

Attachment, belonging and connection webinar: The key components of good mental health, wellbeing, resilience and emotional regulation for children and young people within your educational setting and family network.

This NESA approved conference will contribute 4.5 hours of NESA registered PD addressing 6.2.2 and 7.4.2 from the Australian Professional Standards for teachers towards maintaining Proficient Teacher Accreditation in NSW.

Attachment, belonging and connection are the most important contributors in building healthy relationships with children and young people. They ensure good mental health, resilience, emotional regulation and set the framework for positive educational and parenting practices across the lifespan of individuals.

This webinar is suitable for educators, teachers, support workers, parents, caregivers and others who play important roles in the lives of children and young people. It will provide an opportunity to better understand the underpinnings of belonging, connection and building healthy attachment principles into educational settings and home life. This will be achieved by applying the principles of attachment theory, including aspects of the highly acclaimed 'Circle of Security' program.

Attendees will develop a deep understanding of:

- how to build healthy attachments
- how to recognise when attachments have gone off track and how to get them back on track
- how to scaffold this into building resilience and healthy boundary settings
- the importance of belonging.

With the correct balance of theory and practical components, this is a webinar not to be missed by anyone wishing to make the most of relationships and connections for a healthy future for themselves, the children in their care and their families.

Webinar details

Date: Thursday 17 September and Thursday 24 September 2020.

Time: 3:15pm – 5:30pm AEST both days.

Price: \$120 including GST.

Location: Online webinar. Registered attendees will be email login details the week before the webinar.

Speaker: Heather Irvine-Rundle, senior clinical psychologist and director of The Read Clinic.

<https://committedtochildcareconferences.com/attachment-belonging-connection-webinar/>