

The Early Years Foundation Stage

'**Personal, social and emotional development** involves helping children to develop a positive sense of themselves and others; to form positive relationships and develop respect for others; to develop social skills and learn how to manage their feelings; to understand appropriate behaviour in groups; and to have confidence in their own abilities.' *Statutory framework for the Early Years Foundation Stage.*

Personal, Social and Emotional development is a prime area and is made up of the following aspects:

- ◆ Self-confidence and Self-esteem
- ◆ Managing feelings and behaviour
- ◆ Making relationships

For more information on how Personal, Social and Emotional Development is an integral part of life at Wyndham Park Nursery School please feel free to read our Policy.



Wyndham Park
Nursery School

Personal, Social and Emotional Development

What Personal, Social and Emotional Development means:

- ◆ For children, being special to someone and well cared for is vital for their physical, social and emotional health and well being.
- ◆ Being acknowledged and affirmed by important people in their lives leads to children gaining confidence and inner strength through secure attachments to these people.
- ◆ Exploration within close relationships leads to the growth of self assurance, promoting a sense of belonging which allows children to explore the world from a secure base.
- ◆ Children need adults to set a good example and to give them opportunities for interaction with others so that they can develop positive ideas about themselves and others.
- ◆ Children who are encouraged to feel free to express their ideas and their feelings, such as joy, sadness, frustration and fear, can develop strategies to cope with new, challenging or stressful situations.

How to encourage responsibility and co-operation with your child:

- ◆ Encourage your child to be independent by learning to dress themselves.
- ◆ Be aware of what your child is capable of and praise any attempts.
- ◆ Involve your child in making decisions e.g. choosing appropriate clothes for the weather outside.
- ◆ Give responsibility and little jobs e.g. laying the table, making sandwiches.
- ◆ Try to sit down together as a family and enjoy the opportunity to have a chat.

Healthy School Status

We are a Healthy School so to help us continue our work on being healthy you can help your child by:

- Going for no added sugar options wherever possible
- Cut down on unhealthy snacks and go for something like fruit.
- Remember that fresh, frozen, canned, dried and juiced fruit and vegetables count to your 5 a day. (1 portion is roughly a handful).
- Don't skip breakfast and go for 3 meals a day at regular times.
- Remember children's tummies are much smaller so they need smaller portions.
- Compare food labels and go for lower fat varieties.
- Children need at least 60 minutes of physical activity over the day to get their hearts beating faster.
- Any kind of moving is better than sitting down – so get going.