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Titolo	Emotional literacy in the early years : helping children balance body and mind through positive mental health and physical wellbeing // Sue Allingham
Pubbl/distr/stampa	London, England : , : Practical Pre-School Books, a division of MA Education Ltd., 2020
ISBN	1912611384 9781912611386
Descrizione fisica	1 online resource (57 pages) : colour illustrations, colour photographs
Disciplina	370.1534
Soggetti	Early childhood education - Activity programs - Great Britain Interpersonal relations - Study and teaching - Great Britain
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	What is 'emotional literacy'? -- Nurturing emotional literacy -- How emotional literacy supports wellbeing -- The role of the adult -- Working in partnership with parents -- Emotional literacy in daily provision and the curriculum -- Fostering emotional literacy in the setting.
Sommario/riassunto	A child's physical confidence has a great deal to do with their emotional health, but what do we understand by 'emotional literacy'? And how does this impact on practice and provision for babies and young children? This book looks at the physical and emotional environment where children learn and develop, and shows ways in which practitioners can successfully create and achieve an emotionally literate and fully inclusive provision. It provides strategies to help children balance body and mind through positive mental health and physical wellbeing and includes sections on:- What is 'Emotional Literacy'?- Wellbeing and children's self-confidence- The role of the adult- How Emotional Literacy supports an inclusive environment It also examines the role of parents and carers, who are integral to this process.