

Personal, Social & Emotional Development (PSED) at Ditton Nursery School

Happy, confident children are in the very best position to learn and grow. That is why your child's emotional wellbeing is at the absolute heart of everything we do.

PSED helps children make friends, build self-confidence, and understand both their own feelings and the feelings of others. We know this learning doesn't happen by chance. It relies on a strong partnership between nursery and home, with adults working together to model kindness and positive behaviour.

A Warm Welcome: Our Key Person Approach

To help your child feel secure, we operate a highly successful Key Person policy:

- **Home Visits:** Your child's dedicated Key Person will visit you both at home before they start, building an early bond in a familiar environment.
- **Consistent Groups:** We keep our key groups as consistent as possible. This means your child sees the same friendly faces every single day, helping them to form their first close friendships.
- **Child-Led Learning:** From day one, children are encouraged to plan their own day—choosing what they want to play with, what they want to do next, and who they want to play alongside.
- **Supportive Adults:** Our role is to play right alongside your child. As we get to know them well, we know when to step in to stretch their learning and when to let them explore independently.

Growing Independence and Resilience

We love watching children become independent thinkers and doers. We encourage them to choose their own activities, find creative solutions to small problems, and use their words to express what they need. Young children are still figuring out how to manage big emotions, so we support them with:

- **Simple, Clear Rules:** Easy-to-understand boundaries that make the nursery feel safe and predictable.
- **Emotional Toolkit:** We use stories, puppets, and games to help children name their feelings, notice how others are feeling, and learn how to gently resolve disagreements.

Healthy Bodies and Staying Safe

Taking care of our bodies is a big part of growing up. We support and celebrate your child's everyday independence in self-care, such as using the bathroom on their own and learning how to wash their hands thoroughly. We also chat with the children about making healthy food choices and why brushing our teeth is so important.

We introduce children to the concept of healthy relationships in a gentle, age-appropriate way. We explore who is in their family, celebrate how different families can be, and talk about why it is important to be kind to one another.

As part of keeping your child safe, we also teach them about body awareness—helping them understand which parts of their body are private and encouraging them to always speak to a trusted adult if they ever feel worried or upset.