

TIPS ON HOW TO SUPPORT YOUR CHILD BECOME INDEPENDENT, SOCIABLE AND HAPPY

WHY USE THESE CARDS?




You know better than anyone how important the first few years of your child's life are. And if you help your child feel good about themselves and others straight from birth, they'll find it easier to get on with, respect and relate to others and learn how to manage their feelings.

Through watching how you behave, they'll start to understand what is the appropriate way to behave in groups, have confidence in their own abilities and show increasing levels of independence. It's also worth remembering that your child's personal, social and emotional development is key to them being happy, popular and successful later on in life.

HOW TO USE THESE CARDS

By sections...

These cards are divided into three sections, **Being, Belonging and Becoming**, which complement each other to support your child's personal, social and emotional development (PSED).

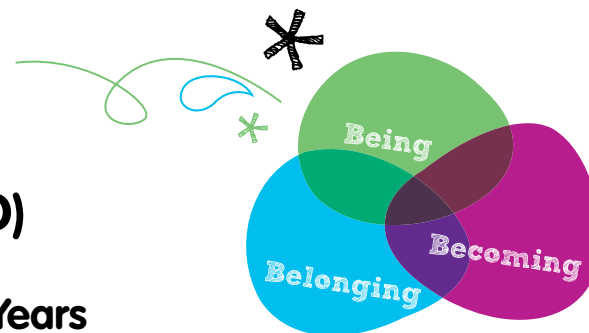
-  The green Being cards give tips to help you help your child develop and manage their feelings and emotions.
-  The blue Belonging cards give tips to help you help your child learn how to make friends.
-  And the pink Becoming cards give tips to help you help your child develop independence.

By age...

The arrows, at the bottom of each card, loop around the age at which you should start using these tips but you can use the tips beyond five years old. Children develop at their own rates and in their own ways so use the tips flexibly. It's up to you how you use the tips, you can choose to focus on sections or ages, whatever you decide, try to use them regularly.



PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT (PSED)



A Prime Area of the Early Years Foundation Stage

If your child is aged between 0-5 years and goes to one of the childcare providers listed below, you're going to hear about the Prime Areas of the Early Years Foundation Stage (EYFS) and their importance.

That's because every early years childcare provider, whether that's a home-based childminder, a pre-school, a non-maintained nursery, a maintained nursery or a reception class, has to follow the (EYFS). And personal, social and emotional development, usually referred to as PSED, is one of the Prime Areas of the EYFS. This highlights how important PSED is in your child's learning and development and these Being, Belonging, Becoming cards explain what it's all about.

Where to go for more information

For more information about early learning, including tips on the other two Prime Areas of the EYFS, physical development and communication and language skills, go to Surrey Family Information Service's Early learning webpages at www.surreycc.gov.uk/earlylearning.

If you have any concerns about your child's development, speak to your GP, health visitor or someone at your Sure Start Children's Centre

