



Training Day for Early Years Staff, Friday 16th January 2026

"From Wonder to Wisdom: Exploring the Science of Early Learning"

Keynote – Dr Sam Wass

"The Science of Attention: How Young Children Focus, Learn, and Stay Engaged"

In this fascinating keynote, Dr. Sam Wass will draw on the latest research in **neuroscience and child psychology** to explain how attention and concentration develop in the early years, and why some children find it harder than others. He'll challenge common myths about "short attention spans," explore how environmental stress and noise affect focus, and offer evidence-based insights for how early years practitioners can better support children's **self-regulation and sustained engagement** in play and learning.

"Neuroscience in Practice" In this follow-up session, Sam will break down complex neuroscience into practical, relevant insights for the early years. He'll explore:

- How babies' brains process information from birth.
- The impact of stress, unpredictability, and adult responses on brain development.
- How we can create environments that support better attention, emotional regulation, and memory.
- Why, 'how' we interact matters, just as much as *what* we do.



From Curiosity to Change: Action Research in the Early Years

June OSullivan MBE

Join us for an inspiring and practical workshop designed to empower early years teams to use *simple action research* as a tool for continuous improvement.

Drawing on the principles championed by June O'Sullivan and the innovative practice at LEYF, this session will explore how everyday observations, new science, and professional curiosity can come together to spark real change in play, pedagogy, and outcomes for children.

Together, we'll demystify action research and show how even the smallest inquiry, rooted in what you notice every day, can lead to meaningful development across your setting.

Whether you're new to research or already a reflective practitioner, this session will give you the confidence, structure, and inspiration to ask good questions, test ideas, and embed a culture of learning and innovation in your team.

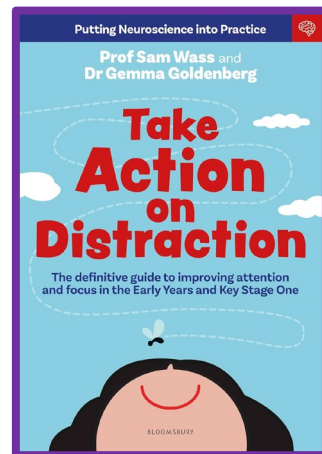




Friday 16th January, 2026 9.30 til 3.30
Immaculate Conception Church Hall
2049 Maryhill Road, Glasgow, G20 0AA

Dr. Sam Wass is a leading developmental psychologist and neuroscientist, known for his groundbreaking work on how young children develop **attention, concentration, emotional regulation, and learning strategies**. He is best known for his appearances on Channel 4's *The Secret Life of 4, 5 and 6-Year-Olds*, where he interprets the fascinating science behind children's behaviour.

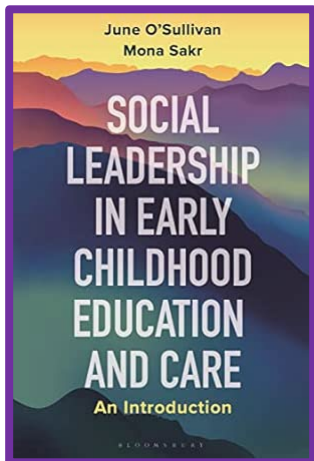
He is a **lecturer in Developmental Psychology at the University of East London** and has trained at some of the UK's most prestigious institutions, including Cambridge, Oxford, and King's College London. His research uses state-of-the-art technology, such as eye-tracking, heart rate monitoring, and EEG brain scans, to study how babies and young children process the world around them, especially in noisy or distracting environments.



Dr June OSullivan OBE

June is an accomplished leader with a proven record of driving social impact in Early Years education. As the creator of **LEYF's sustainable** business model and the **LEYF Pedagogy for Social Justice**, she has championed the belief that every child, regardless of background, deserves the opportunity to thrive.

An inspiring speaker, author, and media commentator, her expertise spans social business, child poverty, and sustainability. Awarded an MBE in 2013 and an OBE in 2023 for her services to education, she continues to advise international governments and organization's on Early Years Education and Care (EYEC) to foster long-term social change.



"Igniting Curiosity: Early Learning Lab"

Join Alice and Marie as they introduce the transformative concept of **Early Learning Labs**, a fresh, dynamic approach to **professional development in the early years**. These Labs are immersive, hands-on sessions designed to **spark curiosity, deepen pedagogical understanding**, and empower educators to reimagine their everyday practice.

Rooted in Alice's passion for **child-led learning, creative environments**, and **intentional interactions**, the Early Learning Labs provide early years teams with the time and space to **experiment, reflect, and grow**.

Each Lab focuses on key areas of early development, explored through **real materials, real questions, and real children's experiences**. Join them to engage in a mini-lab!



Cost per person - £120 plus VAT

For group bookings email or call for a discounted price.

To book a place

Email – info@alicesharp.co.uk

Call – 0141 557 1666

