



# Supporting Children's Emotional Wellbeing Statement

At Allsorts Childcare, we believe children learn and develop best when they enjoy what they are doing, feel secure, are calm, happy and self-assured. We understand that children's mental health and wellbeing can be affected by a number of factors, these may include:

- Environment
- Stress
- Family circumstances
- Abuse and neglect

Negative experiences can adversely affect a child's mental health and wellbeing; just as positive experiences can help improve it. Wellbeing includes different areas of health: physical, mental and emotional. It is important to look after all of these areas in order to maintain overall health and wellbeing.

If children experience lots of negative changes in their lives it will impact on their emotional and mental wellbeing. Allsorts practitioners believe that children gain positive emotional wellbeing by providing the children with an environment where they learn to respect themselves, other people and their surroundings. Children can achieve this through interaction with caring childcare practitioners who are positive role models and show the children respect. Practitioners encourage and praise children's positive, caring behaviour whilst valuing their individual personalities and actively promoting British Values.

Allsorts childcare uses The Incredible Beginnings® Program to support emotional wellbeing and positive behaviour. This program uses social and emotional coaching, narrative descriptive commenting, predictable routines and boundaries, and consistent positive behaviour management strategies.

Allsorts' Special Educational Needs Co-ordinator (SENCO) is Donna Hounsell. Donna helps ensure any additional needs of the children are met and works in partnership with other professionals. She is well qualified in supporting children's special educational needs and disabilities, behaviour management and emotional development, and communication and language development.

There is an Equality Named Co-ordinator (ENCO) in each of the four settings who supports and promotes equal opportunities and diversity as well as British Values.