

Spring 2

# Early Years Newsletter

As people, we all have an individual internal working model which is unique to us - this is what makes us, 'us.' By age 3, all of those experiences in our first three years of our lives, will have shaped our internal model. Childhood experiences shape who we are, our ability to emotionally regulation, build relationships, form friendships, our confidence to try new things and therefore our experiences at school and ability to learn. Neuropathways in our brains can be reshaped - the brain is truly amazing, but this takes time, love and patience.

Children are incredibly challenging at times - largely to those adults who they are closest to and particularly after a hard day at school when their minds are busy and over-stimulated. This doesn't make you a bad parent in any way at all - this is children being children. However, how adults deal with challenging behaviour directly impacts a child's development. We will be offering a selection of helpful posters at our parent consultation appointments which explore topics including:

What a child's behaviour is really telling you,

How to coregulate with a child.

Tantrum vs Meltdown.

## Drop-in Sessions For parents of Early years children with emerging



**SEND**

Please scan the QR code for more information and to book

Come and join us for a friendly and informal drop in session, designed to provide support, advice, and a chance to connect with other parents and carers.

21st January- Newport Family Centre  
27th February- Sandown Family Centre  
23rd March- Ryde Family Centre

9.30am - 10.30am or  
10.30am - 11.30am

### Community Links:

Barnardo's offer a wide range of support for families including courses and workshops for parents/carers of children from 0-19. For full information on the range of support available, please see our website.

[Welcome To Isle Of Wight Family Centres : Isle Of Wight Family Centres](#)

We also have 'Pop in's' this term at our Family Centre where parents/carers can drop in for a friendly chat and to find out more.

West Wight Family Centre, Moad Place, PO40 9XH, 01983 529208.