

The Six Principles of Nurture: A Guide for Parents

*Supporting the Social and Emotional Wellbeing
of our children*




Purpose of the Workshop

- *To define Nurture.*
- *To explore 'The Six Principles of Nurture' in a school setting.*
- *To understand the impact of nurturing approaches to parenting on a child's social and emotional wellbeing.*



Target: Equip you with some strategies and tools to support and enhance your child's wellbeing.



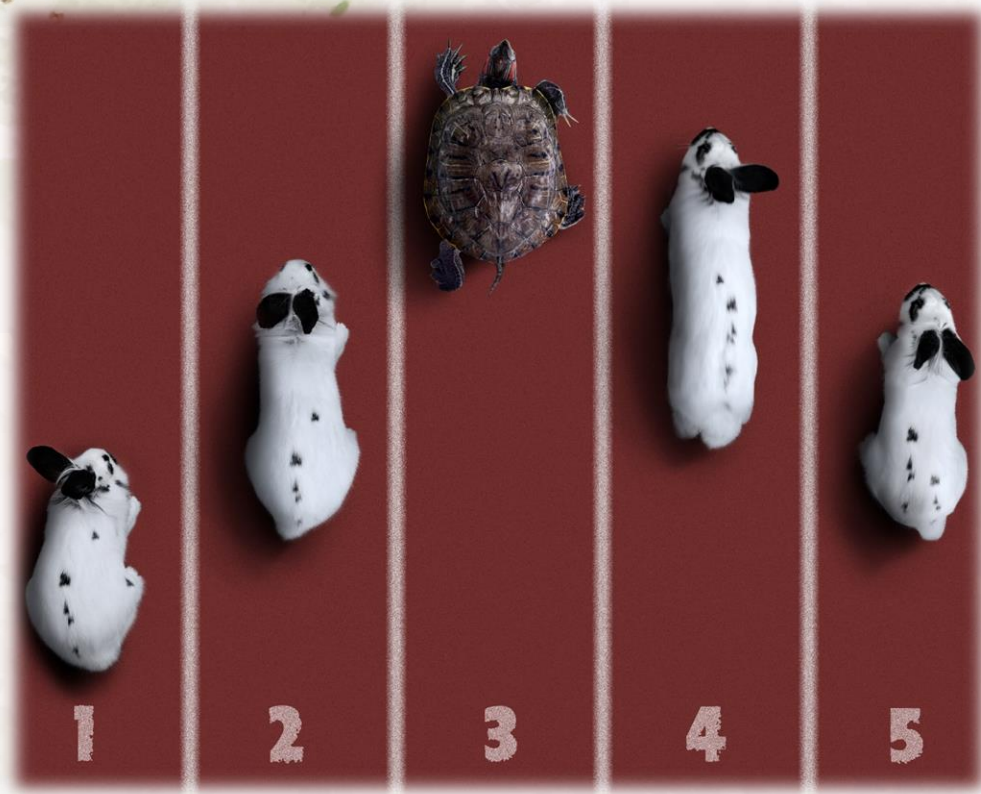
What is Nurture?

*To nurture means to care for
and protect something or
someone while they are
growing and developing.*



The six principles of nurture provide a framework for supporting children's emotional and social development. They are essential for creating a safe and supportive learning environment.





*Children's learning is
understood
developmentally.*

*We all learn in different ways
and at different speeds.*



What do we do to support this in our school's?

Promoting a growth mindset

Celebrating wider achievements not just academic

Clear instructions and modelled tasks

Providing fulfilling/playful/skills based learning experiences.

Balance of challenge and support

What can you do at home to support this?



Model mistakes

Praise the process

Adapt your language





SAFE
SPACE

*The classroom offers a
safe base.*

This is a safe and happy space.



What do we do to support this in our school's?

Greetings and
emotional
check-ins

Mindfulness
activities

Sense of belonging
- pupil voice

Chill out zones,
nurture nooks,
calm spaces

Predictability,
structure and
routine

What can you do at home to support this?

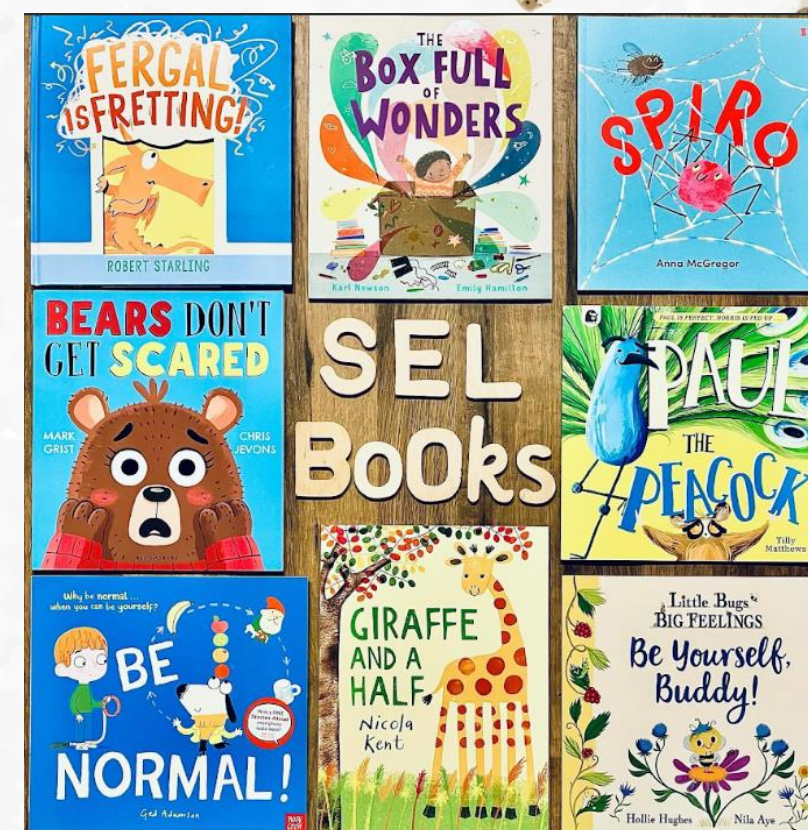
Talk about your own feelings and emotions

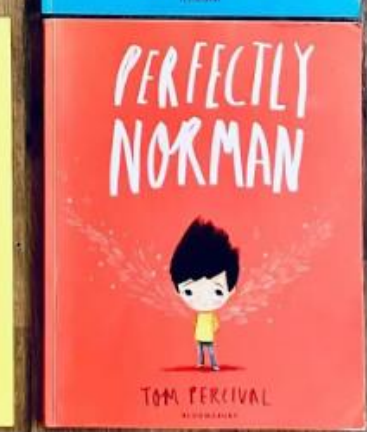
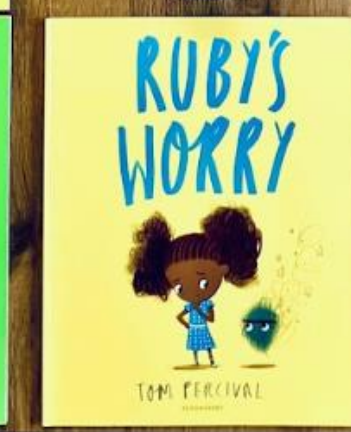
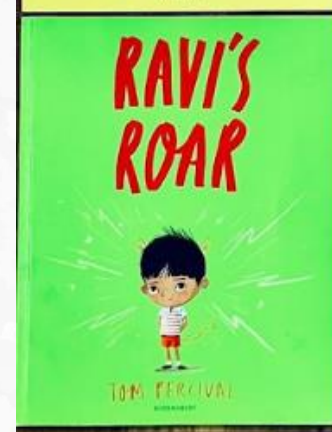
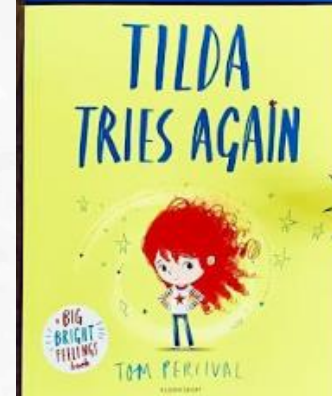
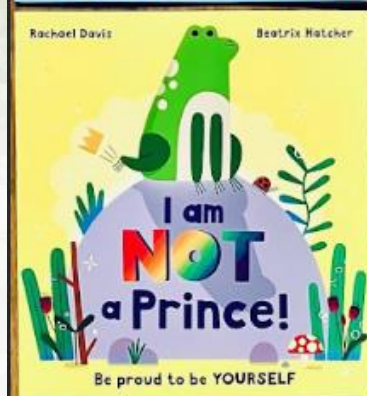
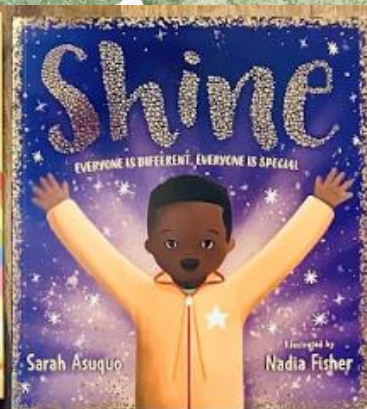
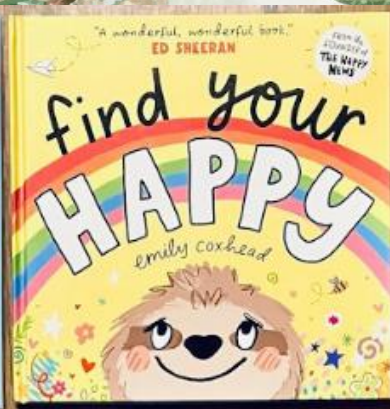
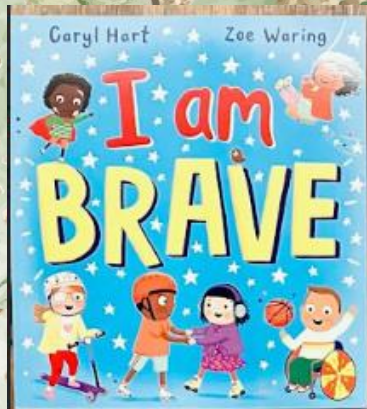
Name it to tame it!

Encourage and model coping strategies

Use games and activities to explore big/difficult feelings







YOU are the
SAFE place





*The importance of nurture
for the development of
wellbeing.*

Nurture makes us feel good in
our body and in our mind.



What do we do to support this in our school's?

Give children a sense of ownership and responsibility

Embedding wellbeing in all areas of the curriculum

Catching the golden moments

Promoting self care and self love

Relationships at the heart of what we do

What can you do at home to support this?



Put on your own oxygen mask first!



healthy
body

+



healthy
mind



happy
life

Encourage and model
healthy habits



*Language is a vital means
of communication*

*It is good to talk and share about
our feelings and experiences.*



What do we do to support this in our school's?

Making time
and space for
talking about
feelings

Facilitating ways
of communication
for all

Simple/direct
speech

Modelling
language/running
commentary

Explicitly teach
talking, listening
and social skills

Affirming, validating and empathetic messages



I am seen

I'm wondering if...

I've noticed how...

It looks like you are feeling worried about...

You're letting me know that this is...

It's okay to feel angry about...

I know this is a big ask for you...

I understand that you think this isn't fair.

That was so hard, but I'm still here for you. **I am accepted**



I am empowered

What do you need from me?

Which choice do you prefer?

How can I make this easier for you?

It's okay to say no if you're not ready.

I missed you while you were gone.

We are so happy to see you again.

I haven't forgotten about you.

I was thinking of you when...



I am remembered

What can you do
at home
to support this?



All behaviour is communication

What we do tells others a bit about how we feel.



THE BEHAVIORAL ICEBERG

back talk
resistance
ignoring
disrespect
hitting
kicking

BEHAVIORS

fighting
complaining
stealing
yelling
meltdowns
tantrums

WHAT'S REALLY GOING ON...

stress
changes
transitions
boredom
confusion
lack of control
anxiety/fear/worries
emotional dysregulation

isolation
loneliness
overwhelm
uncertainty
lagging skills
temperament
disconnection
unmet sensory needs



What do we do to support this in our school's?

Relational/restorative approaches

Visual Timetables

Brain breaks

Structure and routine and consistency

Emotional regulation strategies

THE FIVE RESOTATIVE QUESTIONS

1 what happened

2 what where you
thinking/ at the time?

3 what have you been
thinking/feeling since?

4 who was affected by
your actions?

5 what can YOU do to
make things better?

What can you do at home
to support this?





*The importance of
transitions in children's
lives*

Nurture can help us to grow in times
of big change as well as everyday
changes.



What do we do to support this in our school's?

Transitional
objects

Clear language
and lots of
communication

Transition
passports

Visual
timetables/Now
and next boards

Social stories

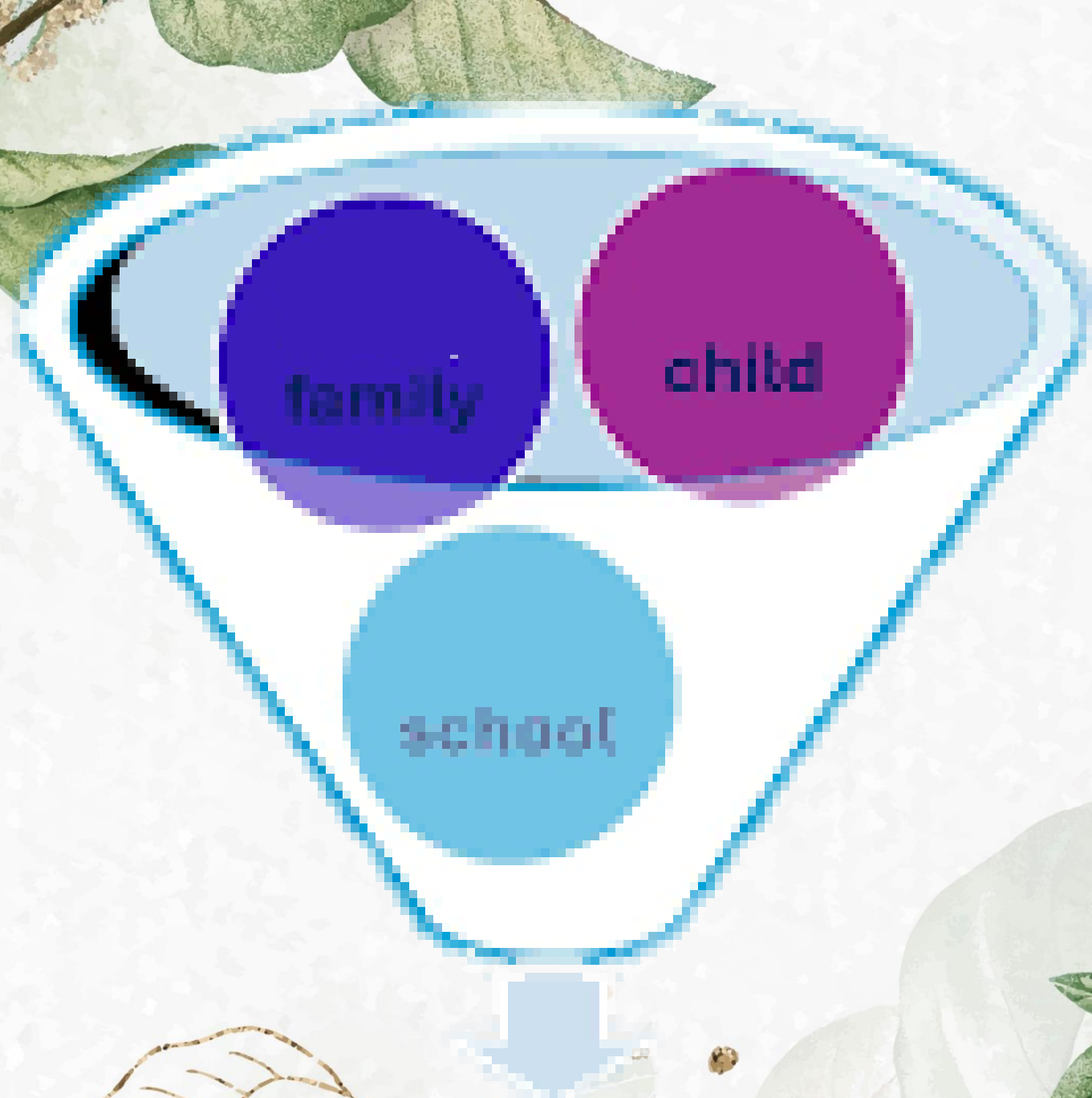


What can you do at home
to support this?



Resilience

connect





A child might need nurture interventions to support them with...

Settling into and adapting to their new school and surroundings.

Building self esteem and self confidence.

Making new friends and forming positive relationships with their peers.


Working successfully in a group by taking turns and sharing.


Regulating their own emotions and behaviours.

Following simple rules and instructions.

Developing resilience.

Developing social skills at their own pace.







From staff...

"Nurturing approaches helps children to open up about things that might worry them or upset them. They are better equipped now with different strategies to support them with this and they are much more ready to learn and achieve."

"Children have been given strategies and now they are noticeably more confident in participating in classroom activities which they may have found difficult before. The children are able to name their feelings and use appropriate ways to help them cope with the big emotions."



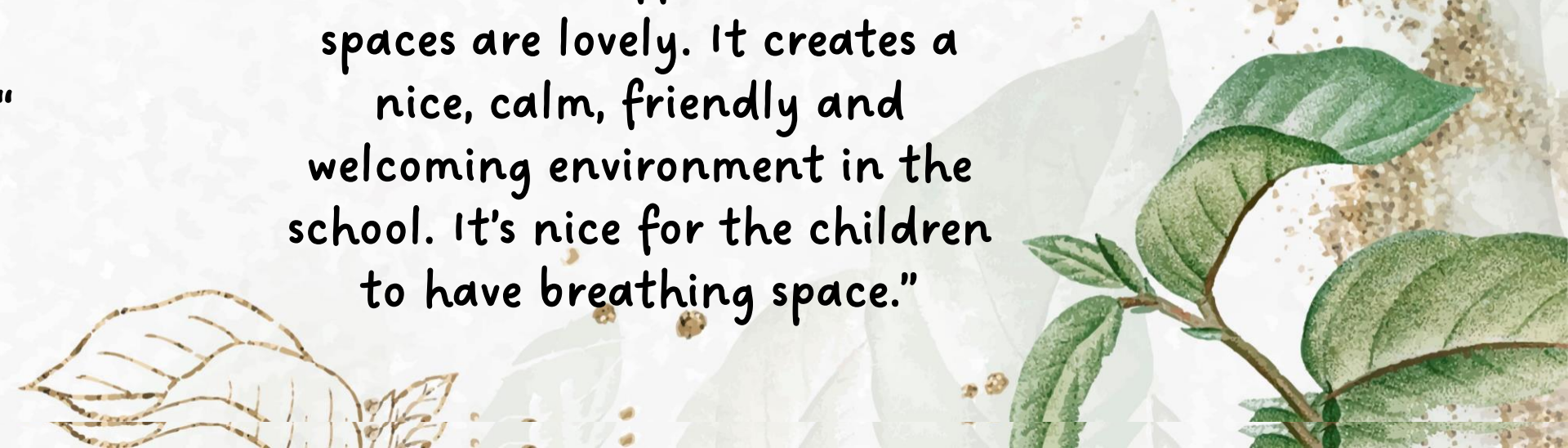


From parents...

"The nurture groups are a fantastic idea and I feel my boys have really benefitted from coming. It's a lovely relaxing, calm space."

"I am so glad the school has a place like this for my child to develop and grow."

"I think the different nurture spaces are lovely. It creates a nice, calm, friendly and welcoming environment in the school. It's nice for the children to have breathing space."





From children...

"I can do more things on my own now."

"Nurture has helped me to work together and play with new friends and be a good friend."

"I know how to be kind to others."

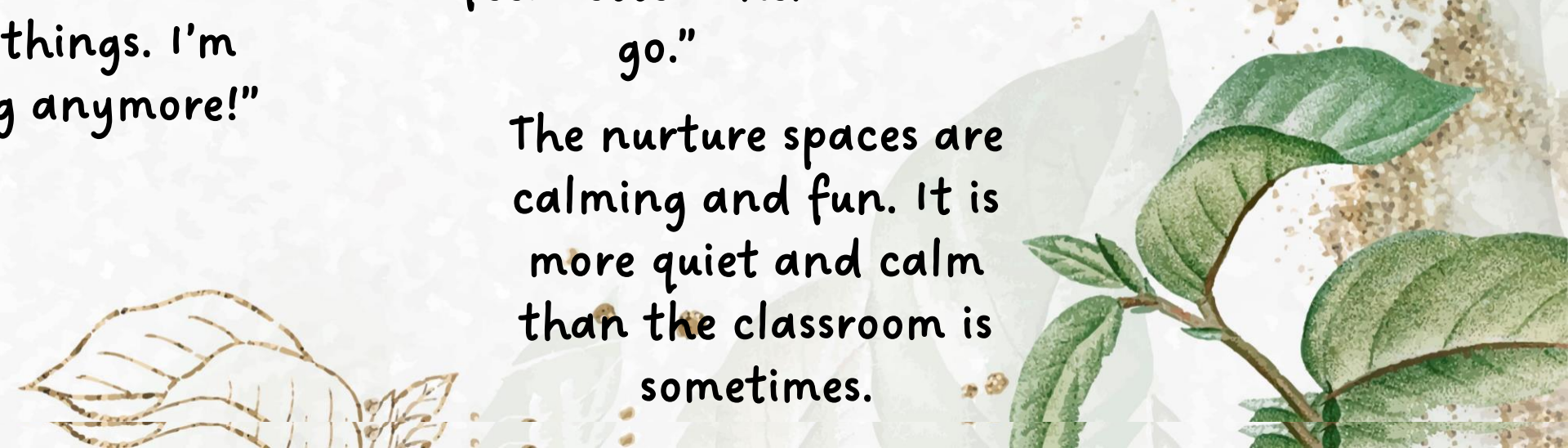
I know there are safe place where you can share stuff that your might not feel comfortable sharing in class or outside.

"It just makes me feel better when I go."

The nurture spaces are calming and fun. It is more quiet and calm than the classroom is sometimes.

"It has helped me to be more confident to try new things. I'm not scared of anything anymore!"

"The nurture room makes sad people happy!"



What you
nurture,
grows.



The background features a delicate watercolor illustration of green leaves and small brown seeds. The leaves are rendered in various shades of green, with some showing detailed vein patterns. The seeds are small, round, and brown, scattered across the light-colored background. The overall style is soft and artistic.

Any
questions?



Useful Links



Finding the Calm



**Parenting
Smart**



TINY HAPPY PEOPLE



**Parent
Talk**