

Ten things you wish you knew about BIG behaviours



Details

When:
13th March 2026

From:
9.30am to 3pm

Where:
The Cranfield, Young NSW
Morning tea, lunch and afternoon tea provided.

Investment:
\$350.00 excluding GST,

Register: Contact Sarah on
sarah@seedpaediatricservices.com

Audience:
Primary Educators
Early Childhood Educators
Support Workers
Case Managers
Professionals in relational field.



Sarah Fleming

Sarah is a Paediatric Occupational Therapist with over 20 years clinical experience. Sarah works closely with educators and school communities to build inclusive environments where students and educators thrive. Sarah is driven by a deep passion to EMPOWER educators in UNDERSTANDING COMPLEX BEHAVIOUR and REGULATE DISTRESS.

After 11 years living in Orange NSW, Sarah now calls Boorowa NSW home. Sarah is a mother to two beautiful children Ted and Posy, and wife to Richard. A role she cherishes, and continues to shape her perspective.

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Grounded in evidence and
delivered with compassion

Understanding Regulation and Co Regulation

- Understand the brain and how nervous system states influence behaviour
- Grasp the core principles of Polyvagal Theory and their relevance to behaviour

Understanding Attachment

- Understand how early relationships shape children's behaviour, emotions, and interactions with others.
- Learn how children's past experiences of care and connection can influence how they respond, cope, and behave in everyday settings.

The role of Interoception

- Understand how children notice and make sense of body signals (such as hunger, tiredness, needing the toilet, or feeling overwhelmed).
- Learn how supporting children to recognise these body signals helps them calm their bodies, manage emotions, and accept support from educators.

Practical Strategies

- Build practical skills to support regulation using body-based and relational strategies.
- Develop individualised responses that meet children's differing attachment needs, particularly during moments of stress or dysregulation.
- Use simple, everyday strategies to help children notice and respond to their body cues within the learning environment.