



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

As part of our Sandy Lane family we recognise and celebrate the fact that all our children are individuals, born with their own character and talents. At Sandy Lane Nursery and Forest School we believe it is vitally important to support and nurture children’s personal, social and emotional development (PSED), helping them to develop a positive sense of themselves, and of others.’ PSED is also one of the three ‘Prime Areas of Learning within the EYFS curriculum. We invest time to promote positive relationships and respect for others; develop children’s social skills and the ability to manage their feelings alongside children’s confidence in abilities and positive behaviour. We aim to support children to be resilient, to not give up if they are faced with a challenge but to bounce back 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??

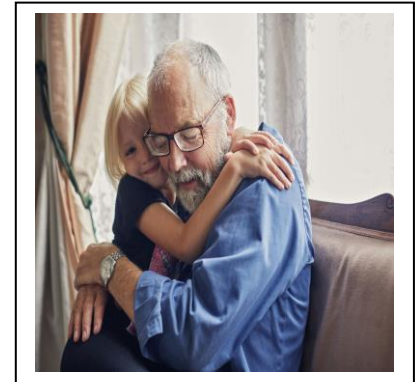
Personal development begins before birth. Babies in the womb show their character, for example, by being more active at certain times of the day or to certain sounds

### Personal Development - At home you could

- Talk with your child about the things they enjoy and are good at – help them to feel proud of themselves
- Let your child help you with activities at home like sorting the washing or cleaning up – this gives them a sense of being capable
- Let your child make choices, things like what which story to read or which toys they want to take out – giving them some sense of control
- Talk with your child and show them pictures of family members and special events – helping them to see themselves as part of a community
- Show your child that you will try again if something goes wrong and encourage them to do the same. For example to rebuild a model if it has broken – developing their ‘keep on trying’ approach

### Social Development - At home you could

- Remind your child when you are out together to ask for things politely, walk with you around a shop (not run), wait for a short time if you are talking to someone and they want your attention – helping them to follow the ‘rules’ that we all expect
- Help your child to do things for others, things like make a birthday card for a friend, find a book or toy for a friend on a play date, comfort someone who is sad – helping them to learn important social skills
- Encourage your child to work ‘as a team’, things like building a model with a friend or helping to dig a hole in the garden. Young children can find it difficult to share things that are theirs but, with adult support, they can enjoy creating things with others
- Show your child how to be sensitive to others by doing this yourself and talking about your actions. For example when someone is sad give them a hug, including others in an activity because you know it’s something they enjoy
- Talk with your child about things that are the same and things that are different with friends and family members. For example your child may like cereal for breakfast but you like toast. It’s important that your child recognises that these differences are ok



### 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>

### 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
- 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