

# Personal, Social and Emotional Development



Personal, Social and Emotional Development is recognised as one of the building blocks of success in life.



It supports children's development by helping them to interact effectively and develop positive attitudes to themselves and others.



This does not happen in isolation and relies on adults such as parents and carers providing them with positive feedback and modelling appropriate behaviour.



## Managing Self

This aspect is about how children come to develop confidence in who they are and what they can do and in expressing their own ideas. They learn to develop their independence, resilience and perseverance.



Visit new places and try different activities with your child so they are able to learn to manage new situations and develop skills in new areas.



Encourage your child to be independent at home and to help with some tasks such as putting their coat and shoes on and helping to tidy their toys away.



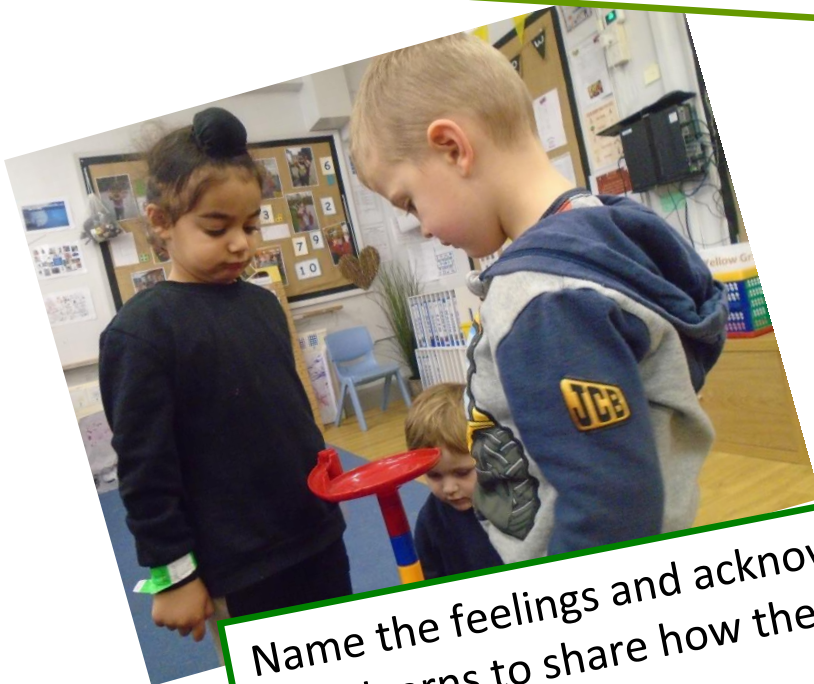
# Self-Regulation

It is important that children can understand their own feelings and others people's feelings and how to manage their emotions especially when things don't go to plan.

How are you feeling today?



Encourage your children to share how they are feeling. Talk about words such as happy, sad, angry or worried.



Name the feelings and acknowledge them so your child learns to share how they are feeling.



When reading stories talk to your child about how the character might be feeling and why. Use language such as "I wonder...."

## Building Relationships



This aspect is about how young children learn to get along with other children and with adults.

Show your child how to listen by being available for them. Put away all distractions such as the mobile phone and give them your full attention when they are talking.



Encourage turn taking with your child and play games with them praising them when they wait calmly for their turn.



Children learn by copying behaviours, especially from trusted adults and so it is important they are modelled how to interact kindly with others and build up positive relationships.