

EARLY CHILDHOOD EDUCATION SPECIALIZATION

Design developmentally appropriate, play-based learning experiences to support holistic child development

Specialization Courses:

- Foundations of Early Childhood Education
- Numeracy and Literacy through Play and Storytelling
- Social Emotional Learning

LUMSx is the center for online learning and professional development at LUMS. We extend LUMS' excellence in teaching and research beyond its borders by leveraging technology and innovative pedagogy. Our courses aim to bridge critical knowledge & skill gaps for Pakistani learners and to meet their diverse learning needs, we offer **Massive Open Online Courses (MOOCs)**, **Hybrid Courses**, **Synchronous (Live) Courses**, and **Free Open Online Courses (OpenCourseWare)**. We intend to harness technology for enhancing access, improving educational quality, and amplifying education's impact.



Format: Online-Cohort
Language: English, Urdu
Duration: 2 Months

Note: For more details about the dates and pricing, please visit our website



[VISIT COURSE PAGE](#)

ABOUT THE SPECIALIZATION



The Early Childhood Education Specialization is designed to equip early childhood educators, pre-primary teachers, caregivers, education students, and professionals working in early learning contexts with the essential tools to support young children's development.

This specialization focuses on building a strong foundation in child development, evidence-based pedagogies, and inclusive practices. It comprises three nano courses:

Foundations of Early Childhood Education: Develop an understanding of child development theories, early learning principles, and developmentally appropriate practices to create effective learning environments.

Numeracy and Literacy through Play and Storytelling: Learn to design engaging, play-based literacy and numeracy experiences using stories, art, and hands-on activities to support cognitive and language development.

Social Emotional Learning (SEL): Explore strategies to support emotional literacy, self-regulation, and relationship-building through culturally responsive and inclusive practices.

WHO IS THIS SPECIALIZATION FOR?

This specialization is designed for early childhood educators, pre-primary teachers, teaching assistants, and caregivers looking to strengthen or formalize their skills. It is also relevant for school administrators, curriculum developers, education students, and organizations working in early learning who seek to build expertise in effective, research-informed early childhood education practices.

SPECIALIZATION STRUCTURE



In this specialization, you will take three core courses and have the option to take one add-on.

CORE COURSES

These are essential *online-cohort* courses that must be taken to complete the specialization.

1. **Foundations of Early Childhood Education:** Understanding child development and early learning (2.5 Weeks)
2. **Numeracy and Literacy through Play and Storytelling:** Designing play-based literacy and numeracy experiences (2.5 Weeks)
3. **Social Emotional Learning:** Supporting emotional and social development in children (3 Weeks)

OPTIONAL ADD-ONS

This is a supplementary *self-paced* course to enhance your specialization

1. **Teaching Practice:** Fundamentals of the 5E Model.

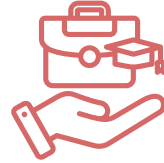
SPECIALIZATION FEATURES



Assisted Learning Opportunities



Learn from Industry and Academic Experts



Practical, Classroom-Ready Strategies

The specialization offers various features to improve your learning experience and apply the concepts that you have learnt:

- **Learn from Industry and Academic Experts:** Gain insights from experienced educators and practitioners in early childhood education
- **Assisted Learning Opportunities:** Receive structured guidance and feedback to support your learning journey
- **Practical, Classroom-Ready Strategies:** Design play-based activities and learning experiences that can be applied immediately in real contexts

FOUNDATIONS OF EARLY CHILDHOOD EDUCATION:

Understanding child development and early learning

Foundations of Early Childhood Education is designed to equip educators with a strong understanding of how young children learn and develop. Through an exploration of child development theories, brain development, and key learning domains, learners will build a conceptual foundation for effective early childhood practice.

The course introduces major learning theories such as Piaget, Vygotsky, and Bronfenbrenner, and explores pedagogical approaches including play-based learning, Montessori, Reggio Emilia, and inquiry-based learning. By applying these concepts, educators will learn to design developmentally appropriate, inclusive, and engaging learning experiences. Each module combines theory with practical application, enabling educators to make informed decisions in real classroom contexts.

COURSE INSTRUCTOR



YUMNA SHOAB

Early Years Specialist & Founder of the Storytellers Club

Yumna Shoab is an early years educator, founder of The Storytellers Club, and teacher trainer at LUMS. Specializing in play-based learning and storytelling, she holds an MS in Economics from LUMS. Her expertise in curriculum design and pedagogy establishes her as a Subject Matter Expert in Early Childhood Education (ECE)

COURSE OUTLINE



Module 1: Understanding Early Childhood Education

Learning Outcomes

- Explain the importance of ECE for child development and society.
- Recognize SEL, numeracy, and literacy as foundational pillars of early learning.

Module 2: Child Development & Learning Theories

Learning Outcomes:

- Apply child development and learning theories to ECE practice.
- Relate brain development stages to learning readiness

Module 3: Pedagogies in Early Childhood Education

Learning Outcomes:

- Evaluate major ECE pedagogies, including play-based, Montessori, Reggio Emilia, and inquiry-based approaches.
- Design learning experiences that are developmentally appropriate and child-centered.

NUMERACY AND LITERACY THROUGH PLAY AND STORYTELLING:

Play-based literacy and numeracy design

This course is designed to help educators create meaningful learning experiences that integrate early literacy and numeracy through stories, play, and creative expression. Learners will explore how children develop language and mathematical thinking through engaging, hands-on activities.

Through the use of picture books, rhymes, role-play, art, and sensory play, educators will learn to build vocabulary, phonemic awareness, number sense, and problem-solving skills. The course emphasizes designing story-led, play-based activities that connect literacy and numeracy while supporting broader cognitive and social-emotional development. Each module focuses on practical implementation, enabling educators to design and adapt activities for diverse learners and contexts.

COURSE INSTRUCTOR



YUMNA SHOAIB

Early Years Specialist & Founder of the Storytellers Club

Yumna Shoaib is an early years educator, founder of The Storytellers Club, and teacher trainer at LUMS. Specializing in play-based learning and storytelling, she holds an MS in Economics from LUMS. Her expertise in curriculum design and pedagogy establishes her as a Subject Matter Expert in Early Childhood Education (ECE)

COURSE OUTLINE



Module 1: Stories as a Gateway to Language

By the end of this module, learners will be able to:

- Explain how repetition, rhyme, and chants support oral language & phonemic awareness
- Design one rhyme- or story-based phonics activity
- Describe how dramatization and engagement enhance comprehension.
- Apply role-play strategies to retell a story.

Module 2: Playful Phonics & Sound Awareness

By the end of this module, learners will be able to:

- Show how sensory play deepens phonics learning.
- Create one art/sensory activity for a sound/letter.
- Use everyday materials to reinforce sound-symbol links.
- Adapt phonics games for diverse learners.

Module 3: Numeracy through Stories & Play

By the end of this module, learners will be able to:

- Connect math skills to story contexts
- Design one counting/sorting activity using everyday objects
- Explain how play fosters math reasoning
- Plan one activity for patterns/problem-solving

Module 4: Integrating Art & Story for Deeper Learning

By the end of this module, learners will be able to:

- Use art to visualize order, numbers, and sounds.
- Create a sequencing activity linking story + math.
- Recognize the role of group art in reinforcing academic + SEL skills.
- Design one collaborative art activity with embedded literacy/numeracy.

Module 5: Designing Your Own Story- Based Activity

By the end of this module, learners will be able to:

- Select a story and design one literacy + one numeracy activity, with play/art integrated.
- Reflect on how story-led lessons build academics + SEL.
- Adapt ideas based on peer feedback

SOCIAL EMOTIONAL LEARNING

Supporting emotional well being

This course introduces educators to the core concepts and practices of Social and Emotional Learning (SEL) in early childhood education. Grounded in the CASEL framework, it focuses on developing self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.

Through practical strategies and applied examples, learners will explore emotional literacy, co-regulation, and responsive relationships that support children's wellbeing and learning readiness. The course emphasizes culturally responsive and inclusive practices, guiding educators to integrate SEL into play, storytelling, and everyday interactions. Each module enables educators to create safe, supportive environments that foster empathy, resilience, and positive social behaviors.

COURSE INSTRUCTOR



NATASHA BARLAS

Teaching Fellow, LUMS

Natasha Barlas is an Educational Psychologist and LUMS faculty member specializing in child development and AI psychology. A Fulbright Scholar with a CAGS from Northeastern University, she is a licensed practitioner (NCSP) providing evidence-based therapy. Her five-year career integrates academic teaching, institutional leadership, and clinical practice for youth mental health.

COURSE OUTLINE

Module 1: Introduction to Social Emotional Learning

By the end of this module, learners will be able to:

- Define Social-Emotional Learning (SEL) and explain its importance in early childhood education.
- Name and describe the five core competencies of the CASEL framework.
- Understand how SEL competencies link to daily classroom practices and child development.

Module 2: Emotional Literacy and Regulation

By the end of this module, learners will be able to:

- Promote emotional literacy by helping children identify, name, and express emotions.
- Apply strategies for co-regulation and self-regulation to support children's emotional development.
- Create emotionally safe learning environments that encourage trust and self-expression.

Module 3: Responsive Relationship

By the end of this module, learners will be able to:

- Explain the significance of teacher-child attachment and responsive interactions.
- Apply strategies to build trust, empathy, and secure relationships with children.
- Recognize the impact of positive relationships on social awareness and classroom climate.

Module 4: Social Emotional Learning at school

By the end of this module, learners will be able to:

- Plan and implement play- and story-based activities to support SEL competencies.
- Integrate SEL principles into classroom routines and learning experiences.
- Engage families in supporting children's social-emotional development.
- Explain the significance of teacher-child attachment and responsive interactions.

Module 5: Culturally Responsible Social Emotional Learning

By the end of this module, learners will be able to:

- Explain how cultural, family, and community factors influence children's social-emotional learning.
- Design culturally responsive SEL experiences that can be applied at home and in the classroom.
- Build inclusive learning environments that honor diversity and support children's emotional, social, and relational development.



Enroll in our **Early Childhood Education Specialization** today and start your transformational journey with LUMSx!

[REGISTER](#)

Reach out to our team at:
contactlumsx@lums.edu.pk
+92 321-0667775

Seeking a tailored solution for your organization's needs? **Connect with us** to develop **customized courses** for your organization