

## FREE PRESENTATION

# Stress, the Brain and Self-Regulation in the Early Years: The Important Role of Early Childhood Educators



Presented by:  
**Dr. Susan Hopkins**  
Executive Director  
The Mehrit Centre

Scientists now understand that the better children can self-regulate, the better they can develop emotional, cognitive and social skills and rise to the challenges of living and learning.

But what exactly is self-regulation, why do some children struggle with it, and what can we as early childhood educators and caregivers do to enhance its development?

The answer is largely a story about stress. Join us and learn how stress affects children and what we can do to help children (and ourselves) understand, recognize and manage various kinds of stressors.

### TO REGISTER

Call  
**780-464-8209**  
leave a message

Or email  
[Sue.Bennett@strathcona.ca](mailto:Sue.Bennett@strathcona.ca)

**Tuesday September 26**  
**1:00 - 4:00 p.m.**  
**Festival Place**  
**100 Festival Way**  
**Sherwood Park AB**

Hosted by the Strathcona County  
Early Childhood Coalitions



**STRATHCONA**  
COUNTY