

Supporting Personal, Social and Emotional Development

Making Relationships

- Encourage your children to play cooperative games with others e.g. passing a ball, building a model together.
- Play turn taking games with them so they learn how to share and follow instructions.
- Encourage them to pretend play e.g. setting up a picnic.

Managing feelings and behaviour

- Encourage your child to talk about their feelings and emotions. Support them to name and describe how they are feeling.
- Share stories about characters that follow or break rules, and the effects of their behaviour on others.
- Talk about fairness and encourage your child to think of ways to make playing e.g. taking turns, sharing toys with others.
- Support your child to learn to recognise feelings or emotions by exploring facial expressions in mirrors, through music or asking them about how characters in a story might be feeling or behaving.

Self-Confidence and Self-Awareness

- Involve children in drawing or taking photographs of favourite activities or places, to help them describe their individual preferences and opinions.
- Encourage your child to think about their own successes, achievements, gifts and talents.
- Support them to try new things and provide experiences, which are challenging but achievable.
- Give them time to explore their own interests.
- Support and encourage them to speak to other children and familiar adults.
- Encourage them to be independent with aspects of their daily routine.