



## What is EASEY?

Everyday Anxiety Strategies for Early Years (EASEY) is an evidence-informed online course and a collection of flexible and adaptable anxiety resources and information for early years professionals, to help strengthen their capacity to support families with children ages 0–6 who are experiencing “everyday” (mild to moderate) anxiety.

The course includes tangible resources for professionals to use in their daily practice and share with parents of young children.

### Who is EASEY for?

EASEY was intended to be useful for a wide range of people who work with young children, including:

- early childhood educators
- StrongStart BC facilitators and staff
- family drop-in program facilitators
- primary school educators
- public health nurses



### EASEY is:

- ✓ **Flexible** – Can be incorporated in a variety of early years settings
- ✓ **Universal** – Can benefit all early years professionals working with young children and families
- ✓ **Adaptable** – Can be adapted for specific learning, developmental and cultural needs
- ✓ **Evidence-informed** – Is grounded in evidence-based research
- ✓ **Aligned** – Supports the concepts and intention of the British Columbia Early Learning Framework

## Learn Together

You may wish to bring your colleagues together before or after they complete EASEY to deepen your learning. Two workshops with User Guides are included at the end of the course to support bringing a group together.