



Parents guide to managing behaviour in a positive way.

**This leaflet explains how the
nursery will positively
support your child in
managing their feelings and
behaviour .**

SEAD—What is the SEAD approach?

Our approach to children’s social and emotional development is about empowering children in our care, they are treated with politeness and respect, as equals. At every stage children are consulted. We listen to children’s ideas and opinions regarding all aspects of their day. Children are guided and supported to resolve conflict between themselves with a sensitive practitioner close by.

Using positive language

Focus on telling children **what** we want them to do, rather than what we **do not** want them to do. Too many negative comments throughout a day can knock a child self-esteem.

For example, if a child is running inside:

Negative—“Stop running!”

Positive “Walk please”.

Acknowledging feelings

Just like adults, children go through a range of different emotions. Some that they may not fully understand or know how to deal with yet. As adults we need to ensure that we are acknowledging how children feel and helping them to work through these emotions by showing them that it is ok to feel different emotions.

Acknowledging unwanted behaviour

Sometimes, children may display behaviours which as adults, we may not like. Such as:

Throwing, climbing, kicking, touching things they shouldn't etc..

The reasons why children may display these behaviours are because they may not know how to use certain equipment for its purpose, they may be frustrated, over excited or attention seeking.

For example— If a child is throwing cars across the room.

Negative ways of dealing with this— Raising your voice, taking the cars away, tapping them.

Positive ways to deal with this – Stay calm., role-model how to use the cars, explain about what objects we can throw such as balls and give them the option to do this.

Why do children react the way they do in difficult situations ?

Children respond to difficult situations using one of two ways, flight or fight mode.

Flight mode—This is when children do not want to engage. They may respond by running away from a situation or become upset.

Fight mode—This is when children react using physical force. A child may hit out, become quite distressed and cross.

Why we don't force children to say 'sorry'

Children are not born with the concepts of manners. This needs to be role modelled by sensitive adults. Children need to learn the meaning behind the word sorry, so when they say it they mean it. This is done by showing empathy to another person in front of your child if they have been hurt or made to feel sad and saying sorry. Once your child is showing awareness, you can encourage them to say sorry but do not force it. They will learn as they get older the purpose behind saying sorry.

Praise and Reward

Praise is an important part of our lives. It builds up confidence and self esteem. As adults we need to ensure we acknowledge children's achievements but we must be mindful not to over praise children for everything they do as this can stunt children's natural instinct to learn. Instead, if it is something they have already achieved simply acknowledge what they are doing i.e. "yes I can see you riding your bike". More often than not children simply want us to be aware of them.

For the same reasoning we do not use stickers or other rewards. These are tokenistic and can often be lost. What children value most is positive attention from adults.

Resolving conflict

Children will always come across a situation that involves conflict. This is a normal part of development and life. It is best to teach children how to resolve conflict in a manner stamping it out or ignoring but how to work through issues effectively.

For example if two children are having a disagreement over a toy which they both want, the best solution is to get down to the children's level. Let both children explain what the problem is (you can do it if the children are not able to). Then ask them for a solution. This can take time and patience. If the children cant come to an agreement then you can suggest one for them. This helps the children understand that conflict can be resolved by listening to one another and working together. This is invaluable experience for later life and helps develop a strong sense of self and amazing problem solving skills.

For more information around any of the topics discussed in this leaflet, do not hesitate to ask your child's key person or the nursery manager.

Alternatively, you can ask for a copy of the nursery's SEAD policy which explains more in depth about what SEAD is and how this looks in practice.

Always remember that your child is still really new to the world. Sit back, to reflect on how many months your child has actually been on this earth.

Your child is having to learn so much, so young, that sometimes they will make mistakes, just as us adults do, who have been in the world a lot longer than them.

Life is a big learning curve, and a child of such a young age can not be expected to already know all of the rights from wrongs and expectations of them.