

Self-Regulation Policy (Supporting Children's Behaviour)

Self-regulation is the ability to manage your emotions and behaviour in accordance with the demands of the situation. It includes being able to resist highly emotional reactions to upsetting stimuli, to calm yourself down when you get upset, to adjust to a change in expectations and to handle frustration without an outburst. It is a set of skills that enables children, as they mature, to direct their own behaviour towards a goal, despite the unpredictability of the world and our own feelings.

- Children at Footsteps are viewed as individuals who are developing social skills alongside other areas within a framework of their understanding of the world.
- The foundation of good discipline is based upon the good management of children and resources.
- Positive reinforcement & good self-regulation will set the tone of procedures used by the staff. A range of strategies appropriate to the occasion and level of development are employed.
- The integrity of each child is always to be respected.
- Children's feelings will be considered as well as the feelings of adults working within the preschool.
- It is appropriate to support children in learning and acceptable strategies for working alongside each other to help children. It may be a sign that he or she has difficulty with emotional self-regulation.
- It is inappropriate within this context to view any behaviour as 'naughty' and the term is not used.
- On no account will any form of physical restraint be used unless as a last resort to prevent injury to themselves, another child/adult or equipment. Any such incident will be recorded, and a physical restraint form completed, and the parent must sign it at end of the day. No verbal form of humiliation or sarcasm will be permitted.
- Physical Intervention – where necessary staff members will physically intervene to stop a child from hurting themselves or others or to reduce the risk of injury due to children self-regulation. In the event of this happening a record of all incidents is kept where physical intervention has been used and parents/carers will be informed on the same day and a signature required.
- Children will be encouraged to take as much responsibility for their own behaviour as they are able.
- We work with parents in partnership regarding behaviour.
- We encourage children to take time to reflect on their behaviour and work through their emotions.
- Self-esteem is a child's most precious resource and will seek to build it by helping children to feel loved and positive in their own ability.



As a parent or a member of staff with a concern of a child's behaviour, the following framework should be followed:

Parents	Primary carer	Head of room	Manager	Owners
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When addressing self-regulation concerns, we will always;

- Seek information from parents/carers and discuss with them any issues, strategies and actions to promote positive behaviour, as concerns arise.
- With parental advice, we will seek advice as necessary from other agencies, the Service for Young Children.

If a child cannot self-regulate and it persistently and presents a significant and consistent risk to themselves or others, we may discuss with parents/carers the possibility of keeping the child at home for a short period of time. This will allow time for staff and parents/carers to make reasonable adjustments to manage the child's self-regulation

In accordance with the Equality Act 2010. We will consult the before taking this action. We will consider fully the views of the parents/carers and child on developing approaches and strategies to plan for the child's return to our setting.