



INCLUSIVE PRACTICE WORKSHOPS

feb-june
2025

GRIT is pleased to offer a variety of learning opportunities for early childhood educators, educational assistants, teachers, parents, and other professionals. Interactive, online learning focuses on providing knowledge and strategies to adults who support diverse learners in the early years.

02.19
wednesday
6:30 –8:30 pm

[register](#)

Calm, Alert, and Learning: How Co-Regulation Helps Children Flourish

Children's well-being, readiness for learning, and resilience begins with a foundation of co-regulation. Using the Neurorelational Framework (NRF), this workshop will clarify what this looks like at a brain and nervous system level. Through discussion and activities, participants will investigate how stress and sleep impact development; describe the importance of quality relationships; and, identify brain differences and our role in a holistic approach to supporting development.

03.19
wednesday
6:30 –8:30 pm

[register](#)

They're Not Being Defiant! Reframing Challenging Behaviour from a Neuro-Relational Perspective

Human behaviour is complex, which means our approach to supporting children's development requires us think holistically. This means moving away from previous and potentially harmful ways that we used to look at children's behaviour. This workshop will help participants understand the paradigm shifts necessary to support a whole-child approach to guiding children's participation. Participants will investigate the impact of relational safety versus a traditional approach to responding to behavior; reconsider their understanding of the cause of behaviour, their expectations of neuro-diverse children, and the importance of a common approach for an integrated support plan; and, they will have a chance to practice reframing children's behaviour through the use of scenarios and group discussion.

04.16
wednesday
6:30 –8:30 pm

[register](#)

Connecting with Families in Ways that Make a Difference

How do families know—really know—that they belong in your program? If we believe that families are the experts on their child, how do we engage with families in ways that truly honour that expertise in programming decisions and child interactions? In this workshop, participants will define what authentic family engagement is; investigate practices and strategies to nurture family engagement in their program; and, create a plan to enhance their own practice.

05.21
wednesday
6:30 –8:30 pm

[register](#)

Moving and Grooving: Creating Inclusive Spaces for Movement and Gross Motor Play

Physical literacy helps all of us to have a meaningfully active lifestyle. Understanding how and why we move, with opportunities to do so in the early years, impacts a child's learning and lifestyle as they grow. In this workshop, participants will describe the components of physical literacy and the foundations of movement; clarify why physical literacy and movement is important everyone; and, investigate strategies for inclusive recreation—making gross motor play accessible for all children.

06.18
wednesday
6:30 –8:30 pm

[register](#)

Think Outside the Bowl: Creating Responsive Mealtime Routines for All Children

Mealtimes can be stressful for both children and educators, but it doesn't have to be! Drawing from multiple evidence-based frameworks, participants will gain a better understanding of typical feeding development and common challenges; as well as develop an appreciation of the complexity of feeding and how to support all children's participation at meal times. Recognizing their role and responsibilities in creating responsive meal time routines, participants will leave with at least one strategy they can use right away to support mealtime participation in their program.

Questions?

Email: professionallearning@gritprogram.ca

780.454.9910

gritprogram.ca/professionaldevelopment

GRIT is an approved PD provider in Alberta. Our workshops meet the criteria for PD funding, and/or release time funding, as outlined in the [Alberta Childcare Grant Funding Guide](#).