



Personal, social and emotional development – information for parents

Dear parents,

The educational programme in the Early Years Foundation Stage statutory framework states:

Children's personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives, and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others. Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating, and manage personal needs independently. Through supported interaction with other children, they learn how to make good friendships, co-operate and resolve conflicts peaceably. These attributes will provide a secure platform from which children can achieve at school and in later life.

Personal, social and emotional development focuses on your child learning about their emotions, developing a sense of self and becoming part of strong and secure relationships.

We support your child to learn about their emotions when we play emotions games with them, talk about how they are feeling and respect their responses, so they learn that their emotions are valid. Emotions are closely linked to relationships – if your child is not secure in their relationships with adults and other children, they will struggle to manage their emotions.

We teach your child about a sense of self when we talk to them about themselves and allow them to make choices. We value them as an individual with their own likes, dislikes and interests. We also work with you to build their developing independence skills so they can look after themselves, ask for what they want, manage their toileting etc.

As your child grows, they will start to play alongside and then with other children. We help them with this, suggesting ideas for ways to enter another child's play and setting up lots of group interactions which will teach them the skills they need to play as part of a group.

If you have any questions about how we support your child's personal, social and emotional development or you have concerns about your child's progress, please ask. Thank you.