

## Personal, Social and Emotional Development

Personal, Social and Emotional Development is really important in helping your child to successful in life. Happy, confident children are in a strong position to learn other things therefore, for us at Ditton Nursery School, ensuring this is crucial to children's cognitive development. Personal, Social and Emotional Development supports children's development by helping them to interact effectively and to develop positive attitudes to themselves and others. However, this does not happen in isolation and relies on influential adults such as parents and carers providing them with positive feedback and modelling appropriate behaviour.

At Ditton Nursery School we operate a really strong Key Person policy. Your child will be allocated to a key person who will come and visit them at home and then support and help them to settle in. We aim to keep the key groups as consistent as possible so that your child will meet the same children each day and therefore be able to begin to build relationships with other children. From the outset children learn to plan their own day deciding what they want to do, who they want to work with, and what they might do next. The adult role is to work alongside your child supporting their learning and development as they play. The adults are effective in this as they will know your child really well. Children are encouraged to be independent; accessing resources themselves, thinking about how to solve problems, learning how to use language to help them to do this etc. We know that young children are learning about how to manage their behaviour and have simple rules to support them. We will support them to learn about their own feelings, how to recognise how other children may be feeling, and how to start to resolve conflicts. We also use lots of stories and resources to help us to do this.

We also support children to learn about their bodies and how to keep them healthy e.g. promoting and talking about healthy food choices, the importance of tooth brushing. Children are encouraged and supported to be independent in self-care e.g. learning to access the bathroom independently; learning how to wash their hands etc.

Part of our work in this area also includes teaching children about healthy relationships. This is the start of children's learning about the emotional, social and physical aspects of growing up – who is in their family, how other families are the same / different; what they like about other children; why we should be nice to others etc. It is also important that young children learn about their bodies, which parts are private, and who they can talk to if they are worried about something.