

Personal, Social and Emotional Development

Haydon Abbey School and Preschool

What is PSED?

Personal, Social, and Emotional Development (PSED) is one of the **three prime areas** of the Early Years Foundation Stage (EYFS). Think of it as the "foundation" of a building—without it, the rest of the learning can't stay up!

It is broken down into three main pillars:

- **Self-Regulation:** Understanding and managing feelings and behavior.
- **Managing Self:** Confidence, try-it-out attitude, and basic physical needs (like dressing).
- **Building Relationships:** Playing with others, making friends, and empathy.

Why is PSED So Important?

As parents, we often focus on ABCs and 123s, but PSED is actually the secret ingredient to academic success.

- **The Emotional Engine:** A child who feels safe and happy is a child who is ready to learn.
- **Life Skills:** It teaches conflict resolution, waiting for a turn, and resilience when things go wrong.
- **Mental Health:** It sets the stage for a positive self-image and healthy relationships throughout adulthood.

How we support PSED in Preschool...

What we do:

Co-regulation

Small Group Play

The 'Key Person' System

Visual Timetables

Why we do it:

Staying calm with a child while they have a "big feeling" to help them learn to calm themselves.

Scaffolding turn-taking and "sharing" (which is actually a very complex skill!).

Ensuring every child has a secure emotional attachment at school.

Providing a sense of security so children know exactly what is happening next.

How You Can Support at Home

You are your child's first and most important teacher. Here are simple ways to boost their PSED:

- **Name the Feeling:** Instead of "don't cry," try "I can see you are feeling frustrated because that tower fell down." This builds emotional vocabulary.
- **The Power of 'Yet':** If they struggle, say "You can't do it *yet*." This builds a growth mindset.
- **Encourage Independence:** Let them try to put on their own coat or pour their own water. It builds immense "Managing Self" confidence.
- **Model Mistakes:** If you drop a glass, say "Oops! I made a mistake. I'll just clean it up." Show them that the world doesn't end when things go wrong.

Grown up Group time

We are going to learn a new song and how to cope with a worry:

<https://www.facebook.com/plus3kstudios/videos/theres-a-knot-inside-my-tummy/276823786780830/>

Then you can join in with some activities that we have set up for the children based around PSED.