



CHILDREN WELL-BEING IN PRESCHOOL POLICY

Well-being is a broad term that covers how you feel about yourself and your life. At Worstead Preschool, we recognise that children's mental health and wellbeing play a crucial factor in their learning and achievements. We aim to provide positive mental health and well-being for all at our setting (children, staff, parents and carers). Well-being encompasses the physical, emotional, mental, social and spiritual areas of a person. Under the Early Years Foundation Stage (EYFS) this is covered in the children's personal, social, emotional and physical development, both of which are prime areas of learning and development.

We teach children about health, safety and wellbeing through our practices, policies and procedures. The children learn:

- About emotional well-being and how to manage feelings.
- About empathy and understanding other people's feelings.
- To motivate themselves and be resilient.
- About change/loss and associated feelings.
- We provide a safe environment that enables them to express themselves and feel validated.

Physical well-being covers everything physically to do with the body:

- Growth and development.
- Moving and keeping physically fit.
- Caring for personal health (e.g., washing, cleaning teeth etc.)
- Eating a balanced and nutritious diet.
- Respecting rest and appropriate sleep patterns.

Mental and emotional well-being includes:

- Acknowledging, expressing and coping with feelings and emotions.
- Thought processes.
- Reducing stress and anxiety.

Social well-being includes:

- Relationships.
- Family (close and extended).
- Friends.
- The feeling of belonging and acceptance.
- Compassion and caring approaches.

Spiritual well-being includes:

- Value and beliefs held.
- Personal identity and self-awareness.

Children's well-being is supported through our carefully planned curriculum which supports all types of gross and fine motor play both inside and outside. We also have developed a range of strategies to promote positive mental health and well-being such as:

- 1-1 time with the child's keyworker.
- Staff training.
- Resources to help children to talk/share their worries or concerns.

This organisation is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

At Worstead Preschool we provide nutritionally balanced meals for the children and support our staff to make healthy choices in regard to their physical health. Personal hygiene is supported in children of all ages. This is the reason we implement handwashing and tooth brushing into our daily routine.

Children are also provided with calming areas for rest, sleep and relaxation. This supports both their physical and mental well-being.

We also use the "key person" approach, supporting the children to build strong attachments with staff members and peers. We offer opportunities and resources for children to play by themselves or in groups to support this area of development.

We provide activities that support the process of children building the capacity for self-regulation and activities that help children recognise and express their emotions. This includes emotional literacy.

We model calming strategies, naming and talking about feelings and provide opportunities for children to practice their self-regulation skills.

All staff use a consistent approach and are able to recognise when a child may need support with their emotions. Teaching children to recognise and manage their emotions at a young age helps support foundations for doing this throughout their life.

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