

Personal, social and emotional development

Managing Feelings and Behaviour

0-1 years

What adults could provide:

- A cosy, quiet space for babies to be calm. Think about colours and textures that calm
- Spaces to stimulate. Think about colours and objects that stimulate
- Comfortable seating for babies and key people to be together

Talk to parents about things that comfort children at home, suggest parents bring something to the setting from home as a transitional (comfort) object



What adults can do:

- Always make sure that babies are made to feel safe, secure, special and loved
- Find out as much as you can about your babies before they join the setting so that routines are familiar and comforting
- Be alongside, follow the babies cues, be attuned to their needs – does the child need to be active, still, sleep, be fed, be cuddled?
- Show in the tone of your voice and your body language that you are really listening to, attuning to and validating the baby's feelings
- Rock and hug your babies to calm them, find out from parents and carers what works best
- Use baby lotion to massage baby's hands and feet
- Regulate the baby's emotional state by your breathing, let them feel you calmly breathing in and out

