



Cynllun Ysgolion Iach Gwynedd



Mental and Emotional Health, Wellbeing and Relationships

Gwynedd Healthy and Sustainable Pre-Schools Scheme

Name of Setting:	Meithrinfa Deryn Bach
Name of Manager:	Laura Griffiths
Date implemented:	17 th September 2018
Date of next review:	September 2019
Named of persons responsible for this Policy:	Laura Griffiths
Manager's Signature:	Lmgriffiths

Introduction

The early years play an important role in determining mental health throughout childhood and beyond. A mentally healthy child is one with a clear sense of identity and self-worth, is able to recognise and manage emotions, to learn, play, enjoy friendships and relationships and deal with difficulties.

Babies' brains develop rapidly in response to stimuli from caregivers and their environment. Cognitive development is supported by access to a range of toys and books, by spoken language and opportunities to move, play and explore the world.

Meithrinfa Deryn Bach aims to promote emotional health and wellbeing of babies and children in our care by, we will:

- Provide babies and toddlers with consistent care from one or two key workers.
- Allow parents to bring a favourite toy or object with them when they first come to the Nursery
- Provide routines and structure during the day to create security and a sense of consistency

- Respond promptly to any incidents or alleged incidence of disruption/aggression/quarrelling/bullying by acknowledging this behaviour instantly
- Respond sensitively to the diversity of families and lifestyles by using story books and through celebrations
- Promote personal safety by teaching children about the differences between appropriate and inappropriate
- Use male and female dolls
- Use praise and reward systems
- Encourage positive behaviour by praising children on expected behaviour
- Use positive rules throughout the Nursery by all members of staff
- Provide quiet areas for sleep with cots, sleep mats, dim lighting and gentle music
- Link sleep patterns with home routine
- Encourage children to share and help one another
- Provide a variety of stimulating and fun physical activities and play
- Children have their own space to keep their belongings on their pegs
- Encourage and praise children for their efforts when they try something new
- Develop self esteem and confidence by valuing every child as an individual and appreciate their contributions of what they do or give
- Welcome outside agencies to support individual children with additional needs
- Develop problem solving skills by allowing them to work thing out in different ways
- Focus on positive aspects of behaviour management
- Use Circle Time to help develop speaking and listening skills, develop self esteem and self worth, social skills and exploring feelings
- Use the principles of Circle Time throughout the Nursery with children
- Use the principles of Circle Time with staff and during staff meetings
- Listen to children and reassure them in difficult or distressing situations and help develop coping skills
- Take time to talk, listen and respond to babies and very young children
- Give children opportunities to be creative and to express themselves as individual
- Praise every child for their achievements
- Encourage children to participate, concentrate and pay attention by providing individual and group activities such as games and stories
- Observe for signs that a child may be unhappy, neglected or abused
- Ensure children have plenty of physical activity and are offered good, nutritious snacks and meals for over all wellbeing.
- Use a home-nursery note book to inform parents about their child's development and achievements (Tapestry)
- Display good news stories, provide information on Nursery news, information on local activities and share leaflets on the notice board or in the reception area.

Staff training

We encourage our staff to attend appropriate training:

- Behaviour management
- Attachment Theory
- Decision making skills
- Bereavement and Loss
- Parenting programmes e.g. Incredible Years
- Circle Time
- Safeguarding and Child Protection

Equality

We are committed to ensuring the equality of experience and opportunity for all children, staff, parents/carers of our Nursery irrespective of race, gender, disability, faith or religion or socio-economic background. We aim to develop a culture of inclusion and diversity in which all those connected with the Nursery feel proud of their identity and are able to participate fully.

References

Building a Brighter Future

Social and emotional wellbeing: early years NICE Guidance

<http://www.nice.org.uk/guidance/ph40/resources/social-and-emotional-wellbeing-early-years-draft-guidance2>

Public Health Wales Mental & Emotional Health, Wellbeing & Relationships