

Banana Moon Well-being Pledge



Supporting children's well-being

We promote good physical and mental health because we recognise how this positively impacts children achieving the best outcomes for life and learning.

- **Routines** – We will provide routines that support a sense of belonging and security so children can predict what is happening next. For young children with home routines, we will reflect these to support the relationship from home/nursery to provide security for the babies. We will use visual aids, props and prompts to support children in recognising the nursery routine.
- **Consistency & predictability** – We will foster consistency for the Key Person, teams and routines as well as times of transition. This will support children to cope with and manage change.
- **Relationships** – The role of the Key Person is critical in forming good relationships as well as understanding the child and family. We will encourage children to build relationships with their peers and the early years professionals, so children can make connections and thrive with a sense of belonging and care. We promote strong secure attachments with early years professionals that are attuned to their Key Children.
- **Listen and respond** – Our early years professionals will understand how children express themselves and offer experiences that support this. Children will be encouraged to express themselves with adults listening and responding to their verbal and nonverbal cues to keep the children happy, safe and motivated to learn.
- **Environments** – Our environments will be inclusive and offer opportunities for children to be challenged, to make choices and take risks, and to have calm, quiet spaces to meet the physical and emotional well-being of all children. The environments support children's different learning styles and their interests, as well as their developmental milestones.
- **Support understanding and language of feelings, emotions and well-being** – We will acknowledge and recognise children's emotional cues and changes in behaviour or engagement. We will offer learning experiences to explore, discuss and understand the feelings and needs of others and ourselves.
- **Build resilience** – We offer opportunities for children to work through challenges or difficulties and succeed with what is hard so that children learn to adapt, solve problems and keep trying.
- **Be active** – Our children have opportunities to be active indoors, outdoors, in nature and within the community.
- **Healthy mealtimes** – We promote a healthy and nutritional diet with adults positively promoting and role modelling healthy eating. We engage in local authority or national campaigns or initiatives to support well-being and being healthy, e.g. Smart4Life, Change4Life, Sugar Smart, Eat Better Start Better, and Every Mind Matters.
- **Well-being champions** – Our early years professionals undertake training to support the well-being and holistic health of children.

