

Emotional Health and Wellbeing training opportunities

Leicestershire County Council (LCC) Early Years Inclusion and Childcare Service

LCCs Early Years team offer a range of training courses for those working in the private, voluntary, and independent childcare sector. Courses include Safeguarding, working with SEN children and Communicating with Signs and Symbols, to name a few.

Early Years also offer a network of Leaders and Managers 'Matter' information sessions for Leaders and Managers who are working in a registered childcare provision in Leicestershire.

For more information about all the sessions available please visit <https://www.eventbrite.co.uk/o/early-years-inclusion-and-childcare-service-17452958459>

MindEd - eLearning to support Healthy Minds

Aimed at those working, volunteering, or studying to work with infants, children, teenagers, or adults. MindEd webinar sessions are all FREE and include sessions on:

- Adverse Childhood Experiences (ACEs)
- MindEd for Families – with specific reference to those working with under 5s
- Attachment and Human Development
- Developing Play and Language



View the [Session Brochure](#) to see the full catalogue of eLearning sessions.

The MindEd Tips and Resources Hub offers quick access learning for professionals working across health and education settings. The Tips and Resources Hub features accessible tips and resources for professionals on feeding problems and eating disorders and top tips for education staff.

More information can be found at <https://www.minded.org.uk/> -

Anna Freud Charity

Anna Freud is a world-leading mental health charity for children and families. Their website has several resources for early years wellbeing including working with babies & young children on digital platforms, coronavirus support, and a 'Bonding with baby' podcast.

For more information, please visit <https://www.annafreud.org/resources/under-fives-wellbeing/>



BBC Bitesize

BBC Bitesize has a series of short videos aimed at Foundation stage children which settings may wish to access for pre-school children. Themes include 'What are feelings?' 'Getting on with other people' and 'Recognising others' feelings. For more information, please visit <https://www.bbc.co.uk/bitesize/subjects/zvryt39>

Pacey

Pacey – the Professional Association for Childcare and Early Years provides FREE CPD resources for all staff working in the early years sector. For more information, please visit

<https://www.pacey.org.uk/training-and-qualifications/free-cpd-resources/>

