



Ways in which you can help your child to develop their skills of Personal, Social and Emotional Development

As your child prepares for our Nursery or Reception, you might be wondering how to best support them with this transition. Their Personal, Social, Emotional Development (PSED) is a key area to focus on.

PSED, comprises 'Self-Regulation,' 'Managing Self' and 'Building Relationships.' The Teachers and Early Years Team have put together a list of tips and suggestions to build on PSED skills, for parents.

PSED is about children:

- Developing confidence and independence.
- Making friends and getting on with others.
- Learning about right and wrong.
- Self-regulating their emotions.
- Understanding about their own and others' feelings.
- Feeling good about themselves.
- Being interested, excited and motivated about their play and learning.

To support PSED:

- Encourage independence skills, by children feeding themselves or taking off and hanging up their coat. Ensure your child can dress and undress themselves. Including doing up zips on coats and taking on and off their jumpers.
- Develop your child's independence at home by helping your child to undertake tasks such as, laying the table, putting their clothes away, making their bed and folding clothes.
- Model positive behaviour and highlight exemplary behaviour of children or adults, narrating what was kind and considerate about the behaviour.
- Encourage children to express their feelings if they feel hurt or upset using descriptive vocabulary.
- Play games with your child to encourage turn taking and supporting them if they don't win. This also will support them to continue develop the skill of waiting.
- Help and reassure them when they are distressed, upset or confused.
- Name the emotion your child is displaying, for example "I can see that you are ..." stay calm, patient and be reassuring. It is alright to feel sad/angry/happy/disappointed.
- When reading stories, discuss how different characters are feeling.
- Be responsive - model wanted behaviours and share stories.
- Catch your child being good and praise the behaviour.