



## HARVEY ROAD DAY NURSERY LIMITED

### 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?

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

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

Intellectual, social and emotional development are strongly influenced by a child's experiences during their pre-school years.

Emotional well-being includes being happy and confident and not anxious or depressed. Social well-being 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 healthy attachment with your key person from an early age is an important step towards building warm and nurturing relationships between the child and family. It's this relationship between the child and key person that will help to ensure that all your child's individual needs are met.

As part of our on ongoing observation, assessment and planning, your key person will be monitoring their wellbeing and involvement and planning activities to support the child in this area. This will be shared with you via your Tapestry on-line journal. You can review 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.

Benefits to children and their families of good emotional health include:

- Children are more engaged with learning
- Parents who are more engaged with the Nursery and more in tune with their child's learning and development.
- High moral within the setting
- Good relationships developed between staff, parents and children

Staff are trained to understand children's emotional needs. They 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: this includes

- Being withdrawn.
- Anxiety.
- Depression.
- Low self-esteem.
- Low motivation.
- Being unresponsive to you.
- Showing signs of behavioural 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 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

Safeguarding Children and Child Protection

Achieving Positive Behaviour

<b>This policy was adopted in</b>	<b>Signed on behalf of the nursery</b>	<b>Date for review</b>
<b>May 2022</b>	<b>Suzanne Baldry – Nursery Manager</b>	<b>May 2023</b>