

Personal, social and emotional development

Workshop for parents

14th January 2020

What is Personal, Social and Emotional development?

- ▶ Personal, Social and Emotional development (PSE) are three important aspects of a child's growth which often come hand in hand.
- ▶ Personal development- how children view and feel about themselves
- ▶ Social development- how children interact and build relationships with other people
- ▶ Emotional development- how children understand their own and others feelings

Personal development

- ▶ Self confidence
- ▶ Self awareness

Provide opportunities for children to:

- ▶ develop a positive sense of themselves and others
- ▶ have confidence in their own abilities

Social development

- ▶ Making relationships
- ▶ Children forming positive relationships can tap into a huge resource to support their learning
- ▶ Vgotsky - learning is a social experience where the individual learns from others

Emotional development

- ▶ Managing feelings and behaviour
- ▶ Children need to feel comfortable, both emotionally and physically, to allow them to learn effectively.
- ▶ Helping children to learn how to regulate and manage their feelings is therefore an important stepping stone for learning in all areas of the curriculum

How to support personal development

- ▶ Encourage independence
- ▶ Allow freedom to make choices- open ended activity
- ▶ Specific praise

How to support social development

- ▶ Playful interactions
- ▶ Model turn taking/sharing
- ▶ Play-dates

How to support emotional development

- ▶ Labelling feelings
- ▶ Reinforcement of positive behaviour
- ▶ Modelling

Summary

- ▶ Helping children develop personally, socially and emotionally is often challenging but the benefits of this are life-long
- ▶ The three strands are very connected to each other and adults play a large role in the development of this with our positive feed-back.
- ▶ Any questions....