

Helping Your Child to Learn and Grow in the Early Years: Personal, Social and Emotional Development

A Guide for Parents

What Is Personal, Social and Emotional Development?

PSED has three aspects - 'Making relationships', 'Self-confidence and Self-awareness' and 'Managing feelings and behaviour'. PSED underpins children's development in all other areas, as they will struggle to learn in the school environment if they have not developed appropriate social and personal skills. Here are some ideas for supporting your child in this area.

<p>Show what a good conversation looks like when talking with other people in your family, for example turn taking, listening, and making eye contact. Make time to talk with and listen to your child, again showing good listening and responding skills.</p>	<p>Show what positive relationships look like, within your family - this includes showing how we resolve conflict! Resist the temptation to tell your child to fight back if someone hurts them at school. Teach instead that it is OK to tell an adult, who will then help to sort out the problem.</p>	<p>Play games and plan activities that require turn taking, sharing and an idea of winning and losing. For example, a simple board game, painting pictures together, or playing a game of catch.</p>
<p>Encourage your child to play and interact with other people adults and children. For example, let them talk to the cashier at the supermarket or the waitress in the restaurant.</p>	<p>Making Relationships</p> <p>Early Learning Goal - Children play co-operatively, taking turns with others. They take account of one another's ideas about how to organise their activity. They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children.</p>	<p>Collect pictures of faces displaying different emotions, and help your child to label them e.g. 'happy', 'sad', 'angry'. This will help your child to recognise these emotions in others and respond appropriately.</p>
<p>Encourage your child to have contact with other children outside of school, through play dates for example. Don't micro-manage your child's interactions with friends, but perhaps discuss afterwards if you saw anything that caused a problem.</p>	<p>Share books that teach how to make good relationships there are a few great ideas at the end of this section. Whilst reading, talk about the characters' feelings and why they responded and reacted the way they did.</p>	<p>Use puppets or dolls to recreate situations during imaginary play with your child, for example what to do if you want to play with someone, or how to respond if someone hurts you.</p>

Great Books about Relationships and Friendship

<p>The Snail and the Whale by Julia Donaldson Tabby McTat by Julia Donaldson Room on the Broom by Julia Donaldson</p>	<p>Where Bear? by Sophy Henn Charlie's Checklist by Rory S. Lerman</p>
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<p>Do all you can to encourage independence at your child's own level, for example dressing themselves, toileting independently, pouring their own cereal or juice. Offer help only if it is asked for.</p>	<p>Make a booklet or treasure box with your child, in which they put pictures and objects related to things they enjoy or have achieved. Talk with them about their own abilities and the things they enjoy.</p>	<p>Allow your child to make choices, for example, by asking, 'Do you want to go swimming now or to the park?' Let them understand that choosing one thing often means they can't have the other.</p>
<p>Share books that talk about confidence and self-awareness - there are a few ideas below. Whilst reading, talk about the characters' feelings and why they responded and reacted in the way they did.</p>	<p>Self-Confidence and Self-Awareness</p> <p>Children are confident to try new activities, and say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities. They say when they do or don't need help.</p>	<p>Teach your child that we are all different and have different likes, dislikes, skills and abilities. Talk about people in your family who may like and dislike different things, e.g. 'Uncle John likes to play football, but you like gymnastics.'</p>
<p>Resist the urge to talk negatively about yourself. Children learn from what they see and hear around them.</p>	<p>Teach your child to feel good about their success for its own sake rather than the promise of a reward. Value their effort and how hard they tried.</p>	<p>Teach your child to look after their belongings and tidy up after themselves, and then trust them to do it independently.</p>

Great Books about Developing Self-Confidence and Self-Awareness

<p>Spaghetti for Suzy by Peta Coplans</p> <p>Giraffes Can't Dance by Giles Andreae</p> <p>Things that Make Me Happy by Sarah Mazor</p> <p>The Girl Who Never Made Mistakes by Mark Pett</p> <p>Raymond's Uncut Diamond by AM Marcus</p>	<p>The Night Shimmy by Anthony Browne</p> <p>Grrrrr! by Rob Biddulph</p> <p>The Lion Inside by Rachel Bright and Jim Field</p> <p>Willy the Wimp by Anthony Browne</p>
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<p>Demonstrate to your child how you deal with your feelings, for example, 'I'm feeling angry right now and I need to calm down, so I'm going to...'</p>	<p>Create a bank of ideas of things that can make people feel better. Talk to other family members about what makes them feel better.</p>	<p>Where possible, praise your child's positive behaviour and ignore negative. When you need to reprimand your child, explain what it is they have done and why it is not acceptable.</p>
<p>Share books and stories about characters showing different behaviour. Discuss 'goodies' and 'baddies' and their characteristics. Any story can be used for this – just think of the Big Bad Wolf! Below is a list of books dealing specifically with feelings and behaviour.</p>	<p style="text-align: center;">Managing Feelings and Behaviour</p> <p>Early Learning Goal – Children talk about how they and others show feelings, talk about their own and others' behaviour and its consequences, and know that some behaviour is unacceptable. They work as part of a group or class, and understand and follow the rules. They adjust their behaviour to different situations, and take changes of routine in their stride.</p>	<p>Show how people resolve conflict during pretend play with your child. Act out imaginary conversations between puppets/dolls/teddies, showing typical things that children argue about, such as both wanting the same toy. Discuss how these problems can be solved.</p>
<p>Use your collection of faces and emotions (see Making Relationships section) to talk about what might make us feel happy, sad, angry etc.</p>	<p>If your child struggles with changes to routine, use picture cards and a Now/Next Visual Aid to help them to see what is coming.</p>	<p>Discuss 'rules' at home. Perhaps work with your child to develop a set of rules and discuss why rules are needed – to keep us safe, help us to get along, help us to manage difficult feelings.</p>

Great Books about Feelings and Behaviour

<p>Rude Mule by Pamela Duncan Edwards</p> <p>Teeth Are Not for Biting by Elizabeth Verdick</p> <p>Feet Are Not for Kicking by Elizabeth Verdick</p> <p>Hands Are Not for Hitting by Elizabeth Verdick</p>	<p>Pom Pom Gets the Grumps by Sophy Henn</p> <p>It's Okay to Be Different by Todd Parr</p> <p>The Heart and the Bottle by Oliver Jeffers</p>
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