

Carly's Angels

Behaviour, Emotional Wellbeing and Regulation Policy

Our approach

At Carly's Angels, we recognise that behaviour is a form of communication. Young children are learning how to understand their emotions, manage their feelings, and interact with others. Our role is to guide and support children in a safe, calm, and respectful way.

EYFS links

This policy aligns with the Early Years Foundation Stage (EYFS), particularly in supporting children's personal, social and emotional development, self-regulation, and wellbeing.

Our guidance-based approach to behaviour

Carly's Angels uses a guidance-based approach to behaviour. We do not use punishment-based methods. Instead, we focus on teaching children the skills they need over time, such as emotional awareness, coping strategies, and problem-solving. When a child is distressed or dysregulated, support and connection are prioritised before expectations.

Supporting emotional regulation

Children are supported to regulate their emotions through calm adult support, predictable routines, and flexible responses to individual needs. A nearby sensory room is available as a safe, calm space where children can go with adult support to help regulate emotions. This space is never used as a consequence.

Neurodiversity and PDA awareness

We recognise and respect neurodiversity, including autism and anxiety-based profiles such as Pathological Demand Avoidance (PDA). For some children, direct demands, rewards, or praise can increase anxiety. Our approach is flexible, low-demand where appropriate, and focused on collaboration and emotional safety.

Our use of praise

Praise is used thoughtfully and individually. Some children may find praise motivating, while others may find it overwhelming or pressurising. Where appropriate, we use neutral, descriptive language to acknowledge effort and experiences rather than outcomes.

Working with parents

We work closely with parents and carers to understand children's emotional needs and agree consistent approaches. With parental consent, advice may be sought from the Westminster Advisory and Inclusion Team to support individual planning.

Policy review

This policy is reviewed annually or sooner if required to ensure it continues to meet the needs of children and families at Carly's Angels.