

Big Feelings, Little Bodies: Supporting Mental Health in Early Childhood

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DIAGNOSTIC CENTER SOUTH, CA DEPT. OF ED.

Sponsored by the North Orange County SELPA

CONTENT:

This training is designed to support educators in understanding and responding to the mental health needs of preschool and kindergarten students. Grounded in a neurodevelopmental and relationship-based framework, the session will explore how early experiences, including stress and trauma, shape brain development, regulation, and behavior. Participants will deepen their understanding of how the stress response system influences young children's ability to engage, connect, and learn. Emphasis will be placed on seeing behavior as communication and responding in ways that prioritize safety, connection, and co-regulation. The training will also consider the broader family and social contexts that impact young children, including the role of schools in supporting mental health through appropriate collaboration, referrals, and alignment with available services. Practical, classroom-based strategies will be shared to help create predictable environments, support emotional regulation, and foster resilience through everyday interactions and play.

INTENDED AUDIENCE:

Preschool and kindergarten special education teachers, instructional aides, school psychologists, and related service providers

PARTICIPANTS WILL:

1. Learn about the identification of the EBPs through research conducted by the National Autism Center, the National Professional Development Center on Autism Spectrum Disorders, and The National Clearinghouse on Autism Evidence and Practice.
2. Learn how to use EBPs to assist students with mild to moderate support needs in accessing the California Common Core State Standards.
3. Obtain resources that include detailed information on how to plan, implement, and monitor specific EBPs for ASD students with mild to moderate support needs.
4. Practice implementing various EBPs through case studies, instructional videos, resource development, and role-play.

REGISTER



[HTTPS://TINYURL.COM/1126BFLBDC](https://tinyurl.com/1126BFLBDC)

REGISTRATION DEADLINE: OCTOBER 27

AVAILABLE SPACES: 36 (SPACE LIMITED)



November 10, 2026



12:30pm-1:00pm Registration
1:00pm - 3:00pm Workshop



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Questions? Contact:
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