

## **10.2 Children's well-being policy**

Well-being is a broad term that covers how you feel yourself and your life. It encompasses the physical, emotional, social, and spiritual areas of a person. Under the Early Years Foundation Stage (EYFS) this is covered in the children's personal, social, and emotional development and physical development, both of which are prime areas of learning and development.

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

- Growth and development.
- Moving and keeping physically fit.
- Caring for personal health.
- Eating a balanced and nutritious diet.
- Rest and appropriate sleep patterns.

Mental and emotional well-being includes:

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

Social well-being includes:

- Relationships.
- Family.
- Friends.
- The feeling of belonging and acceptance.
- Compassionate and caring approaches.

Spiritual well-being can cover the following:

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

Children's physical well-being is supported through our curriculum which supports all types of gross and fine motor play both inside and outside. We provide nutritionally balanced meals for the children and support staff to make healthy choices in regard to their physical health.

. Personal hygiene is supported in children of all ages, explaining the reasons for hand washing and singing our hand washing song. Children are provided with a quiet and calm area for sleep and rest. This supports both their physical and mental well-being. We support children to make strong attachments with their key person as well as forge relationships with peers in order to support their social well-being. We offer opportunities and resources for children to play singly, in pairs, small groups, and large groups.

This policy was adopted by

Perins Pre-school

On

4<sup>th</sup> July 2024

Date to be reviewed

4<sup>th</sup> July 2025

Signed on behalf of the provider

*Michelle Osman*

Name of signatory

Michelle Osman

Role of signatory (e.g. chair, director or owner)

Pre-School Manager