

Personal, Social and Emotional Development (PSED) is a prime area of the EYFS. It is essential for your child's healthy development and future learning.

This area of learning

- encourages your child to be independent, to make decisions and choices for themselves
- encourages your child to interact with other children and adults
- prepares your child for new experiences
- helps your child to develop a sense of him/herself
- helps your child make good relationships with other children and adults
- is about making your child feel safe and secure
- helps your child develop an understanding of what is right and what is wrong
- helps your child to develop respect for others and for him/herself
- helps your child to name and talk about a range of feelings e.g. happy, sad, scared, worried
- encourages your child to manage his/her own personal hygiene and to dress and undress independently
- helps to develop your child's sense of responsibility

How can you help your child?

- Try to have structure and routines in your daily life.
- Talk to your child about their day.
- Listen to your child's views and feelings.
- Encourage your child to be curious, to question.
- Enjoy stories and books together. Ask your child about the book. Did they enjoy it? What was their favourite part? Did they like the pictures?
- Encourage your child to help others and to listen to others.
- Play games together. Encourage your child to take turns.
- Challenge behaviour that is unacceptable. Discuss why some behaviour is unacceptable. Explain the consequences of your child's actions.
- Talk about how your child may be feeling at certain times of the day or about certain activities or events
- Encourage your child to look after his/her own needs, for example, dressing.
- Plan times for your child to play with other groups of children.
- Let your child make choices and decisions when appropriate.

The Early Years Foundation Stage

(EYFS)

Areas of Learning and Development

Useful links

<http://www.foundationyears.org.uk/parents/>

information for all families in England with children under the age of 5

www.rif.org.uk

Literacy website offers lots of book reviews and competitions for children plus tips for parents on reading and choosing books for your child.

www.booktrust.org.uk

Bookstart is a national scheme to encourage all parents and carers to share books with babies. The scheme provides every seven to nine months old baby with a free book.

www.myhomelibrary.org

This website, created by Children's Laureate Anne Fine, highlights the importance of children owning and choosing books for themselves. It includes book reviews and tips for building a library

<http://www.netmums.com>

www.dad.info

An information website for dads covering a range of issues, such as, fatherhood, money, health, relationships, other organisations and initiatives.



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