

WELL-BEING FOR CHILDREN

With Sonia Mainstone-Cotton



Sonia Mainstone-Cotton is an early years trainer and nurture consultant.

She specialises in really listening to children, and has a passion for promoting their wellbeing, happiness and development. Throughout the evening Sonia will share some practical ideas which can be used with children: on how to use stillness, outdoor play, sensory play, good food, emotion & language amongst other things, to help enhance a child's well-being. Sonia is currently publishing a book with Jessica Kingsley Publishers, which will be available to buy at the end of this talk. It is called:

‘Promoting Young Children’s Emotional Health and Wellbeing - a practical guide for professionals and parents’

Date: Thursday 6th April 2017

Time: 7.00pm - 9.00pm

Cost: £20.00

Venue: Castle Farm Cafe, Midford Road, Midford, Bath, BA2 7BU

