

THE FIRST 1000 DAYS
Understanding Attachment, Trauma and Early Development
Programme (subject to change)

09.30	Welcome
09.35	Session 1: Development of Life in the Womb
10.25	Buddy Group 1
10.40	Break
10.45	Session 2: The Conception to Birth Journey
11.15	Buddy Group 2
11.30	Break
11.35	Comments and Questions
11.45	Session 3: Frank Lake: Levels of Coping
11.55	Session 4: Multiples in the Womb
12.15	Break
12.20	Session 5: Attachment Issues
12.35	Comments and Questions
12.45	Buddy Group 3
12.55	Updates, Information and Resources
13.00	Finish