

## Personal, Social and Emotional Development



### Key areas:

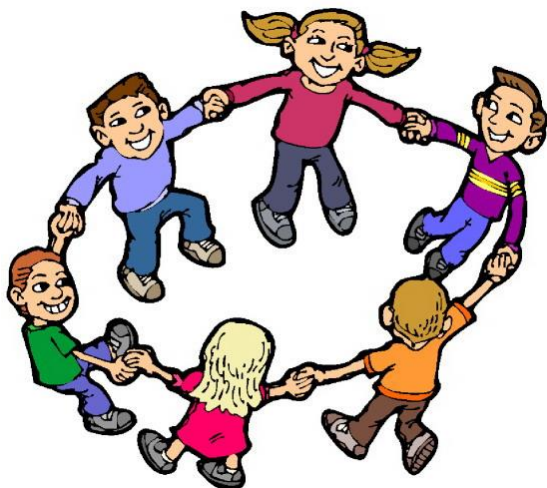
- Making relationships
- Self-confidence and self-awareness
- Managing feelings and behaviour

### This area of learning:

- encourages your child to be independent and to interact with other children and adults
- will help your child to develop a sense of him/herself by considering questions such as: What am I? What sort of person am I?
- is about helping your child to feel confident
- will prepare your child for new experiences
- helps your child to establish good relationships with others
- is about making your child feel safe and secure
- supports your child's emotional well being
- helps your child to develop respect for others
- helps to develop your child's sense of responsibility
- will help your child to think about what is right and what is wrong
- involves giving your child praise for his effort, as well as his/her achievement

### You can help your child by:

- making sure there is plenty of structure and routine in your daily life, which will enhance your child's feeling of security
- taking time to talk to your child about his/her everyday life, daily activities that you share, and his/her needs
- encouraging your child to ask plenty of questions, and taking time to respond
- enjoying story and picture books together
- letting your child make his/her own choices
- encouraging your child to help other people
- providing positive images of different genders, cultures, beliefs and levels of ability
- playing games together, either in pairs or groups
- challenging behaviour that you consider unacceptable
- explaining to your child the consequences of his/her actions
- encouraging your child to be independent in activities such as using the bathroom or at mealtimes



### Things to try at home:

- enjoy dressing-up and role-play games using puppets and dolls
- play together in the sand and water
- play with small-world toys together
- have fun playing board games in pairs or small groups.