

Emotional Health And Wellbeing Policy

EYFS: 1.1, 1.2, 1.3, 1.4, 2.1, 2.3, 2.4, 3.1, 3.2, 3.3, 4.1, 4.2

At Harvey Road Day Nursery we understand the importance of promoting Emotional Health and Wellbeing at an early age. We believe each child is a unique individual who should be treated equally and given the same opportunities to grow and develop.

“Wellbeing is a particular state or feeling that can be recognised by satisfaction, enjoyment and pleasure. The person is relaxed and expresses inner rest, feels the energy flow and radiates vitality, is open to the surroundings, accessible and flexible”

Dr Ferre Laevers

Why is Wellbeing important?

Wellbeing relates to the children's basic needs being met. These needs include physical needs - such as for sleep, food, water - but also include emotional needs, such as for:

- Affection - warmth, comfort and trust
- Safety - clarity and continuity
- Recognition - feeling accepted and appreciated by others
- Feeling capable - to feel good at something, to feel success

A child's emotional wellbeing includes being happy and confident. Social wellbeing allows children to make good relationships.

In order to ensure these needs are met, we will:

- Adapt our care to meet the physical needs of each individual child by identifying good health, the need to eat, drink, sleep and move about to exercise
- Provide clear boundaries and rules so that children understand expectations set out, and are able to predict what comes next
- Provide opportunities for children to experience and enjoy being part of a group and make friends
- Encourage children to talk about themselves in a positive way

We recognise that promoting a healthy attachment with your key person from an early age is an important step towards building the warm and nurturing relationship between the child and family. It is this relationship between your child and key person that will help to ensure that all your child's individual needs are to be met. A secondary attachment will be formed by another member of staff in the key person's absence. The key person will tailor the learning and developing to meet their needs.

As part of our ongoing observation, assessment and planning, your key person will be monitoring their wellbeing and involvement, and planning activities to support your child in this area. This will be shared with you. We record children's wellbeing and involvement as part of our focused observations which you can view as part of your Tapestry on-line journal. You can view this at any time and add to it if you wish. We work in collaboration with parents to meet the child's individual needs and interests.

At Harvey Road Day Nursery we strive towards all children having the same physical wellbeing opportunities to move around and exercise. Being physically active every day is important for healthy growth and development. We understand the importance of our children being able to receive the correct amount of outside time where they can. The children will:

- Benefit from having access to the fresh air and natural sunlight
- Naturally be curious about the garden environment to - explore, look and discover
- Enjoy being imaginative in the wild and connecting with nature
- Have opportunities to plant, grow and eat fruit and vegetables planted
- To physically exert themselves in the space

At Harvey Road Day Nursery we are trained to understand children's emotional health needs. We have the expertise and skill to nurture relationships, so can identify factors that may pose a risk to a child's emotional wellbeing. We do this as part of our ongoing safeguarding. Signs that a child's emotional health and wellbeing may be at risk include:

- Being withdrawn
- Anxiety
- Depression
- Low self esteem
- Low motivation
- Being unresponsive to you
- Showing signs of behavioral problems
- Developmental regression
- Loss of interest in social activities or other interests
- Low immunity

Not recognising these signs can have a detrimental effect on a child's health and wellbeing. They can become emotionally withdrawn, which in turn will affect their ability to learn and develop effectively, and to reach their full potential. We understand that children can present differently at nursery and home and develop at different rates.

Other Policies of interest to support:

Food and Nutrition Policy

Safeguarding Children and Child Protection

Achieving Positive Behaviour

This policy was adopted in	Signed on behalf of the nursery	Date for review
May 2021	Christine Hall – Nursery Manager	May 2022