

focus on

Personal, Social and Emotional Development

The Early Years Foundation Stage recognises different areas of learning. Personal, Social and Emotional development is one of the 3 Prime Areas.

Personal, Social and Emotional development: As children become aware of themselves and others, they learn self control, how to share, to be kind, and to join in activities at their own pace. They need opportunities to build their self esteem and security within boundaries.

It is a vital element in your children's development. Your role as your child's primary carer is the most important one in providing them with a model for making relationships, managing their feelings, self confidence and awareness.

These are our Top Tips to help you enjoy your child's journey of learning together...

- ★ Using information from the notice board, newsletter and feedback, talk to your child about what has happened at Yellow Dot today and listen to what he or she has to say. Help prepare your child in advance, by discussing planned events and activities.
- ★ Help your child to build up skills such as hand washing, dressing and putting things away after use by giving him/her time to have a go and resist the understandable temptation to do it all for him/her, because it's easier and quicker.
- ★ If your child does not always behave the way you would like her to, try to help her understand what is wrong and why. Label the feelings, i.e. are you feeling cross? Talk to your child about what you would like to see i.e. walking feet as opposed to stop running.
- ★ Listen to what your child says when talking about what has happened at Yellow Dot, the people and activities there. Help him to talk positively and respectfully about all the different kinds of people in the group.
- ★ Choosing is a skill to be learnt. Encourage your child to make small choices, for example, about what to wear today or what book to have read to him/her.
- ★ Give your child some help, if necessary, in getting along with other children. Keep her company while she plays at first so that you can help her find ways to share and take turns.
- ★ Encourage your child when tackling a difficult activity, like doing a new puzzle or looking at a book. Having you nearby, not doing it for him but showing interest, will help him keep going to the end, building up confidence and perseverance.

Above all remember your child wants to be grown up like you. Children are more likely to develop personal, social and emotional skills if they see the adults around them behaving respectfully, sharing, persevering, talking and thinking positively.

More information about the Early Years Foundation Stage is available from the foundation years website: www.foundationyears.org.uk

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- As children become aware of themselves and others, they learn self control, how to share, to be kind, and to join in activities at their own pace. They need opportunities to build their self esteem and security within boundaries.
- Personal, Social and Emotional development is a vital element in your children's development. Your role as your child's primary carer is the most important one in providing them with a model for making relationships, managing their feelings, self confidence and awareness.
- Above all remember your child wants to be grown up like you. Children are more likely to develop personal, social and emotional skills if they see the adults around them behaving respectfully, sharing, persevering, talking and thinking positively.
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Yellow Dot is a small Group of Children's Nurseries based in Hampshire. Its hard working team have achieved amazing results with all the settings acknowledged by Ofsted to have Outstanding qualities! Thank you for choosing Yellow Dot to care for your child.

