



Bright
Little Stars
Nursery

SUPERNOVA

PERSONAL,
SOCIAL &
EMOTIONAL
DEVELOPMENT



With Independence comes Confidence



Choice

Children like to feel in control. Give them opportunities to make their own decisions wherever possible. Give them a choice of what they might wear. Give them a choice of activities. Let them choose the resources they may need to carry out the activity.

Boundaries & Routines

Consistent boundaries and routines, delivered calmly, results in children feeling safe and secure. This then leads to children being able to express their needs and be assertive when required.



Independence

Independence = confidence.

Supporting your child to be independent in: dressing, undressing, zips, buttons, brushing their hair and teeth are vital skills, especially when transitioning to Big School.

Toileting

Being able to recognise and manage their own toileting needs (when they are ready), is an enormous confidence boost for children. Talk them through the process, rather than doing it for them. Include flushing the toilet and washing their hands.





Boundaries

Children thrive on feeling safe and boundaries that are clearly set and up-held consistently are a huge support for this. Explaining why the rule is in place is a vital component.

Rules

Teaching children rules about behaviour can be supported by teaching about rules in general. Games with rules are an easy way to start this conversation, along with conversations on what would happen if there were no rules.



Rules for Schools

Lining up, taking turns, sharing and not always being first, are hard but vital lessons in terms of preparation for life, but also for school. Don't always let them win at games and sometimes they need to wait for your attention!

Remembering Rules

The test for success is when they remember and follow the rules, without having to be reminded!





Responsible Community Members

It's important to explain to children that they have a responsibility to others in their community. Whether that's at home, at nursery or in any other group context. Encouraging them to help around the house is a good starting point.

Unfamiliar People

Creating 'safe' opportunities for your child to meet and engage with unfamiliar people, both children and adults is a vital skill for them to learn. It's important to balance this towards encouragement however, as too much pressure will be counterproductive. It is also not wrong to be shy.



Social Confidence

Giving your children the words/phrases to support them in social situations will give them more confidence to engage.

Playing Together

Encourage play dates where possible and provide toys that support playing together, such as ball & card games. Encourage children to extend and elaborate their play ideas e.g. adding rules.





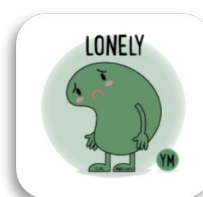
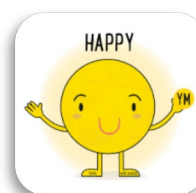
Expressing Emotion

Children must be allowed to express all their emotions. It is never wrong to be sad, angry, excited or any other feeling for that matter. Use words such as angry, sad, worried, happy and frustrated.

Talk Instead of Act

Model ways that you calm yourself e.g. stopping and taking deep breaths. Incorporate the use of Young Mindfulness cards

(<https://www.youngmindfulness.co.uk/>), so children have a visual for an emotion. This will help children learn to calm themselves and talk instead of act out an emotion.



Understanding Emotions

Once children are starting to understand their own emotions, it's vital that we support them in recognising and understanding how others are feeling. Using books to talk about character's feelings is a start - How is the penguin feeling? How do we know? Why might he feel like that?

Solutions

Find solutions to potential problems. Give your children the vocabulary they may need to find a solution to a conflict. What could you do if ...? E.g. You can't be first. You have to wait. Another child wants your toy. You want a toy another child has etc.

