

Sandy Lane Nursery and Forest School



“Nurturing curiosity and inspiring imagination”

Top tips to nurture your child’s personal, social and emotional development

At Sandy Lane Nursery and Forest School we view the children, their parents and staff as one family working together to ensure the best possible start for the children. We understand and celebrate each child's individuality, character and talents and work hard to support them to continue to flourish. We do this by supporting and nurturing your child's personal, social and emotional development (PSED). As one of the prime areas of learning within the EYFS curriculum PSED is an important part of a child's overall development and as such we work hard to promote positive relationships and respect for others, children's social skills to help them to manage their feelings, and confidence. This will help to ensure that children grow into resilient individuals that don't give up and bounce back when faced with a challenge and keep on trying

PSED is central to children’s development into balanced, healthy and confident people who care for and respect others.

Personal Development – is about your child developing their own unique personality and interests

Social Development – is about your child developing relationships with others and skills like turn-taking and being a good friend

Emotional Development – is about your child understanding their own feelings and the feelings of others and learning to manage their own feelings

As parents you can support your child to develop the three areas of PSED and together we can ensure your child develops the knowledge, skills and understanding which will stand them in good stead for life

If you have any questions about your child’s personal, social and emotional development please speak to your key worker who will be happy to help.



Did you know??

Personal development begins before birth. Babies in the womb show their character, for example, by being more active at certain times of the day or to certain sounds

To support your child’s personal development at home you could...

- Celebrate the small stuff . Tell your child you are proud at every opportunity. Talk about the things they do that you love about them. This will help to make your child feel proud of themselves and build their confidence.
- Encourage helping hands. Give your child responsibilities at home, let them help you put the washing away, or chop the vegetables with a kid safe knife, ask them to help you wash the car. Everyday activities can be made fun and most importantly it helps to promote your child's independence and confidence in their ability to do anything they put their minds to.
- Talk about family and friends. Take some time to sit with your child and look at photographs of themselves with their family and friends. This will help them to see that they are part of a community.
- Keep on trying. Plan an activity with your child that could go wrong, for example build a den that might fall down a few times, or build a wobbly tower. Then rebuild it again and again until it works, to show your child that it is okay to keep on trying.

To support your child's Social Development at home you could...

- Teach your child about boundaries. In life we all have to follow everyday rules like waiting for our turn, not speaking over someone who is already talking, and walking in the shops.
- Be kind to a friend, neighbour or stranger. You could do this by making birthday cards for friends or family, comfort someone that is sad or smile at a neighbour in the street. This will teach your child important social skills and will help develop their confidence to interact positively with their peers and community.
- Work together as a team. You could have a designated family night where everyone comes together to get a job done, you could do some gardening, building a toy or a put together a puzzle. By coming together everyone needs to take a turn and this can sometimes be tricky for small children but with support and encouragement your child will learn all about the importance of turn taking and working together.
- Learn about emotions. When someone is sad model to your child kindness and compassion when someone is happy celebrate that good feeling together. Show your child that emotions are good because then we know what we do and don't like and the more a child understands emotions they will be able to understand and respond to their friends when they are sad or happy.



Did you know??

Stories are a great way to explore feelings

Elmer by David McKee

<https://www.youtube.com/watch?v=ZFrD18XLmIM>

Dogger by Shirley Hughes

<https://www.youtube.com/watch?v=jNOYgRf5jes>

Rainbow Fish by Marcus Pfister

<https://www.youtube.com/watch?v=r9mryuEKkKc>

To support your child's Emotional Development at home you could...

- Talk with your child about different emotions. Acknowledge your child's feelings and share your own, for example how you felt when you hurt your hand – happy, sad, angry, scared, worried supporting them to understand these different emotions and over time be able to label them and understand their feelings.
- Be consistent with rules and boundaries, calmly enforcing these– this will give your child security knowing the things you want to see and that these don't change
- Show your child how to calm themselves down by taking deep breaths if they become overwhelmed

As a parent you develop strong bonds with your child which encourages them to become attached to you and see you as the most important person in their lives. By developing this loving relationship you help them to feel loved and cared for. Your child experiences the world as a good place and expects that others will treat them the same way. This helps them to form positive relationships with others including their key workers in nursery.

IMPORTANT – Please remember to check all website links to ensure the content is appropriate before sharing with your child.