

Personal, social and emotional development Managing Feelings and Behaviour

1-2 years

What adults could provide:

- A variety of simple picture books that focus on a range of emotions
- Duplicates of resources to avoid conflict e.g. two of the same doll, car, etc
- Simple visual reminders of routines
- Lengths of material for swaddling, wrapping or rolling activities
- Feathers for tickling on face, arms and hands, slip in eye contact and smiles as you play with the child

Make sure that transitional toys and comforters are easy for children to locate



What adults can do:

- Really get to know the child, be able to anticipate what they might need or feel or need you to notice
- Let children know you will keep them safe, be consistent about non-negotiable rules, talk to parents to ensure consistency between home and setting
- Ensure the key person stays nearby and checks in with the child frequently to ensure a 'safe base' if the child is feeling anxious
- Support children who are distressed at leaving their parents/carers by acknowledging their feelings and them, do this before moving into distraction
- Talk to children about their feelings and help them label key emotions such as sadness, fear, happiness and anger
- Talk about the feelings of characters in books
- Keep routines flexible to reduce incidents of frustration

