



# The Developing Brain

What young people need from childhood to adolescence - from the inside out.

With growing insights into the development of the brain from infancy to adolescence, we have never been more equipped to understand what children need to optimise their growth from infancy to adolescence. Drawing on the most recent research in neuroscience, we will explore how to best meet the changing emotional, behavioural, and developmental needs of children and adolescents. This dynamic workshop is for parents, educators, or other professionals who work with young people. It will make sense of behaviours that can often make no sense at all, and provide powerful insights into how to respond to young people to support the healthy growth emotional, social, academic and behavioural growth of all children. Participants will learn:

- how the brain develops from infancy through childhood, to adolescence;
- the primary needs of the brain at each developmental stage;
- what neuroscience can tell us about how best to respond to tantrums and 'big feelings';
- how to nurture self-control and emotional self-regulation in children, and why this is so important;
- how to teach children to be the 'boss of their brain'.
- why relationship is the key to behaviour and healthy child development;
- how play supports optimal brain growth at every stage of development, and how to integrate this knowledge into practice;
- why many common behaviour management techniques don't work, and what to do instead;
- the remarkable changes that happen in the brain during adolescence, and how to use this understanding to strengthen your connection and influence with the teens in your life;
- getting the foundations right - what every brain needs to flourish and why;
- how resilience happens in the brain, and how to develop this in all children;
- how behaviours are built in the brain - why old habits die hard, why new behaviours take time, and how understanding this can build resilience and grit.



## About Karen Young

In her work as a psychologist, Karen has worked extensively with families, children and teens. She is the founder of 'Hey Sigmund', an online resource that provides contemporary, research-driven information on anxiety. The website attracts millions of visitors each year. She is the author of the bestselling 'Hey Warrior' and 'Hey Awesome, which creatively empower children to understand and manage anxiety. Both books have been translated into a number of languages. She is a sought-after speaker and consultant, both at home in Australia and overseas.