

Well-Being In The Preschool Procedure

To ensure the well-being of our staff and children at Braunston Preschool CIO we will follow the well-being procedure:

- We will use the curriculum to plan our environment and activities to ensure it supports children's physical development.
- Staff will teach children about the importance of exercise for their mental and physical health.
- We will provide nutritional, balanced meals to support both the children and staff. We will discuss healthy eating and the importance of eating an array of health foods during meal times.
- Personal hygiene will be promoted by all staff and children will be encouraged to take care of their own personal hygiene wherever possible.
- Each room will have a designated quiet area where children can rest and relax. Giving them time to regain energy and have some time away from the 'hustle and bustle' if they need it.
- All staff will practice co-regulation with the children to support their emotional well-being and development of their understanding of their emotions.
- Activities will be planned and provided to help children recognise their emotions and how to deal with them in certain situations.
- The Positive Behaviour Policy and Procedure will be followed to ensure the staff all have the same approach to behaviour.
- Staff will be trained to understand and recognise when children require support for their well-being.



FOREST SCHOOL