

# Course Information Sheet

## Understanding Mental Health in the Early Years



**FP01E31A**

<b>Venue</b> Hyde Park House	<b>Start Date</b>	2 Oct 2024 10:00
	<b>End Date</b>	11 Dec 2024 12:00
	<b>Fee</b>	Full Fee £169 Concession £0
	<b>Materials</b>	£0

[OCSW FP01E31A Understanding Mental Health in The Early Years \(oncoursesouthwest.co.uk\)](https://oncoursesouthwest.co.uk)

### Course Description:

Gain in-depth knowledge about mental health in young children with our Level 2 Certificate in Understanding Mental Health in The Early Years. Learn strategies to support and promote mental well-being in early childhood.

Our Level 2 Certificate in Understanding Mental Health in The Early Years provides essential insights into the mental health needs of young children. This comprehensive course is designed to equip participants with the knowledge and skills to support the mental well-being of children in their formative years. Spanning 10 sessions, the course covers topics such as child development, identifying mental health issues, and implementing supportive strategies in early childhood settings. Ideal for educators, childcare providers, and anyone interested in the mental health of young children, this course combines theoretical knowledge with practical applications.

#### What Will I Learn?

##### Introduction to Mental Health in Early Years

- Overview of mental health in young children
- Importance of early mental health support

##### Child Development and Mental Health

- Stages of child development
- Impact of development on mental health

##### Identifying Mental Health Issues

- Common mental health issues in early childhood
- Signs and symptoms to watch for

##### Creating a Supportive Environment

- Strategies for promoting mental well-being
- Role of caregivers and educators

##### Building Resilience in Children

- Techniques to foster resilience
- Encouraging positive coping mechanisms

#### Communication and Mental Health

- Effective communication with young children
- Addressing mental health concerns with families

#### Mental Health Interventions

- Overview of intervention strategies
- Implementing interventions in early childhood settings

#### **Who should join this course?**

This course is suitable for anyone interested in mental health and childcare, including educators, childcare providers, parents, and support staff.

#### **Entry Requirements:**

You will be invited to undertake an initial assessment to ascertain your levels of English and maths prior to entry on this course of study.

#### **Progression Opportunities:**

Upon completing this course, learners can progress to:

- Level 2 Certificate in Early Years Education
- Level 3 Certificate in Childcare and Education
- Level 3 Diploma in Early Years Education and Care
- Higher education qualifications in child psychology, mental health, or early childhood

#### **How do I enrol?**

To apply for this course online at [www.oucoursesouthwest.co.uk](http://www.oucoursesouthwest.co.uk) and simply click on the 'How to Enrol' button and complete the Enrolment Form and one of our customer service team will be in touch or call to speak to one of our friendly Learning Advisors on 01752 660713.

#### **How will the course be delivered?**

Please bring a notepad, and pen to each session. You may wish to bring a file for any handouts. A laptop with internet access is required for completion of coursework and home learning outside of the classroom.

#### **Will I need to practise outside the classroom?**

There is a considerable amount of work for you to do in your own time for this qualification. Please allow a minimum of 2 hours per week for this.

**How will I know I'm making progress?**

You will receive regular feedback from an assessor following completion and submission of individual units. You will also receive weekly updates of progress as well as any outstanding items.

**What will I need?**

Please bring a notepad, and pen to each session. You may wish to bring a file for any handouts. A laptop with internet access is required for completion of coursework and home learning outside of the classroom.

**Please note:**

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA). It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Terms and conditions are available at

<https://www.onsouthwest.co.uk/learner-information/essential-information-for-every-learner>

Room numbers are subject to change - please check when you arrive at the venue.

