Early Years Therapeutic Approaches to behaviour 2026 - 2027

TAB is the local authority's preferred strategy to supporting Emotional Wellbeing and Behaviour for children in the Early Years (0-5years). The approach forms part of the authority's Emotional Wellbeing and Behaviour Strategy and is underpinned by therapeutic approaches to behaviour management. The key principle of this training is to take an attachment and trauma approach in support our Early Years children who might have experienced Adverse Childhood Experiences (ACEs).

TAB explores a specific area of practice (Early Years Emotional Wellbeing and Behaviour) offering evidence-informed strategies, reflective opportunities and practical approaches that can be easily implemented within everyday interactions with Early Years children. The aim is to strengthen practitioners' ability to create nurturing environments, support children's social and emotional development and responding effectively to Emotional Wellbeing and Behavioural needs in the Early Years.

Lite Bites

The Early Years Emotional Wellbeing and Behaviour Lite Bites sessions have been designed to provide accessible, practical support for Early Years practitioners. These concise learning opportunities focus on key themes commonly experienced within Early Years settings, helping practitioners to develop their understanding, confidence and skills in promoting positive emotional wellbeing and behaviours in the Early Years environment.

Bookings - All bookings for the below training can be found on Send Academy | Hertfordshire County Council

Autum term 2026 – Early Years Emotional Wellbeing and Behaviour training offer for Early Years providers. **Bookings** ***Send Academy | Hertfordshire County Council***

30th September 19:00 – 20:00	**Childminder Introduction to TAB EYs**	Virtual
5TH October 10 - 11	**Lite Bites – Boys 'we see you' EYs**	Virtual
5th October 11- 12	**Lite Bites – 'feelings' is there more to it than Happy and sad? EYs**	Virtual
8th October 9.30 – 11	**Introduction TAB EYs**	Virtual
15th October 10 -11	**Lite Bite – supporting children in the EYs to build resilience**	Virtual
10th November 10 -11	**Pilot Lite Bite – Use of Technology on EYS**	Virtual
11th November 10 - 11	**Lite Bites – Biting in the Early Years**	Virtual
18th November 10 - 11	**Lite Bite –supporting risk taking play in the EYs**	Virtual
27th November 9.30 – 3.15	**Face to Face Full TAB Eys in Apsley**	Face to Face
27th November 9.30 – 3.15	**Virtual Full TAB EYs**	Virtual
3rd December 10 -11	**Lite Bite – Transition and separations in EY**	Virtual

Spring term 2027 – Early Years Emotional Wellbeing and Behaviour training offer for Early Years providers . **Bookings** ***Send Academy | Hertfordshire County Council***

14TH January 10 -11	**Lite Bite – Use of Technology for the EYs**	Virtual
19th January 9.30-10.30	**Lite Bite – Boys 'we see you' EYs**	Virtual
21st January 13 -14.30	**Introduction TAB EYs**	Virtual
28th January 9.30-10.30	**Lite Bite – Feelings 'is there more to it than happy and sad EYs**	Virtual
4th February 10 -11	**Lite Bite – supporting children in the EYs to build resilience**	Virtual
8th February 10 - 11	**Lite bite -supporting risk taking play in the EYs**	Virtual
11th February 9.30 – 3.15	**Full virtual TAB EYs**	Virtual

3rd March 10 -11	**Lite Bite – Biting in the Early Years**	Virtual
4th March 10-11	**Pilot Lite Bite-Growing Calm: Supporting Emotional Regulation in Early Years**	Virtual
9th March 19:00 – 20:00	**Childminders Intro TAB EY**	Virtual
11th March 10 -11	**Lite Bite – Separation and Transitions in the EY**	Virtual
16th March 10:00 - 11:00	**Lite Bite – The Power of Language in the Early Years**	Virtual
17th March 9.30-11.00	**Lite Bite – Understanding behaviour through observations**	Virtual

Summer term 2027 – Early Years Emotional Wellbeing and Behaviour training offer for Early Years Providers. **Bookings** ***Send Academy | Hertfordshire County Council***

20th April 9.30 – 10.30	**Lite Bite – Boys 'we see you' EYs**	Virtual
20th April 11 – 12	**Lite Bite – Feelings 'is there more to it than happy and sad EYs**	Virtual
28th April 10 -11	**Lite Bite – Biting in the Early Years**	Virtual
4th May 10 -11	**Lite Bite – supporting children in the EYs to build resilience**	Virtual
13th May 10 - 11	**Lite bite -supporting risk taking play in the EYs**	Virtual
19th May 19:00 – 21:30 26th May 19:00 – 21.30	**Childminder Part 1 TAB EY** **Childminder Part 2 TAB EY** ***Need to attend both sessions**	Virtual Virtual

20th May 10-11	**Lite Bite – Separation and Transitions in the EY**	Virtual
25th May 9.30-11	**Lite Bite - Understanding behaviour through observation**	Virtual
16th June 9.30 - 11	**Introduction TAB EY**	Virtual
21st June 1- 2	**Lite Bite - Use of Technology for the EYs**	Virtual
30th June 10-11	**Lite Bite- Growing Calm: Supporting Emotional Regulation in the Early Years**	Virtual
7th July 10:00-11:00	**Lite Bite – The Power of Language in the Early Years**	Virtual