

Bishop Sutton Pre-school & Forest Club

Charity Registration Number 1172849

CO-REGULATION POLICY

We believe that everyone at Preschool has a right to feel valued, respected and safe. We have a responsibility to behave in ways that enable all of us to feel free to explore and learn without fear of being hindered or hurt. Young children are learning how to behave appropriately and we help them learn when something is dangerous or harmful to others and to make positive choices in their behaviour. We aim to provide an environment in which children can develop self-regulation and socially appropriate behaviour in an atmosphere of mutual respect and encouragement. We use Emotion Coaching and positive attachments to enable children to do this.

In order to achieve this:

Adults will model positive behaviour for the children at all times with regard to friendliness, care and courtesy.

Adults at Preschool will recognise, encourage and promote positive behaviour, in part through helping children to regulate their feelings.

We will use clear and consistent boundaries, explain the consequences of some behaviours and offer choices. If another child is involved we would give them support.

Adults will support children to develop secure attachments either with their key person or another member of staff.

Strategies will be provided to support children to develop positive behaviour such as turn-taking using a sand timer.

Adults will provide opportunities to discuss behaviour and feelings such as carpet time.

We use Emotion Coaching to support children to understand, regulate and reflect on their behaviour using the following steps:

1. Recognise the child's feelings and empathise with them.
Recognise that all emotions are normal and that behaviour is a form of communication. Try to see the child's perspective.
2. Label the feelings and validate them.
Acknowledge the emotions and use words to help the child label them. Allow the child to calm down.
3. Set limits on the behaviour if necessary.
Ensure safety first. Remove child from the situation if necessary. State the boundary limits of acceptable behaviour and make it clear that certain behaviours are not accepted. Retain the child's self-dignity.
4. Problem-solve with the child.
When the child is calm, explore the feelings that gave rise to the behaviour, discuss alternative actions and empower the child to believe he/she can overcome difficulties.

Discussions will take place with parents about their child's behaviour and in serious incidents, information will be shared using an Incident Record form. We will work together with parents and families to ensure we are giving a consistent message.

Some behaviours are extremely concerning e.g. racist remarks, inappropriate touching, verbal aggression, persistent harming (of themselves or others), and intentional damaging of property. Incidents such as these will be managed on an individual basis and in a non-judgemental and appropriate way. For example:

- By removing the child from the situation.
- Seeking immediate support from other staff members.
- Contacting the parent/carer
- On rare occasions, using appropriate handling techniques to ensure the child's safety and the safety of others and recorded on Physical Intervention Form.
- Involving external agencies to provide additional support to Preschool and/or the family.

Behaviour Regulation Co-ordinators – Lin Oakley and Kate Miller.

This Policy was re-adopted on 7th October 2020 *(date)*

Date to be reviewed AGM 2021 *(date)*

Signed on behalf of the Management Committee *Jen Patterson* *(Chair)*

Signed on behalf of the Staff *Lin Oakley* *(Manager)*