

# Promoting Positive Behaviour

EYFS: 3.1, 3.2, 3.53, 3.54,

At Woodlands Day Nursery, we recognise that understanding children's emotions is critical to understanding their behaviour, with young children often unable to express, interpret and process emotions in the same way as adults. We strongly believe that children thrive when strong, warm, and supportive relationships are formed with adults, this enables them to feel secure and able to express their emotions and learn to self-regulate. Using strategies learnt through Emotion coaching training, practitioners show empathy and listen carefully to the child, naming the emotion and spending time with them so that they can recognise that the emotion they felt is acceptable, but the behaviour may not have been, for example "It is okay to feel angry, but it is not okay to hit somebody. When you hit somebody, you hurt them." We believe that it is important to validate children's emotions and provide them with the vocabulary around emotions so that they learn to be able to vocalise how they are feeling with adults never dismissing an emotion.

The nursery actively promotes British Values and encourages and praises positive, caring and polite behaviour at all times and provides an environment where children learn to respect themselves, other people and their surroundings.

We implement the early years curriculum supporting children to develop their personal, social and emotional development. This involves helping children to understand their own feelings and others and beginning to regulate their behaviour. We support children to do this through working together with parents, having consistent approaches, structure, routine and age/stage appropriate boundaries. We help build confidence and self-esteem by valuing all children and giving lots of praise and encouragement.

To support positive behaviour in our setting, we aim to:

- Recognise the individuality of all our children.
- Provide strong, warm and supportive relationships which enables children to feel safe and supported to express their emotions. Ensure that our key person system enables staff to build a strong and positive relationship with children and their families.
- Understand that certain behaviours are a normal part of some young children's development e.g. biting.
- Ensure all staff are aware of Emotion coaching steps and strategies.
- Develop children's understanding of their emotions using the emotion coaching approach; tune into the emotion, connect with the child, listen to the child- validate, name the emotion, find good solutions together.
- Encourage children to participate in a wide range of group activities to enable them to develop their social skills.
- Provide additional intervention when needed to support children to develop their social skills and emotional regulation.
- Ensure that all staff act as positive role models for children.
- Encourage parents, carers, and other visitors to be positive role models.

- Work in partnership with parents/carers by communicating openly making them aware of any significant behaviour issues that have arisen during the day. During this discussion with the parents the nursery will never disclose the name of any other child involved in an incident due to GDPR but will ensure that all parents are spoken to, and appropriate action is taken. It is not appropriate for the nursery to discuss any other child with another parent so we will only ever discuss your child with you.
- Praise children and acknowledge their positive actions and attitudes, therefore ensuring that children see that we value and respect them.
- Encourage all staff working with children to accept their responsibility for implementing the goals in this policy and to be consistent.
- Promote non-violence and encourage children to deal with conflict peacefully, supporting children to develop their conflict resolution skills.
- Provide activities and stories to help children learn about acceptable behaviours, including opportunities for children to contribute to decisions about acceptable behaviour where age/stage appropriate, these are to include social stories.

Our nursery rules are concerned with safety, care, and respect for each other. We keep the rules to a minimum and ensure that these are age and stage appropriate. We regularly involve children in the process of setting rules to encourage cooperation and participation and ensure children gain understanding of the expectations of behaviour relevant to them as a unique child.

Children who are displaying distressed/challenging behaviour, for example, by physically abusing another child or adult e.g. biting, or through verbal bullying, are helped to talk through their feelings and actions through co-regulation before thinking about the situation and apologise where appropriate. We make sure that the child who has been upset is comforted. We always acknowledge when a child is feeling angry or upset and that it is the behaviour that is not acceptable, not the child or their feelings.

**Our promoting positive behaviour procedure is:**

- We support all children to develop positive behaviour, and we make every effort to provide for their individual needs, recognising that some children find it more difficult to regulate their emotions than others.
- We never use or threaten to use physical punishment or corporal punishment such as smacking or shaking or use or threaten any punishment that could adversely affect a child's well-being.
- We only use physical intervention (where practitioners may use reasonable force to prevent children from injuring themselves or others or damaging property) or to manage a child's behaviour if absolutely necessary. We keep a record of any occasions where physical intervention is used and inform parents on the same day, or as reasonably practicable.
- We recognise that there may be occasions where a child is displaying challenging or distressed behaviour and may need individual techniques to restrain them to prevent a child from injuring themselves or others. This will only be carried out by staff who have been appropriately trained to do so. Any restraints will only be done following recommended guidance and training and only with a signed agreement from parents on when to use it. We will complete an incident form following any restraints used and notify the parents.

- We do not single out children or humiliate them in any way. Where children are displaying challenging behaviour, they will, wherever possible, be distracted and re-directed to alternative activities. Discussions with children will take place as to why their behaviour was not acceptable, respecting their level of understanding and maturity.
- Staff do not raise their voices (other than to keep children safe)
- In any case of challenging behaviour, we always make it clear to the child or children in question, that it is the behaviour and not the child that is unwelcome.
- We decide on strategies to support types of behaviour depending on the child's age, level of development and the circumstances surrounding the behaviour.
- We help staff to reflect on their own responses towards behaviours that challenge to ensure that their reactions are appropriate.
- We inform parents/carers if their child's behaviour is unkind to others or if their child has been upset. In all cases we deal with behaviour that challenges in nursery at the time. We may ask parents/carers to meet with staff to discuss their child's behaviour, so that if there are any difficulties, we can work together to ensure consistency between their home and the nursery. In some cases, we may request additional advice and support from other professionals.
- We support children in developing non-aggressive strategies to enable them to express their feelings and emotions.
- We keep confidential records in the form of an ABC form, on repeated behaviour that challenges. We inform parents and ask them to read and sign any incidents concerning their child.
- Through partnership with parents and formal observations, we make every effort to identify any behavioural concerns and the causes of that behaviour. From these observations and discussions, we will implement a Behaviour Support Plan where a child's behaviour involves aggressive actions towards other children and staff, for example hitting, kicking etc. The SENCO will meet with parents to discuss the Behaviour Support Plan and it is vital that all staff who work with the child is aware of the plan and follow it. There will be clear strategies on it to support the child with their behavioural difficulties.

We recognise that children need their own time and space and that it is not always appropriate to expect a child to share. We believe it is important to acknowledge each child's feelings and to help them understand how others might be feeling.

**At our nursery, staff follow the procedure below to enable them to deal with behaviour that challenges:**

- Staff are encouraged to ensure that all children feel safe, happy, and secure.
- Staff are encouraged to recognise that active physical aggression in the early years is part of the child's development and children are helped to understand that using aggression to get things, is inappropriate and they will be encouraged to resolve problems in other ways.
- Staff will initiate games and activities with children when they feel play has become overly boisterous or aggressive, both indoors and outdoors.

- We will ensure that this policy is available for staff and parents, and it will be updated once a year.
- Staff and parents/carers are also welcomed to review and comment on the policy and procedure.
- If any parent has a concern about their child, a member of staff will be available to discuss those concerns. Working together can ensure our children feel confident and secure in their environment, both at home and in the nursery
- All concerns will be treated in the strictest confidence.

### **Anti-bullying**

At Woodlands we define bullying as deliberate repeated harassment of others through emotional, physical, psychological, or verbal abuse. We encourage children to recognise that bullying, fighting, hurting and discriminatory comments are not acceptable behaviour. We want children to recognise that certain actions are right and that others are wrong.

Bullying takes many forms. It can be physical, verbal, or emotional, but it is always a repeated behaviour that makes other people feel uncomfortable or threatened. We acknowledge that any form of bullying is unacceptable and will be dealt with immediately while recognising that physical aggression is part of children’s development in their early years. Staff will intervene when they think a child is being bullied, however mild or harmless it may seem and sensitively discuss any instance of bullying with the parents/carers of all involved to look for a consistent resolution to the behaviour.

By positively promoting positive behaviour, valuing co-operation, and a caring attitude, we hope to ensure that children will develop a positive sense of self, have confidence in their own abilities, make good friendships, co-operate, and resolve conflicts peaceably. These will provide them with a secure platform for school and later life.

<b>This policy was adopted on</b>	<b>Signed on behalf of the nursery</b>	<b>Date for review</b>
March 2024		Annually unless changes occur sooner