Supporting a child with Social Emotional and Mental Health Difficulties

Questions to ask yourself.

**Key person** : Each of the children in your group is an individual and responds differently. Identify these points for each child.

* Do you regularly see each child express a range of emotions?
* What do you do which helps the child understand that there are different ways to express each emotion?
* What tells you that the child is happy, relaxed, anxious, worried, sad, angry or excited?
* Which activities help the child become calm?
* What actions can you take which help the child to become calm?
* Have the child’s parents or carer noticed the same things?
* Which of your behaviours helps to de-escalate conflict situations?

**SENCo:** How confident do you feel about:

* Supporting professional problem-solving discussions with other staff to help a child with his or her current behaviour difficulties?
* Helping parents and carers to understand that a child who is hurting is still learning about how the social world works?
* Ensuring that a child whose behaviour is challenging is not discriminated against?
* Finding local advice and support for children who are experiencing difficulty in learning about their emotions and behaviours? Leaders and managers

**Consider the following questions**.

* What different opportunities do you provide for mothers, fathers and carers to share their views about their child’s behavioural learning in the first month of the child’s attendance?
* What different opportunities do you provide for your staff team to learn about each other’s views about children’s behaviour and how do you agree on the approaches you will implement in your setting?
* In what ways have you noticed children’s behaviour generally changes as they experience joining, belonging and preparing to leave a group?
* In what ways do you support a child and the child’s mother, father or carer when the child’s behaviour involves hurting other children or adults?
* In what ways do you support your staff team when they have concerns about a child’s behaviour?