



Home-Grown in Malvern

Children's Emotional Health & Well-being Policy

At Home-Grown in Malvern, we understand the vital role that we as practitioners have on ensuring children are supported to achieve well-being from the earliest possible age. Home-Grown offers a happy, safe and caring environment. We take pride in having a unique family atmosphere where each child is valued as an individual. We encourage a love of learning and promote a child's natural curiosity through varying challenges, experiences and opportunities. We believe that positive mental health can enable children to develop their resilience and grow into well-rounded adults.

Well-being

Well-being is a particular state or feeling that can be recognized by satisfaction, enjoyment & pleasure. The person is relaxed and expresses inner rest, feels the energy flow and radiates vitality, is open to the surroundings, accessible and flexible.

Professor Ferre Laevers

Why is well-being important?

Well-being relates to our basic needs as human beings. These are

- Physical needs (need to eat, drink, move & sleep)
- The need for affection, warmth & tenderness (being hugged, receiving & giving love & emotional warmth)
- The need for safety, clarity & continuity (knowing the rules, being able to predict what comes next, counting on others)
- The need for recognition & affirmation (feeling accepted & appreciated by others, being part of a group & having a sense of belonging)
- The need to feel capable (feeling that you are good at something, to experience success)

Emotional well-being includes being happy and confident and not anxious or depressed. Social well-being allows children to make good relationships.

As part of our ongoing observation, assessment & planning cycle your child will be monitored in terms of their well-being & involvement and we plan activities to support the children in this area. We record children's well-being & involvement as part of our focus observations. These are collated to present evidence to assist with the ongoing record of each child's Early Years Pathway Profile.

Early years practitioners should identify factors that may pose a risk to a child's social & emotional well-being as part of the on-going assessment of their development. This could include

- A child being withdrawn
- A child being unresponsive
- Children showing signs of a behavioural problem
- Delayed speech or poor communication & language skills

Practitioners understand children's emotional health needs and have the time & skills to develop nurturing relationships.

Benefits to children & families

- Children who are more engaged with learning
- Parents who are more engaged with the nursery and more in tune with their child's learning & development
- High morale within the setting
- Good relationships developed between staff, parents & children.
- The good emotional health of the children

Home-Grown's strategies for supporting a healthy mind set:

To help make sure we support children to maintain a healthy positive mindset we have in the following strategies in place:

- The children are made aware of the boundaries and rules at the setting and are encouraged to follow them
- Staff members promote and encourage independence throughout the setting
- Staff members understand that they are seen as positive role models and should encourage good manners, good behaviour and good personal hygiene
- All children are treated fairly and equally, also staff members take into account all of the children's individual needs
- We have an enriched range of resources for all ages
- We promote British values
- We aim to go outside everyday
- Staff members provide opportunities for children to be challenged and to celebrate their achievements
- We provide experiences that promote a healthy and active lifestyle
- All staff follow setting policies and procedures consistently
- Staff members allow children to take risks as this enables them to learn from these experiences
- We support children with transitions by promoting and encourage positive relationships. We also take into account the needs of each child to support them through any transition they encounter. We know our children well and from this we understand what may need to be put in place to support each child as an individual.
- We promote positive relationships with parents and carers
- We maintain healthy and positive relationships with parents/carers, and encourage them to come and talk to us if they feel they need support or need to clarify anything.
- Parents are involved with care plans/learning plans to support staff, allowing for continuity of care and learning.
- Extra support is found for children who are believed to have additional needs, and we seek further support from outside agencies with permission from the child's parents/carers.

Signed:

Date:

Date Reviewed: