

PROMOTING HEALTH AND HYGIENE

CHILDREN'S WELL BEING

Well-being is a broad term that covers how you feel about yourself. It encompasses physical, emotional, mental, social, and spiritual areas of a person's life. At The Island Day Nursery, we understand that everybody regardless of age can experience good and bad mental health.

We are an inclusive setting and ensure that all children and families are welcomed. We aim to celebrate families' key events and ask them to inform them of any special events taking place in their lives including social and cultural events.

Physical Health

Children's physical well-being is supported through a carefully planned curriculum which includes opportunities to promote fine motor and gross motor skills both inside and outside.

Children are encouraged to try a variety of healthy snacks and staff discuss the importance of a healthy diet with children of all ages.

Personal hygiene is supported in children of all ages with staff explaining the importance of tooth brushing, hand washing etc.

Children are provided with quiet and calming areas for rest, sleep, and relaxation. We support children to recognise when they may need some quiet time or time away from their peers.

Emotional and Mental Health

We recognise that supporting children with their feelings and emotions at a young age will offer foundations to support their mental well-being throughout life.

Children's mental and emotional well-being is supported in a variety of ways including, the use of emotion stones, emotion puppets, circle times, yoga, and appropriate books. We provide a safe environment which allows staff to support children to express their emotions. Staff will talk freely to children about how they are feeling and why, for example, today I am happy because... When children are experiencing emotions, they are unable to cope with staff support self-regulation using a variety of resources and techniques, for example, modelling calming strategies, modelling breathing activities, naming, and talking about feelings.

Persons responsible for implementing this policy:

Erica Dunwell/Heather Bishop/Rosalind Moreno/Cara Bonner – Barton

Erica Dunwell/ Heather Bishop/Jonathan Reed – Sandown

Erica Dunwell/Becky Kujabi/Sam Hicks – Wootton

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