



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](#)

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

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

3 rd March 10 -11	Lite Bite – Biting in the Early Years	Virtual
4 th March 10-11	Pilot Lite Bite-Growing Calm: Supporting Emotional Regulation in Early Years	Virtual
9 th March 19:00 – 20:00	Childminders Intro TAB EY	Virtual
11 th March 10 -11	Lite Bite – Separation and Transitions in the EY	Virtual
16 th March 10:00 - 11:00	Lite Bite – The Power of Language in the Early Years	Virtual
17 th 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](#)

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

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