

**Autumn 2**

# Early Years Newsletter

## **News Focus: Self Regulation -Links to learning and later life.**

Best Start in Life, Gov.uk October 2024

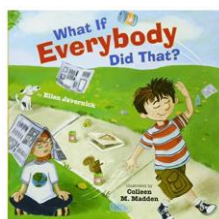
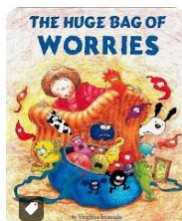
Early self-regulation is also important for later educational outcomes. As children get better at controlling and directing their cognition, emotions and behaviour, they can get more from teaching and learning activities. In this way, self-regulation is linked to academic achievement from early childhood to adolescence and into adulthood. [\[footnote 98\]](#)

Children who can cooperate, share, listen to each other and manage conflicts will be increasingly able to take part in games and activities as they get older. In turn, these help their physical development, self-expression and imagination.

Reading can support children's social development, as they listen to each other, wait for their turn and get to know each other. Children can suggest solutions to dilemmas or conflicts, and adults can model different responses and expand on the narrative. [\[footnote 99\]](#)

When children build positive relationships with their peers, they can play cooperatively in imaginative scenarios to help them make sense of the world. This helps them develop effective communication skills by listening to others and building confidence in expressing their ideas.

## **Some good books to share with children to develop awareness of emotions and self-regulation:**



“

When we work on a child's self-regulation we are creating that stable internal platform that makes growth possible: any and all kinds of growth.

- DR. STUART SHANKER

## **Community Links:**

Barnardo's offer a wide range of support for families including courses and workshops for parents/carers of children from 0-19. For full information on the range of support available, please see our website.

[Welcome To Isle Of Wight Family Centres : Isle Of Wight Family Centres](#)

We also have 'Pop in's' this term at our Family Centre where parents/carers can drop in for a friendly chat and to find out more.

Monday 17<sup>th</sup> November & Monday 15<sup>th</sup> December, 9 – 11.30am West Wight Family Centre, Moa Place, PO40 9XH, 01983 529208.