



# Emotional Health & Well-Being Policy

## 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 and 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)

Intellectual development and social & 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.

As part of our on-going observation, assessment & planning cycle your child's key person will be monitoring their well-being & involvement using the Leuven Scale, and planning activities to support the children in this area. This information will be shared with you and will be kept in their development files; these can be looked at by parents at any time, just speak to your key person and arrange a mutually convenient time.

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- A child being withdrawn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 of emotional health to children & families

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



We are taking part in the Healthy Early Years scheme (HEY) by attending specific training such as 'Supporting children's emotional health & well-being' and 'promoting positive behaviour'.