



Children's Wellbeing in the Nursery

At Little Explorers, we are committed to promoting and nurturing the holistic wellbeing of every child in our care. Wellbeing refers to how children feel about themselves and their lives and encompasses the physical, emotional (mental), social, and spiritual aspects of development.

Under the Early Years Foundation Stage (EYFS), these elements are embedded within the prime areas of Personal, Social and Emotional Development (PSED) and Physical Development.

Children's wellbeing is closely linked to safeguarding. All staff are trained to recognise when a child's wellbeing may be affected and will follow our Safeguarding and Child Protection Policy where any concerns arise.

The Role of the Key Person

Each child is assigned a key person who builds a secure, trusting relationship with them and their family. The key person supports the child's emotional wellbeing, helps them to feel safe and secure, and acts as the main point of contact for parents/carers.

Through this approach, we support children to develop strong attachments, confidence, and a sense of belonging within the setting.

Physical Well-being

Physical wellbeing includes all aspects related to the body's health and development, including:

- Growth and development
- Moving and staying physically active
- Caring for personal hygiene (e.g. hand washing, brushing teeth)
- Eating a balanced, nutritious diet
- Having adequate rest and healthy sleep routines

We support children's physical wellbeing by:

- Providing a curriculum rich in physical activity, including both gross and fine motor play indoors and outdoors
- Offering nutritious meals and promoting healthy eating habits
- Teaching personal hygiene routines in age appropriate ways
- Ensuring calm, cosy spaces for rest and sleep
- Encouraging staff to model and promote healthy lifestyle choices

Mental and Emotional Well-being

Mental and emotional wellbeing includes:

- Recognising, expressing, and managing feelings

- Developing healthy thought patterns
- Building resilience and coping strategies

We support emotional well-being by:

- Creating a calm, predictable environment with consistent routines
- Providing co-regulation through warm, responsive interactions with trusted adults
- Supporting children to name and understand their feelings and develop empathy for others
- Modelling calming strategies and supporting children to develop self-regulation over time
- Responding with compassion and sensitivity when children are overwhelmed or experiencing big emotions

Social Wellbeing

Social wellbeing focuses on:

- Forming secure relationships
- Developing a sense of belonging
- Building friendships
- Learning to respect others

We promote social wellbeing by:

- Supporting secure attachments through the key person approach
- Providing opportunities for children to play independently and alongside others in pairs and groups
- Encouraging turn-taking, sharing, and cooperative play
- Promoting inclusive practice where all children feel valued, respected, and included
- Supporting children to understand and respect differences, in line with British Values, including mutual respect and tolerance

Spiritual Wellbeing

Spiritual wellbeing relates to:

- Developing a sense of self and identity
- Exploring personal values and beliefs
- Showing curiosity about the world

We nurture spiritual wellbeing by:

- Encouraging independence, confidence, and self-awareness
- Supporting children's curiosity, imagination, and reflective thinking
- Creating a culture of respect for different cultures, backgrounds, and beliefs

Enabling Environments

We provide a safe, stimulating, and emotionally secure environment where children feel confident to explore, take appropriate risks, and develop independence.

Our environments are carefully planned to support children’s wellbeing, offering both active and calm spaces to meet their individual needs.

Partnership with Parents and Carers

We work in close partnership with parents/carers to support children’s wellbeing. This includes:

- Sharing information regularly about children’s development and wellbeing
- Encouraging open communication and responding promptly to concerns
- Working together to support consistency between home and nursery

Supporting Individual Needs

All children are treated as individuals. Staff monitor children’s wellbeing through ongoing observation and assessment.

Where additional support is needed, early identification ensures appropriate support is put in place. This may include individual learning plans, SEND support, EAL support, behaviour strategies, or safeguarding interventions.

We work closely with families and external professionals to ensure children receive the support they need to thrive.

Behaviour and Emotional Support

We follow our Promoting Positive Behaviour Policy to ensure a consistent, nurturing, and proactive approach.

We focus on supporting children to understand their emotions, develop self-regulation, and build positive relationships as key life skills.

Staff Well-being

We recognise that staff wellbeing has a direct impact on the quality of care and support children receive.

We promote a positive working environment, provide ongoing support and training, and encourage open communication to ensure staff feel valued and supported in their roles.

Our Commitment

By promoting wellbeing across all areas of development, we aim to build secure foundations for children’s lifelong health, happiness, and learning.

This policy was adopted on	Reviewed
24/01/2022	4th May 2026