



## Behaviour Policy

At Tithe Barn Preschool we have a relational approach to behaviour that supports emotional regulation. We build positive, trusting relationships and develop emotional connections, so that children feel safe and secure and understand that the consistent boundaries and routines we put in place are there to help them.

We have a strong focus on children's mental health and well-being. We promote this by providing an environment where children enjoy learning and achieving, are cared for and nurtured, feel valued and have a sense of belonging.

We promote positive behaviour through emotional coaching; teaching children that all emotions are normal and acceptable but that not all behaviours are. We will help children to recognise, name and discuss emotions. At Preschool we use age appropriate visual representations, such as Mood Bears, emotion display boards and sensory emotion sand timers to teach the children about the range of emotions they will experience. We will support children in understanding, managing and finding appropriate and acceptable ways to handle their emotions.

### Our aims for our children are to:

- feel seen, listened to, appreciated and cared for
- understand the different emotions they experience
- be able to manage their reactions and responses to 'big' emotions
- feel empowered to problem solve and handle their emotions with increasing independence

### In order to achieve our aims, our practitioners will:

- act as positive role-models through consistent behaviour and approaches, making children feel safe and secure
- model regulating their own feelings to help support self-regulation in children
- respond to behaviour calmly and consistently
- Provide time for children to calm down in a way that meets their needs
- encourage and support children to reflect on behaviours and the overwhelming emotions that cause reactions
- recognise the impact of behaviours on others
- support with taking steps to repair and restore relationships

There are occasions when children may become overwhelmed by 'big' emotions. This can be referred to as an 'Emotional Storm', where normal feelings such as sadness, joy, disgust, surprise, fear or anger can sometimes lead to unacceptable behaviour or actions. In these instances, we will emotionally coach the children to find more effective ways to deal with their feelings.

### We will:

- Recognise the children's feelings, listen to them and be empathetic
- Validate the children's feelings and label the emotions
- Set limits on behaviour
- Problem solve with the child

We also use a range of strategies to deal with low-level disruption, such as running in the classroom, taking toys, not listening etc. In these instances, we may:

- Discuss (talk calmly about what has happened)
- Diffuse (use humour to cajole or reinforce positives, have some quiet time together)



- Divert (change the activity or direction of focus)
- Tactically ignore (provide positive feedback to overcome the unacceptable behaviour)

In order to ensure the safety of all children we will only physically intervene and possibly restrain a child to prevent an accident, such as, stopping a child running into the road, or to prevent an injury or damage.

We expect parents to inform us of any changes in a child's circumstances, care arrangements or any other change which may affect the child's behaviour, such as a new baby, parents' separation, divorce, new partner or any bereavement. All information shared will be kept confidential unless there appears to be a child protection issue.

At Tithe Barn Preschool we will strive to support every child to self-regulate through our relational approach. We will use our emotional coaching strategies to encourage and teach children to reflect on their behaviour, help restore relationships and to regulate their feelings with growing independence in the future.

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Reviewed annually

Signed:  