

# Award in an Introduction to Neuroscience in Early Years

Level 2    ::    120 TQT    ::    105 GLH    ::    QN 603/5216/4

This thought-provoking NCFE CACHE qualification combines two highly topical themes within child development and early years provision – neuroscience and self-regulation.

Neuroscience is an exciting field of research that has huge significance to anyone who supports babies or young children. This qualification is designed to give learners an introduction to the subject, and to share with them some of the remarkable insights it has given us in terms of how the infant brain develops, and how this is affected by a range of external influences.

For example, advances in technology mean we can now see the damaging effects that stress, trauma and a lack of adult care and affection can have on the developing structures of the brain and how these can detrimentally affect learning and behaviour. Conversely, we can also see the powerful and positive effects of affectionate and responsive caregiver relationships and of nurturing care environments.

This qualification also explores the topic of self-regulation in early years. These are a critical set of skills that help children to remain calm, attentive and able to deal with powerful emotions such as fear, anger and sadness. Children are not born with these skills; they develop them over time when they are supported to understand their feelings and actions by caring and responsive adults. This is one of the reasons why, for the first time, self-regulation has been included as an early learning goal in the new Early Years Foundation Stage (EYFS) statutory framework.

As well as explaining the theory behind the science, this course will provide learners with practical advice in terms of how to promote healthy brain development in the critical first seven years of life, and how they can support children to develop those vital self-regulation skills.



**Understanding Neuroscience  
and Self-Regulation in  
Early Years**  
Level 2



## What are the benefits of doing this course?

As well as attaining a nationally recognised NCFE CACHE qualification upon completion, candidates will cover a range of topics including: how the brain develops (both during pregnancy and during the child's first seven years); the importance of positive early experiences, secure attachments, and nurturing environments; how stress and adverse childhood experiences (ACEs) can affect brain development and subsequent behaviour; understanding self-regulation and how adults can nurture this in young children through co-regulation; the meaning and importance of 'emotion coaching' and how this can improve practice in early years settings.

The course also provides employers with a structured training programme, giving peace of mind that staff of all levels better understand the role they can play in nurturing healthy brain development and children's ability to self-regulate.

## Who's it for?

Whether it is in a personal or professional capacity, this course has relevance to anyone with an interest in child development and the factors that affect children's behaviour, emotional well-being and ability to learn. It is particularly relevant to early years practitioners, teachers and teaching assistants, childminders and those who work in children's services. It should also be a valuable aid to parents and other primary carers.

## Course content

The Level 2 Award in an Introduction to Neuroscience in Early Years comprises two mandatory units as follows:

*Unit 1: Understanding neuroscience in early years*

*Unit 2: Understanding self-regulation and how to nurture this in children from birth to seven years*

## Course materials

Hallmark Education has published all the learning materials required to complete the qualification. These materials have been reviewed and officially endorsed by the awarding organisation, NCFE CACHE. This means that our learning materials have gone through a rigorous assessment process. Official AO endorsement gives providers the peace of mind that our resources are 'fit for purpose'.

Our learning materials comprise a set of high-quality knowledge workbooks that are designed to suit a range of delivery methods. Within these workbooks, learners have the opportunity to work through a series of reflective activities that are designed to reinforce the learning process and test their knowledge. The materials also include an assessment that enables learners to produce a portfolio of evidence covering all the learning outcomes associated with each unit. We also produce a comprehensive tutor marking guide to support centres delivering this qualification.



## For further information, please contact:

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