**Promoting Self-Regulation in Schools**

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Schools

**Handrails not Handcuffs**

A developmental,

Brain-based approach

To teaching pro-social

And emotional skills

Norwich

7th February 2019



‘Behaviour Management’ approaches are dependent upon the enforcement of authority and only work as long as the person exerting the authority is prepared and able to enforce it, and the person under the influence of the authority is prepared to submit to it. When a person refuses to submit, for whatever reason, a stale-mate is reached, sometimes with disastrous consequences. We see this daily in families, the workplace, prisons, and maybe most worryingly, in our schools.

Many schools continue to use outmoded, unkind and shaming systems, which do not benefit many children and cause lasting damage to some. Furthermore, they often trap, or ‘handcuff’ children into negative responses, rather than teach or provide a supportive ‘handrail’ towards more effective, pro-social skills. Is it helpful for a four-year-old to have his/her name added to the ‘sad’ list, whatever shape that might take? Sometimes, this happens within days or weeks of starting school. To be publicly named and shamed in front of other children and adults for being ‘naughty’, or ‘making a bad/wrong choice’ for something as simple as not sitting still during registration, or finding it difficult to wait your turn, can have profound, long-term, negative psychological effects on that child’s future wellbeing. Add into the mix those children who already experience neglect or actual abuse at home. Such children enter school with a negative self-concept and low self-esteem. When they are constantly reminded through visual systems and negative verbal feedback, that they are ‘bad’, ‘sad’, ‘not getting it right’ etc., they are likely to become very quickly disengaged from school, and worse, unable to develop more positive coping responses to the challenges that school and relationships present to even the most well-adjusted child. They remain ‘challenging’ often becoming increasingly violent, throughout their school careers, and many face (multiple) exclusions.

All schools can offer children a safe, happy and inclusive environment, where they receive constant positive reassurance and can thrive, play, and learn. If you would like to know more about promoting self-regulation through compassionate practices that maximise support and remove punishment, read below about our new whole-school workshop.

This workshop, which links theory to relevant, down-to-earth practice, will be of great benefit to anyone who works with children in primary, secondary and EYFS settings.

**We anticipate high levels of interest. Please book early to secure your place**

See booking form below

**Date: Thursday 7th February 2019**, 9.30 to 3.00.

**Venue**: Holiday Inn Norwich, Ipswich Road, Norwich, NR4 6EP

**Fee:** £140+VAT for first delegate, £120+VAT for additional delegates.

**To reserve your place**, call Jennifer Nock on 07983 482 804/01384 392599: E-mail [jnock@hotmail.co](mailto:jnockjntc@hotmail.com).uk or complete and post the booking form below to 43 Clark Street, Stourbridge, West Midlands DY8 3UF. Please complete a separate form for each delegate.

Please note that this workshop can be tailored to meet the specific needs of your staff and can be delivered as a full- or part-day INSET session in your setting. Contact us for more information.

**Application form HANDRAILS NOT HANDCUFFS Norwich 7th february 2019**

**Please complete in block capitals**

**CANCELLATION POLICY:**

**IF YOU CANCEL YOUR PLACE ON THE WORKSHOP WITH LESS THAN 48 HOURS PRIOR NOTICE BEING GIVEN, THE FULL COURSE FEE WILL BE CHARGED**

|  |  |
| --- | --- |
| **Name of delegate:** | **School/organisation name and address:** |
| **Role:** | **Email:** |
| **Date: Thursday 7th February 2019, 9.30AM to 3.00pm**  **Venue: Holiday Inn Norwich, Ipswich Road, Norwich, NR4 6EP**  **Fee: £140+VAT for first delegate, £120+VAT for Each additional delegatE** | |
| **Do you have any dietary or access requirements? If yes, please give brief details.** | |

**I enclose a cheque for £……………………… made payable to Jennifer Nock**

**TRAINING AND CONSULTANCY**

**Please invoice the school or other organisation**

**Authorised signature (+ Name in Block Caps.): …………………**

Jennifer Nock is a Chartered Psychologist with more than 25 years’ experience of working with children and young people, families, educators and those in the caring professions. She has worked in diverse education and special needs settings, including special secondary and primary schools, mainstream primary and nursery schools, FE colleges, and as an SEN advisor. She works with children with a range of learning difficulties, behaviour, emotional and social difficulties, including attachment disorder, AD(H)D and autistic spectrum conditions and is up-to-date with current issues around inclusive practice. Our website: <http://www.jennifernocktrainingandconsultancy.com/>