

Emotional Health and Well Being Policy

St Bernards provides an environment that promotes everyone's emotional health and wellbeing. This will be achieved by the whole setting approach documented in this policy. This policy covers all aspects of emotional health and well being in our setting.

This policy relates to some of our other policies and procedures including Safeguarding Children, Confidentiality, Behaviour management, Inclusion & Equality.

Our policy for Emotional Health & Wellbeing is co-ordinated by **Kim Meeney**

Everyone involved with the setting adheres to the policy. All parents receive or have access to a copy of this policy.

The impact of this policy is reviewed on an ongoing basis to reflect any new guidance. The policy is communicated to the setting and new families/staff are made aware of its importance.

Policy aims

- Ensure babies and children feel safe, secure and valued in our setting
- Ensuring children have a sense of belonging in the setting by working in partnership with their parents.
- Encouraging positive, caring and polite behaviour through praise, in an environment where children learn to respect themselves, other people and their surroundings.
- Involving children in decisions about their daily routine or changes in the setting.
- Helping children and staff feel happier and more confident.

The nursery's aim is to take great care to treat everyone as a person in their own right, with equal rights and responsibilities to any other individual, whether they are an adult or child. The nursery is committed to providing equality of opportunity and anti discriminatory practice for all children and families according to their individual needs. Discrimination on the grounds of gender, age, race, religion/belief, colour, creed, marital status, disability, sexual orientation, ethnic or national origin, or political belief has no place within this nursery.

We have a variety of policies in place to support the planning, teaching and learning of this policy – please refer to our transitions policy, stress policy, Nutrition policy, safeguarding policy, behaviour policy, Inclusion and equality policy, SEN policy and Physical education policy.

Emotional well-being is promoted throughout the nursery in variety of ways.

- Children are encouraged to wash hands before snacks, before meals, after using the toilet and after any contact with animals.
- Posters are displayed within the setting as visual aids for the children.
- Staff changing nappies use disposable gloves and aprons and the area is wiped down with anti bacterial wipes/spray before and after each change.
- Each child is assigned a key worker and the aim of this is for the children to bond with a familiar adult, have consistence within the setting and ensure that each child's individual needs are being met.
- We visit settings such as dental practices and doctor's surgeries to further children's learning. We welcome support from outside agencies and have borrowed equipment for the children to role-play with.
- Children experience many transitions in their early years and nursery staff are sensitive to the difficulties children may have when faced with these. If transitions to rooms are taking place the key worker will spend time with the child in the new area to ensure the process is smooth.

Opportunities provided for children to learn about Health and well being

- Supervised toothbrushing
- Menus devised around healthy breakfasts, snacks and meals
- Taking part in National healthy campaigns
- Physical Education lessons
- Understanding emotions by using visual aids
- Self-help skills
- Books and displays
- Daily discussions about importance of being healthy and good hygiene practices.

Partnership with parents

We aim to establish a strong link with parents/carers to ensure continuity of care and education is streamlined throughout the setting. Partnership with parents is paramount as their knowledge and inclusion with planning and recording their child's progress enables child development to succeed within the early years. Key workers play an important part with forming this attachment, attaining and recording all data and communicating stages of development effectively with parents. Our staff teamwork within the guidelines of the Early Years Foundation Stage Framework. Key areas of development are discussed with parents regularly; the inclusion of outside agencies may be required if appropriate and any cultural variations will be respected and upheld. Please refer to our partnership with Parents policy and our Social media policy for more details.

All staff have a key role in influencing children's knowledge, skills and attitudes about emotional health & wellbeing, so it is important that they are familiar with the settings policies, guidelines or procedures.

It is important that staff are seen to act as positive role models around emotional health for example in their attitudes and behaviours towards each other or the children. Staff are supported by regular supervisions, policies being in place relating to stress, family and work.