate with individuals who are, in the moment, unable to self-regulate.

To book...

Click [HERE](#) or scan the QR code



A choice of 2 dates:

Friday 4th December 26 - 9am to 12noon

Venue: Guildhall, Shrewsbury

OR

Friday 22nd January 27 (9.00am to 12noon)

Venue: Guildhall, Shrewsbury