Achieving Positive Behaviour

Policy statement

Our setting believes that children flourish best when their personal, social, and emotional needs are met and where there are clear and developmentally appropriate expectations for their behaviour. Children need to learn to consider the views and feelings, needs and rights, of others, and the impact that their behaviour has on people, places, and objects. This is a developmental task that requires support, encouragement, teaching, and setting the correct examples. The principles that underpin how we achieve positive and considerate behaviour exist within our promotion of the children's personal, social, and emotional development.

Procedures

In our setting, all staff are responsible for supporting personal, social and emotional development of the children, including issues concerning behaviour.

We are all required to:

- keep ourselves up-to-date with legislation, research and thinking on promoting positive behaviour and on handling children's behaviour where it may require additional support;
- access relevant sources of expertise on promoting positive behaviour and supporting personal, social and emotional development; and
- management will check that all staff have relevant in-house and external training on promoting positive behaviour if required.

- The setting keeps a record of staff attendance at this training.
- We recognise that codes for interacting with other people vary between cultures and require staff to be aware of - and respect - those used by members of the setting.

- We require all staff, volunteers and students to demonstrate a positive model of behaviour by treating children, parents and one another with friendliness, care and courtesy.
- We familiarise new staff and volunteers with the setting's behaviour policy and our settings guidelines for behaviour.
- We expect all members of our setting - children, parents, staff, volunteers and students - to keep to the guidelines and apply these consistently.
- We work in partnership with children's parents. Parents are regularly informed about their children's behaviour by their key person/setting manager. We work with parents to address recurring inconsiderate behaviour, using our observation records to help us to understand the cause and to decide jointly how to respond appropriately.

Strategies with children who engage in inconsiderate behaviour

- We require all staff, volunteers and students to use positive strategies for handling any inconsiderate behaviour, by helping children find solutions in ways which are appropriate for the children's ages and stages of development. Such solutions might include, for example, acknowledgement of feelings, explanation as to what was not acceptable and supporting children to gain control of their feelings so that they can learn a more appropriate response.
- We ensure that there are sufficient resources and activities available so that children are meaningfully occupied without the need for unnecessary conflict over sharing and waiting for turns. However, we have a range of sand timers available in the setting, which the children are encouraged to use as visual aids to share resources fairly.
- We acknowledge considerate behaviour such as kindness and willingness to share at all times, praising children for doing this, using stickers and WOW moments.
- We support each child in developing self-esteem, confidence resilience, and feelings of competence.
- We support each child in developing a sense of belonging in our group so that they feel valued and welcome.
- We follow the 5 Golden Rules devised by the children and used constantly in the setting. These are shared with parents/carers to be used at home as well.
- We avoid creating situations in which children receive adult attention only in return for inconsiderate behaviour.

- We use a Colour Monster System in the setting to show the children the behaviours we do not wish to see. All children's photos start the session on the Happy Monster. Children are given warnings for not following the rules of the setting. After several warnings, the children are encouraged to move their photo to the muddle Monster, if a child continues to not follow the settings Golden Rules, they will be asked to move their photo to the Sad Monster. Once a child has moved their photo to the Sad Monster, they are encouraged to have 3 minutes of "thinking time" using a sand timer.
- We never send children out of the room by themselves.
- We never use physical punishment and children are never threatened with this.
- We do not use techniques intended to single out and humiliate individual children.
- We use physical restraint, such as holding, only to prevent physical injury to children or adults and/or serious property damage.
- Details of such an event (what happened, what action was taken and by whom, and the names of witnesses) are brought to the attention of our setting manager and are recorded in the child's personal file. The child's parent is informed on the same day.
- In cases of serious misbehaviour, such as racial or other abuse, we make clear immediately the unacceptability of the behaviour and attitudes, by means of explanations rather than personal blame.
- We do not shout or raise our voices in a threatening way to respond to children's inconsiderate behaviour.

Children under three years

- When children under three behave in inconsiderate ways we recognise that strategies for supporting them will need to be developmentally appropriate and differ from those for older children.
- We recognise that babies and very young children are unable to regulate their own emotions, such as fear, anger or distress, and require sensitive adults to help them do this.
- Common inconsiderate or hurtful behaviours of young children include tantrums, biting or fighting. Staff are calm and patient, offering comfort to intense emotions, helping children to manage their feelings and talk about them to help resolve issues and promote understanding.

- If tantrums, biting or fighting are frequent, we try to find out the underlying cause - such as a change or upheaval at home, or frequent change of carers. Sometimes a child has not settled in well and the behaviour may be the result of 'separation anxiety'.
- We focus on ensuring a child's attachment figure in the setting, their key person, is building a strong relationship to provide security to the child.

Rough and tumble play and fantasy aggression

Young children often engage in play that has aggressive themes – such as superhero and weapon play; some children appear pre-occupied with these themes, but their behaviour is not necessarily a precursor to hurtful behaviour or bullying, although it may be inconsiderate at times and may need addressing using strategies as above.

- We recognise that teasing and rough and tumble-play are normal for young children and acceptable within limits. We regard these kinds of play as pro-social and not as problematic or aggressive.
- We will develop strategies to contain play that are agreed with the children, and understood by them, with acceptable behavioural boundaries to ensure children are not hurt.
- We recognise that fantasy play also contains many violently dramatic strategies, blowing up, shooting etc., and that themes often refer to 'goodies and baddies' and as such offer opportunities for us to explore concepts of right and wrong.
- We are able to tune in to the content of the play, perhaps to suggest alternative strategies for heroes and heroines, making the most of 'teachable moments' to encourage empathy and lateral thinking to explore alternative scenarios and strategies for conflict resolution.

Hurtful behaviour

We take hurtful behaviour very seriously. Most children under the age of five will at some stage hurt or say something hurtful to another child, especially if their emotions are high at the time, but it is not helpful to label this behaviour as 'bullying'. For children under five, hurtful behaviour is momentary, spontaneous and often without awareness of the feelings of the person whom they have hurt.

- We recognise that young children behave in hurtful ways towards others because they have not yet developed the means to manage intense feelings that sometimes overwhelm them.

- We will help them manage these feelings as they have neither the biological means nor the cognitive means to do this for themselves.
- We understand that self-management of intense emotions, especially of anger, happens when the brain has developed neurological systems to manage the physiological processes that take place when triggers activate responses of anger or fear.
- Therefore, we help this process by offering support, and calming the child who is angry as well as the one who has been hurt by the behaviour. By helping the child to return to a normal state, we are helping the brain to develop the physiological response system that will help the child be able to manage his or her own feelings.
- We do not engage in punitive responses to a young child's rage as that will have the opposite effect.
- Our way of responding to pre-verbal children is to calm them through holding and cuddling. Verbal children will also respond to cuddling to calm them down, but we offer them an explanation and discuss the incident with them to their level of understanding.
- We recognise that young children require help in understanding the range of feelings they experience. We help children recognise their feelings by naming them and helping children to express them, making a connection verbally between the event and the feeling. "A… took your car, didn't he, and you were enjoying playing with it. You didn't like it when he took it, did you? Did it make you feel angry? Is that why you hit him?" Older children will be able to verbalise their feelings better, talking through themselves the feelings that motivated the behaviour.
- We help young children learn to empathise with others, understanding that they have feelings too and that their actions impact on others' feelings. "When you hit A…, it hurt him and he didn't like that and it made him cry."
- We help young children develop pro-social behaviour, such as resolving conflict over who has the toy. "I can see you are feeling better now and Adam isn't crying any more.

  Let's see if we can be friends and find another car, so you can both play with one."
- We are aware that the same problem may happen over and over before skills such as sharing and turn-taking develop. For both biological maturation and cognitive development to take place, children will need repeated experiences with problem-solving, supported by patient adults and clear boundaries.

- We support social skills through modelling behaviour, through activities, roleplay and stories. We build self-esteem and confidence in children, recognising their emotional needs through close and committed relationships with them.
- We help a child to understand the effect that their hurtful behaviour has had on another child; we do not force children to say sorry but encourage this where it is clear that they are genuinely sorry and wish to show this to the person they have hurt.
- When hurtful behaviour becomes problematic, we work with parents to identify the cause and find a solution together. The main reasons for very young children to engage in excessive hurtful behaviour are that:
- they do not feel securely attached to someone who can interpret and meet their needs – this may be in the home and it may also be in the setting;

- their parent, or carer in the setting, does not have skills in responding appropriately, and consequently negative patterns are developing where hurtful behaviour is the only response the child has to express feelings of anger;
- the child may have insufficient language, or mastery of English, to express him or herself and may feel frustrated;
- the child is exposed to levels of aggressive behaviour at home and may be at risk emotionally, or may be experiencing child abuse;
- the child has a developmental condition that affects how they behave.
- We may contact the Area Inclusion Partner for advice and observation and if further training is required to support the individual see Supporting Children with Send Policy.

Bullying

We take bullying very seriously. Bullying involves the persistent physical or verbal abuse of another person or people. It is characterised by an intent to hurt, often planned, and accompanied by an awareness of the impact of the bullying behaviour.

A child who is bullying has reached a stage of cognitive development where he or she is able to plan to carry out a premeditated intent to cause distress in another.

Bullying usually occurs in children five years old and over but can be experienced by younger children.

If a child bullies another child or children:

- we show the children who have been bullied that we are able to listen to their concerns and act upon them;

- we intervene to stop the child who is bullying from harming the other child or children;
- we explain to the child doing the bullying why her/his behaviour is not acceptable;
- we give reassurance to the child or children who have been bullied;
- we help the child who has done the bullying to recognise the impact of their actions;
- we make sure that children who bully receive positive feedback for considerate behaviour and are given opportunities to practice and reflect on considerate behaviour;
- we do not label children who bully as ‘bullies’;
- we recognise that children who bully may be experiencing bullying themselves, or be subject to abuse or other circumstance causing them to express their anger in negative ways towards others;
- we recognise that children who bully are often unable to empathise with others and for this reason, we do not insist that they say sorry unless it is clear that they feel genuine remorse for what they have done. Empty apologies are just as hurtful to the bullied child as the original behaviour and not beneficial
- we discuss what has happened with the parents of the child who did the bullying and work out with them a plan for handling the child's behaviour; and
- we share what has happened with the parents of the child who has been bullied, explaining that the child who did the bullying is being helped to adopt more acceptable ways of behaving.

Biting

Unfortunately biting can occur in any setting and is usually a form of expression by a young child. This could be frustration or it could be a means of other communication, especially in non-verbal children.

When a biting incident occurs we take the incident seriously and follow the procedures.

- Anticipate and intervene in potential biting incidents by analysing the play.
- The biter will immediately be removed from the situation by a staff member and will be reminded that biting is not acceptable, whilst another staff member will comfort the child that has been bitten. Staff will keep both children in sight and hearing of each other as the situation is explained to them and how they may be feeling and how biting is not acceptable and it “hurts”.
- The incident will be recorded in the incident log, with potential triggers and any other relevant details. The accident will also be written up in the usual way with both sets of parents being spoken to at the end of their session.

- If a member of staff is bitten, this will be recorded in the incident log and the parent will be spoken to at the end of the session.
- Should biting continue then further measures may have to be considered such as introducing a chew buddy, change or reduction in sessions. Should the situation be ongoing without a resolution in sight then the biter may have to be removed from the setting whilst further measures are considered. Parents will need to engage with the setting, sign the relevant paperwork to ensure that outside agencies can be involved to support the return of the child.

This policy was adopted at a meeting of The Hullbridge Preschool... (name of setting)

Held on ……... (date)
Date to be reviewed ……..…. date
Signed by ……
Name of Signatory ……Donna Thresher……..….

Role of Signatory (ie manager) …Manager…….