



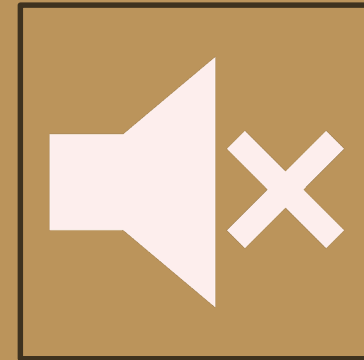
BB TRAINING

Introduction to Mental Health in Early Years

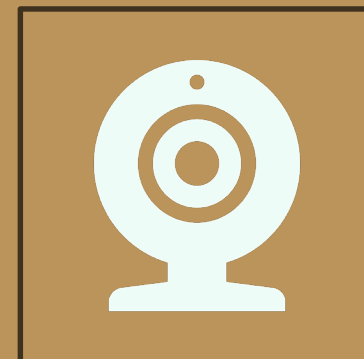
www.bbtraining.com



Before we Start



Remember to keep
audio muted



Refrain from sharing your
screen and webcam



Thank You!

Welcome from BB Training



Paul Moore
CPD Manager

Aims & Objectives

- To define mental health
- Look at strategies to build children's resilience
- Securing attachments



Department for Education

“We are investing more in mental health support with an additional £2.3bn a year being spent by 2023-24”

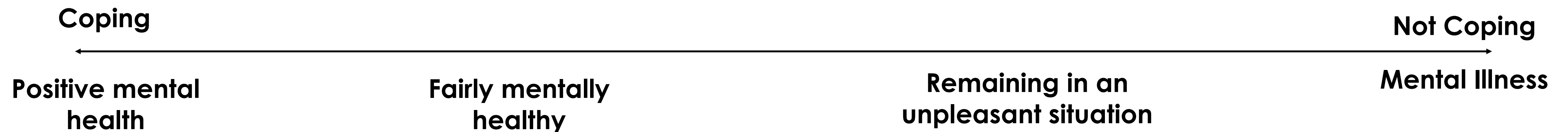
Mental Health Definitions

Mental Health

Mental health affects how we think, feel, relate to others and handle stress

Mental Health Problem

Distress which can include depression and conduct disorder



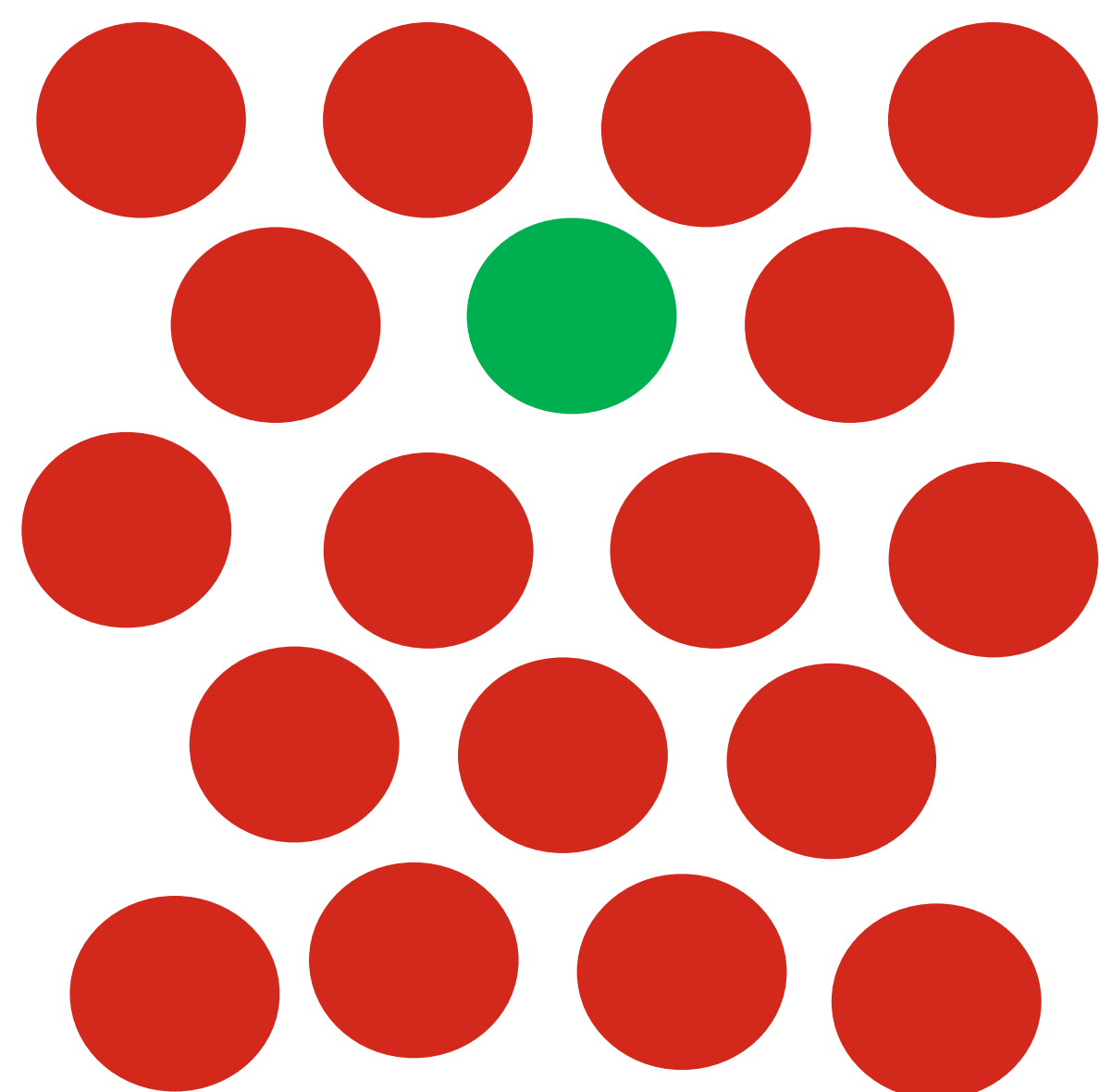
Positive Mental Health

Having friendships

An ability to play and engage

A developing understanding of what is 'right and wrong'

Mental Health of Children and Young People in England: November 2018



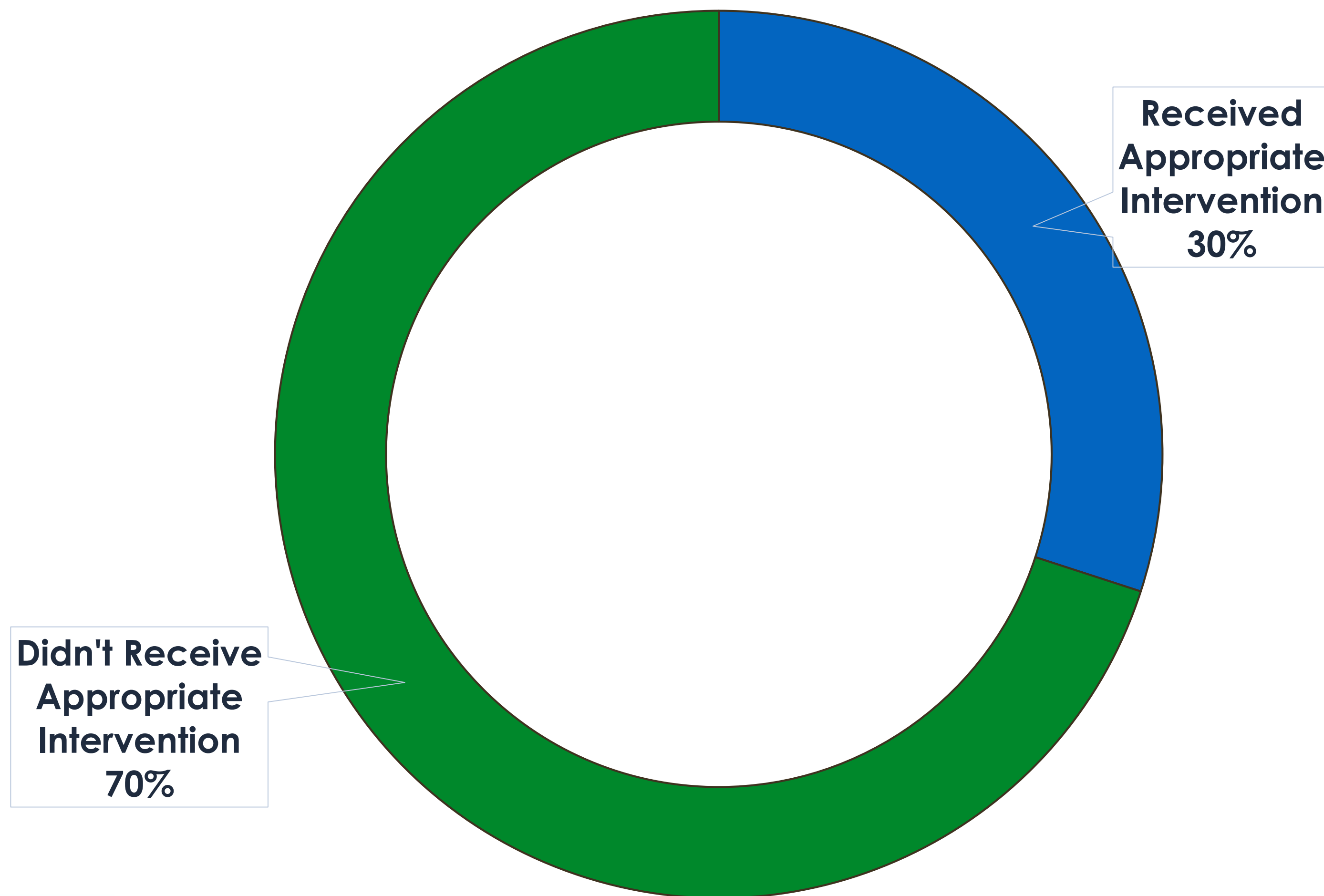
1 in 18 Pre School Children were seen as having a mental disorder

2.5% of Children consisted of Oppositional Defiant Disorder

In 2 to 4 Year Olds Boys are more Likely to be Affected than Girls



Children Who Have Experienced a Mental Health Problem (Mental Health Foundation)



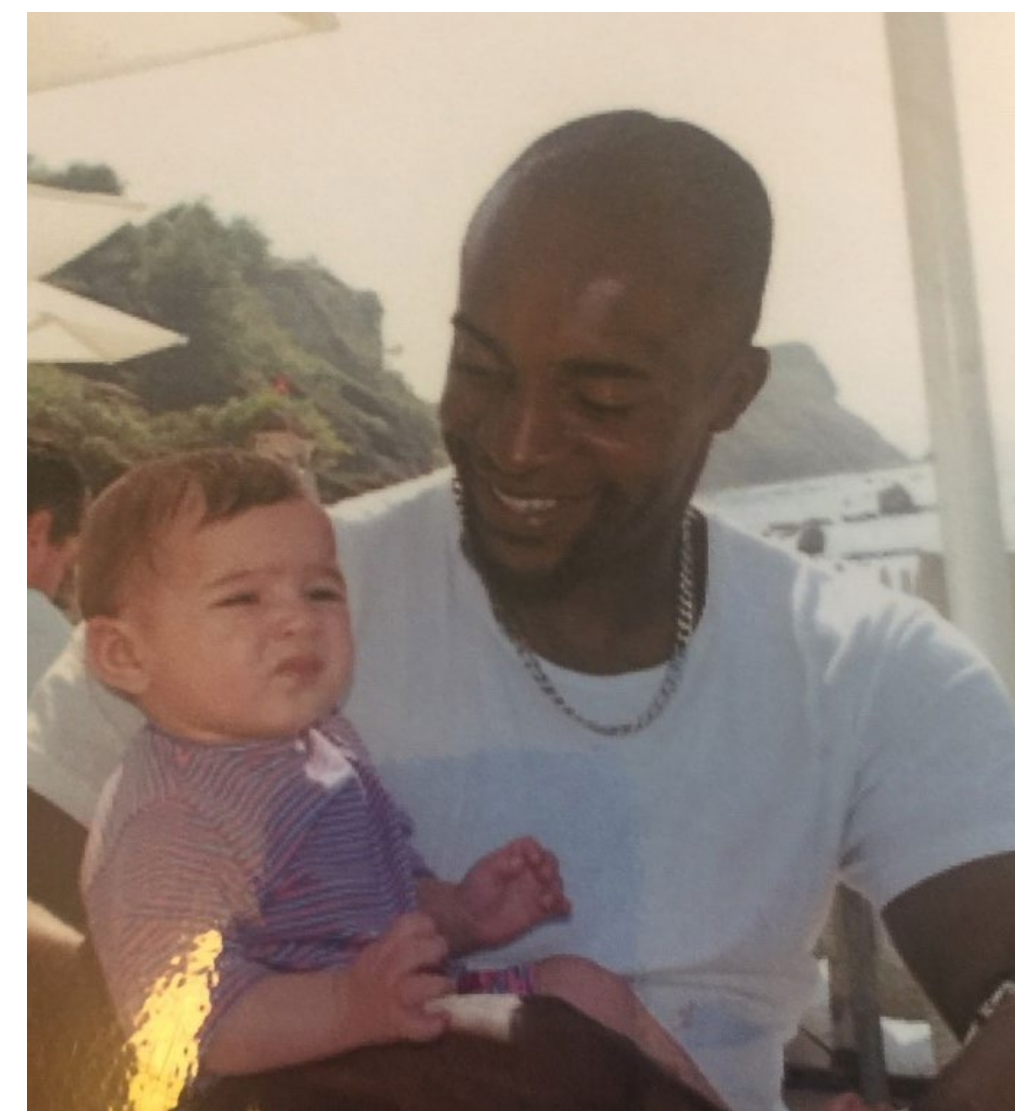
What we Want for their Childhood



To be Liked
To have Friends



To Play
To have Fun

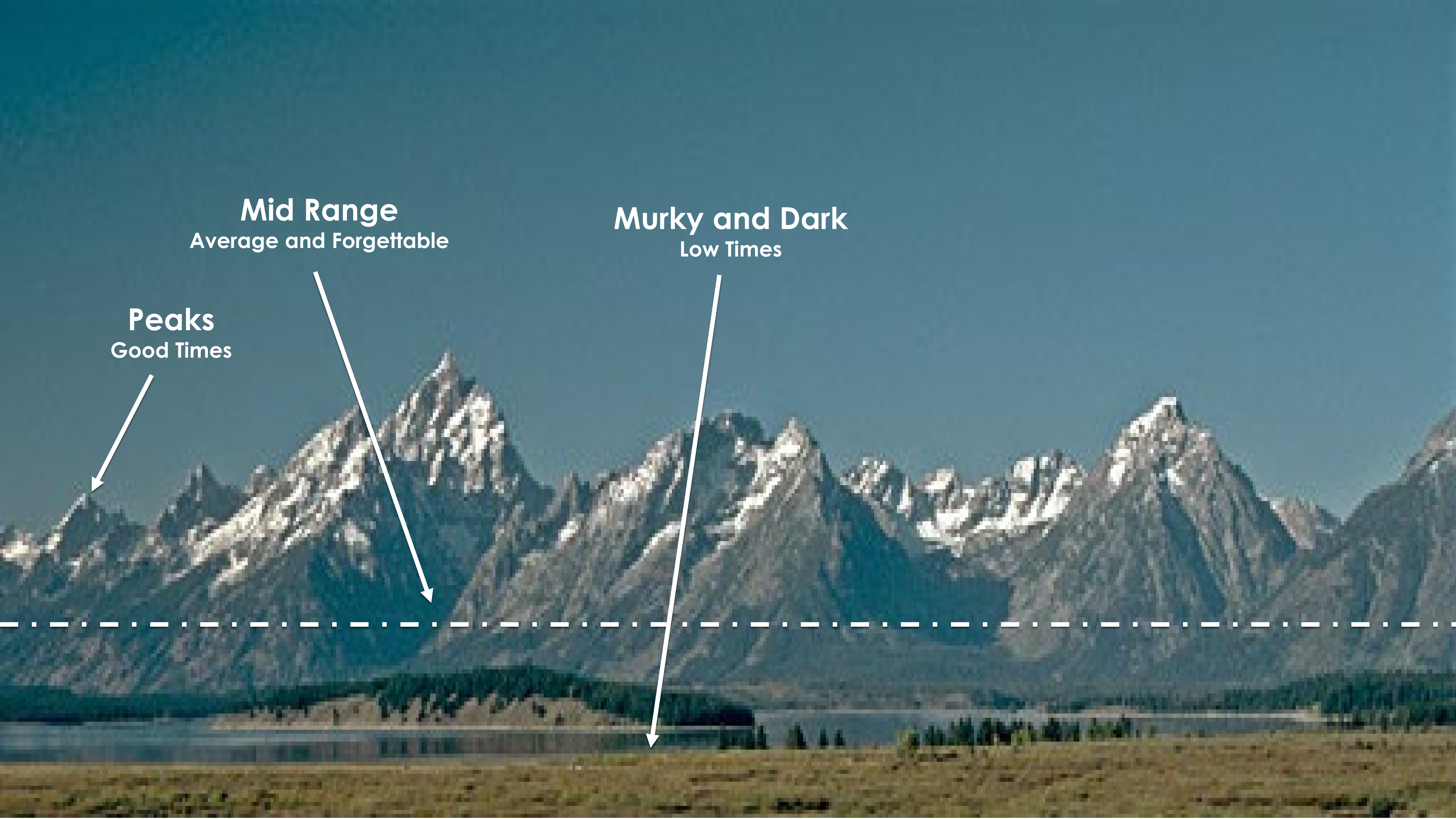


To be Protected
To be Cared For



To be Happy!

Is this enough?



Mid Range
Average and Forgettable

Murky and Dark
Low Times

Peaks
Good Times



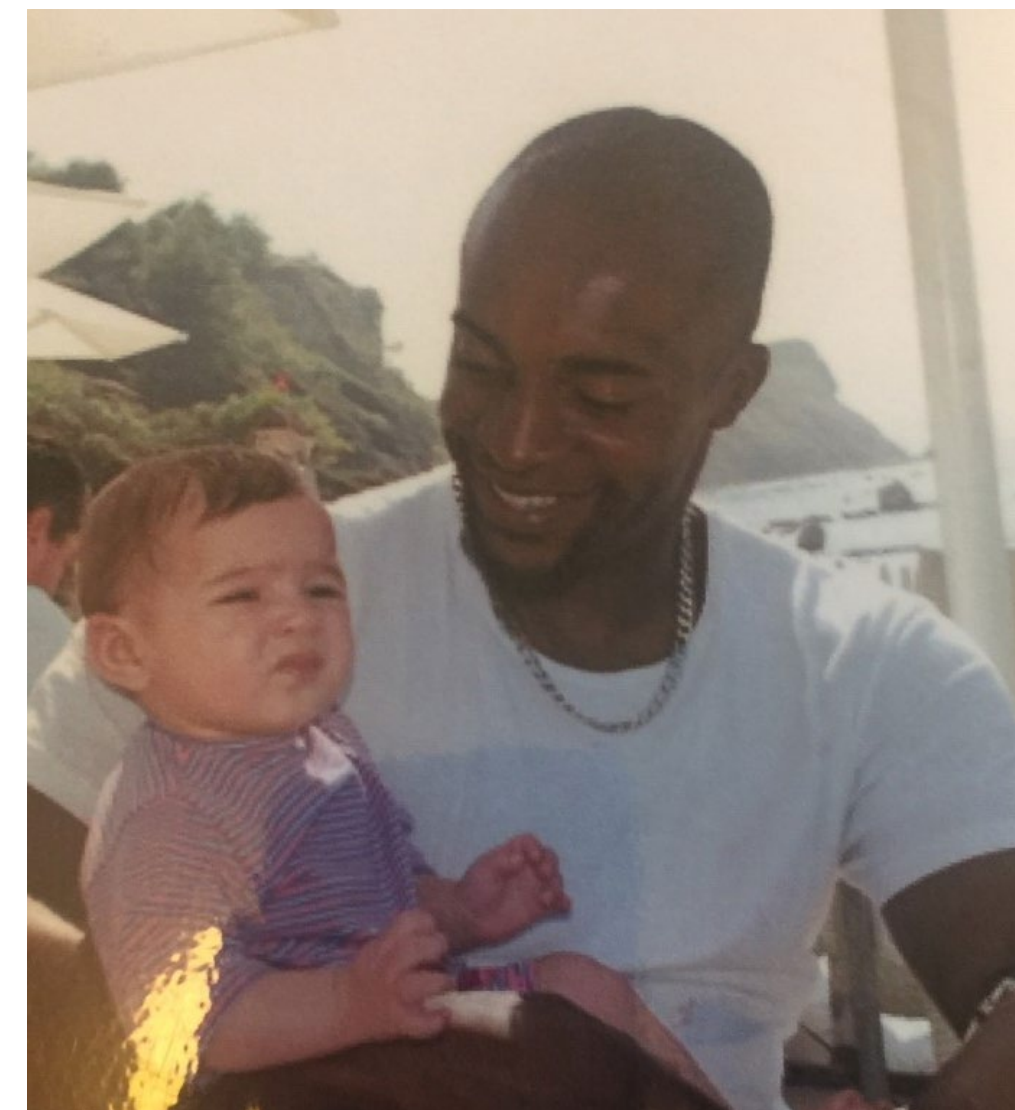
Revisiting What we Want for their Childhood...



To be Liked
To have Friends



To Play
To have Fun



To be Protected
To be Cared For



To be Happy!

Does it Matter so Early on?

90%

of a child's brain
development
happens
before age 5

Source: Harvard Center for the Developing Child



- **90% Brain development before age 5**
- **10% Brain development after age 5**



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Building Resilience in Childhood

Offering support

Exercise

Uninterrupted one on one time

Opportunity to solve problems

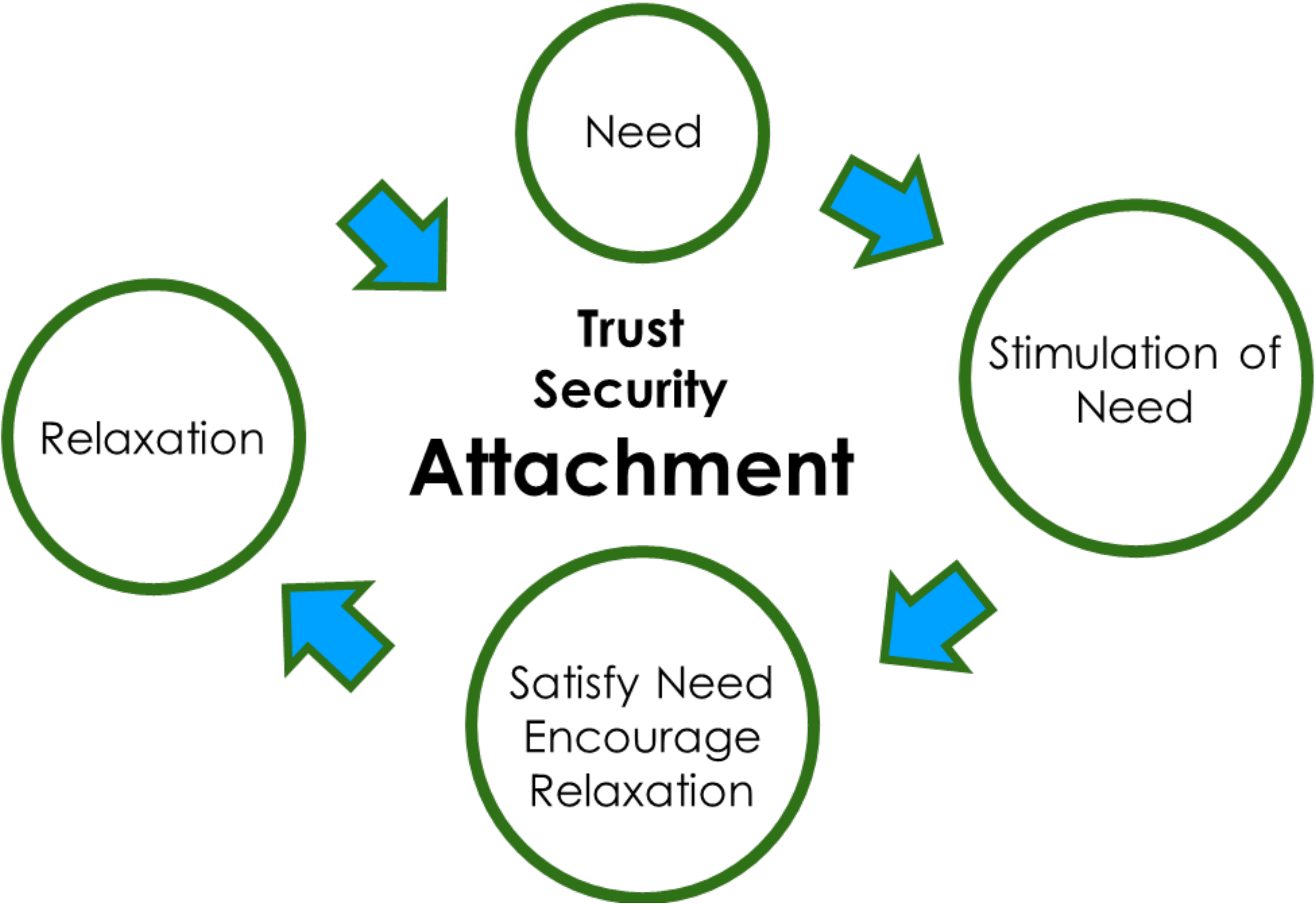
Sleep

Limit processed foods

Allow children to feel loved, trusted, understood, valued and safe

This list is not exhaustive

Developing Attachments

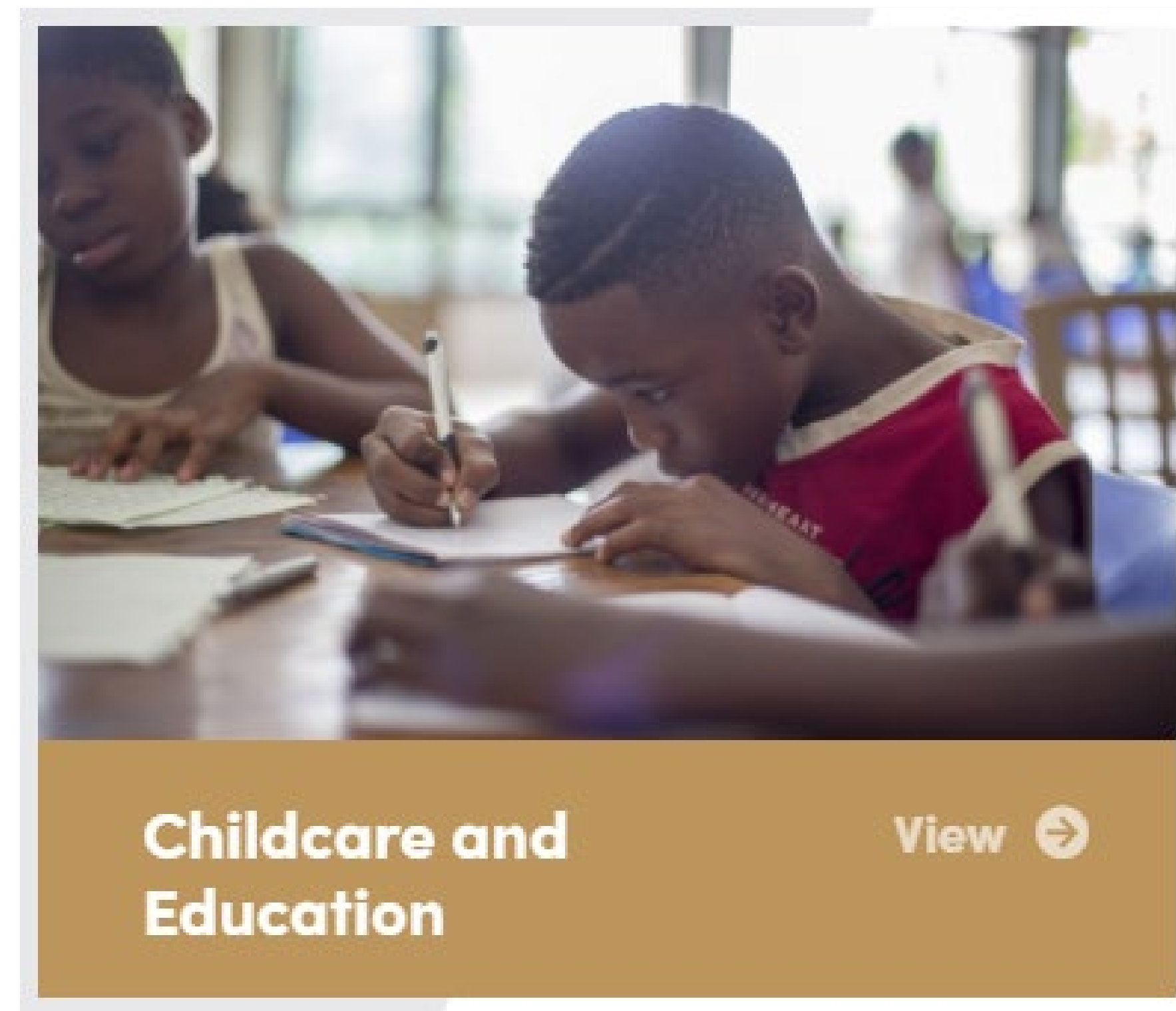


Some Key BB Training Courses

Promoting Positive Behaviour

Supporting Babies and Children with SEND

Play, Teaching and Learning



**Have More
Questions?**

**Add us on Social
Media!**



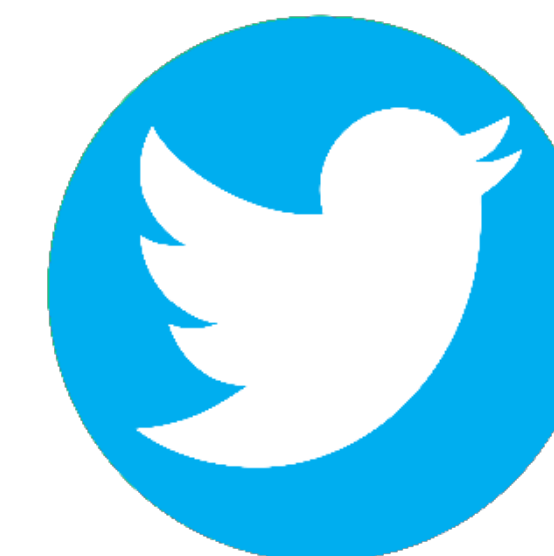
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