EAST DULWICH GROVE NURSERY
31 East Dulwich Grove, Dulwich, SE22 8PW
Email:management@edgnursery.co.uk
Website: www.edgnursery.co.uk
Tel: 02082999518/02086931504

Children's Emotional Wellbeing Policy

Purpose

At EDG Nursery, we recognise that children's emotional wellbeing is fundamental to their learning, development and overall happiness. Children need to feel safe, secure, valued and understood in order to thrive.

We aim to provide a nurturing environment where children can build positive relationships, express their feelings and develop confidence and resilience at their own pace.

Our approach

Staff will:

- build warm, responsive and consistent relationships with children
- provide reassurance, comfort and emotional support when needed
- recognise that behaviour is often a form of communication
- support children to identify and express their feelings in age-appropriate ways
- model calm, respectful and positive interactions
- support children to gradually develop self-regulation through co-regulation
- avoid shaming, labelling or dismissing children's emotions
- ensure children have access to calm spaces and opportunities to rest or regulate when needed

Key person relationships

The key person plays an important role in supporting emotional security.

They should know the child well, understand their individual needs, routines, preferences and triggers, and provide consistency during times of change or uncertainty.

Where possible, children should be supported by familiar adults, particularly during settling-in, transitions or periods of distress.

Supporting emotions and behaviour

Children should be helped to understand that all emotions are valid, while also learning appropriate ways to communicate and manage them.

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Staff should acknowledge how a child may be feeling and support them calmly rather than focusing only on the behaviour being displayed.

Expectations must be appropriate for the child's age, stage of development, communication needs and individual circumstances.

Change and transitions

Transitions can have a significant impact on children's emotional wellbeing.

Staff should carefully support children through:

- starting nursery
- moving rooms
- changes in key person or staffing
- family changes
- toilet training
- starting school
- significant changes to routines or circumstances

Parents and carers should be involved so that children receive consistent support between home and nursery.

Additional support

Some children may need additional emotional support due to SEND, communication difficulties, family circumstances, previous experiences or other individual needs.

Staff should work closely with the child's family, SENCO and other professionals where appropriate.

Where there are significant or ongoing concerns about a child's emotional wellbeing, these should be recorded, discussed with management and responded to appropriately.

Safeguarding

A noticeable or unexplained change in a child's behaviour, emotional presentation or wellbeing may sometimes indicate a safeguarding concern.

Staff must remain professionally curious and follow EDG Nursery's safeguarding procedures where concerns arise.

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Partnership with parents

Parents and carers know their children best and should be encouraged to share information that may affect their child's emotional wellbeing.

Staff should communicate sensitively, share relevant observations and work in partnership with families to support the child.

Monitoring

Children's emotional wellbeing should be considered as part of everyday practice, observations, key-person discussions, supervision and room monitoring.

Management will address any concerns about practice and ensure staff receive appropriate support and guidance.

Related policies: Safeguarding and Child Protection, Behaviour Management, SEND, Key Person, Settling-In and Transitions.