

Children's Well-being Policy



Grass Roots Nursery Group: Children's Well-being Policy

Purpose

To establish guidelines for promoting the well-being of children at Grass Roots Nursery Group, ensuring a safe, nurturing, and supportive environment that supports their holistic development. This policy reflects our core values and aligns with the statutory requirements of the [Early Years Foundation Stage \(EYFS\)](#), specifically regarding Personal, Social, and Emotional Development (PSED).

Key Principles

- **Safety and Well-being:** Prioritise the physical, emotional, and social well-being of all children.
- **Emotion Coaching:** As a core value, we utilise [Emotion Coaching](#) (based on EEF training) to support self-regulation and emotional literacy.
- **Inclusive Environment:** Create an inclusive and welcoming environment that values diversity and respects individual differences.
- **Positive Relationships:** Foster positive relationships between children, staff, and parents through the Key Person approach.
- **Healthy Lifestyle:** Promote healthy eating, oral health, physical activity, and overall wellness.
- **Partnership with Parents:** Collaborate with families to support children's well-being and online safety.

Safe and Nurturing Environment

- Ensure a safe and secure physical environment, free from hazards, through regular safety checks.
- Provide adequate supervision at all times.
- Maintain a team trained to identify signs of abuse and follow safeguarding referral procedures.
- Create a welcoming atmosphere that promotes a sense of belonging and security.

Inclusive Environment

- Promote diversity by celebrating individual cultures and differences.
- Ensure every child feels valued, respected, and supported.
- Adapt activities and resources to meet the needs of children with SEND (Special Educational Needs or Disabilities).

Emotional Support & Emotion Coaching

- Provide emotional guidance using Emotion Coaching techniques to help children recognise, label, and manage their feelings.
- Create safe spaces for children to express feelings and concerns openly.
- Support children through positive behaviour support plans that prioritise empathy and problem-solving over-regulation.

- Equip staff with the skills to validate children's emotions and model healthy emotional responses.

Healthy Lifestyle & Physical Activity

- Promote healthy eating by providing nutritious meals and snacks.
- Encourage physical activity and outdoor play as vital components of the curriculum.
- Utilise the expertise of our Physical Activity and Nutrition Coordinator, Lucy Pottinger, to develop a health-focused curriculum and support families.
- Educate children on hygiene, oral health, and balanced lifestyles.
- Support parents in developing knowledge regarding online safety and digital well-being, using the Family App, Nursery Website, Monthly Newsletter and any face to face communication or interactions with the team.

Partnership with Parents and Staff

- **Communication:** Maintain regular dialogue with parents regarding their child's progress, well-being, and development.
- **Involvement:** Encourage parental input and involvement in the nursery community.
- **Staff Development:** Provide ongoing training in child development, safeguarding, and Emotion Coaching.
- **Evaluation:** Regularly review the effectiveness of this policy through feedback from staff, parents, and children.

By implementing this policy, Grass Roots Nursery Group ensures a nurturing environment that promotes the holistic development of every child in our care.