

Help your child to grow and develop by looking after their wellbeing

Included

Children need to feel they fit into the places they live and learn. Giving them the chance to build relationships with other children and adults is an important part of growing up and helps develop a child's sense of belonging.

Parents can encourage children to make connections with those around them, this will support them throughout life.

Respected

Children learn to respect others based on how they experience the world. Children who are listened to, responded to, and given the chance to express themselves will grow in self-confidence. As they are supported to develop their own personalities and identities, children will learn to respect the rights of others to do the same.

Nurtured

Children who feel loved and cared for will blossom and flourish. Nobody is more able to respond to a child's needs than their parents – whether it's a comforting cuddle, a bit of encouragement or full attention and support. Making children feel wanted and special will help them to grow strong within themselves and better able to cope with the challenges of life.

Healthy

All children need nourishing food, plenty of sleep, exercise and lots of encouragement for their bodies and minds to grow and develop in the right way. Parents can make a huge difference to their child's health by giving them the best start in life.



Responsible

Children who experience structure and boundaries will learn to feel secure.

Regular eating, playing, bathing and sleeping routines help them to know what's happening from day to day. Helping children to understand what behaviour is expected of them helps children to feel secure and confident.

Active

Children need lots of opportunities to interact with the world around them. In the early years, children will explore their world through play, developing interests that may turn into hobbies as they grow older. Encouraging children in all types of physically and mentally stimulating activities is an important part of being a parent.

Achieving

Just as plants grow if they are watered, brain cells grow if they are used. Parents can help children's brain development by communicating with them and encouraging them from the earliest age. Children that constantly explore their world and learn new skills from a very early age will carry on achieving as they grow up.

Safe

Children must be safe and protected from physical and emotional harm in order to grow and develop. One of the most important jobs a parent will ever do is to protect their children until they can protect themselves.

Until your child goes to primary school their **Named Person** will be their Health Visitor. As a nursery we want to work closely with you and your child's **Named Person**. Please let nursery staff know if your child's Health Visitor changes for any reason.

www.GIRFECinNL.com

getting
it right
for every child
in North Lanarkshire