SBC INCLUDES:
NURTURING APPROACHES

WHAT IS NURTURE?

Nurturing Approaches are based on six Nurture Principles:

1. Children and young people's learning is understood developmentally
2. The learning environment offers a safe base
3. The importance of nurture for the development of wellbeing
4. Language is a vital means of communication
5. All behaviour is communication
6. The importance of transitions in children lives

Nurture is an approach to learning where we focus on emotional needs and development as well as the academic learning of all pupils. Nurturing approaches are based on an understanding of how children learn and develop and what they need to help them thrive.

Nurturing approaches aim to ensure that the learning environment is one where children feel safe and welcomed, and experience positive relationships.

Supporting Learners to understand their feelings

Nurturing approaches encourage adults to better understand and respond to children and young people's feelings and behaviours. It helps children and young people to feel secure, safe and ready to learn. Nurture emphasises the importance of structure, routine, clear boundaries and high expectations. Nurture is not a soft option, but is an approach which places the quality of relationships at the centre.

WHY NURTURE IN THE SCOTTISH BORDERS?

There is an increase in children and young people experiencing distress and anxiety. Nurturing approaches can successfully help to support emotional wellbeing.

Building and improving relationships

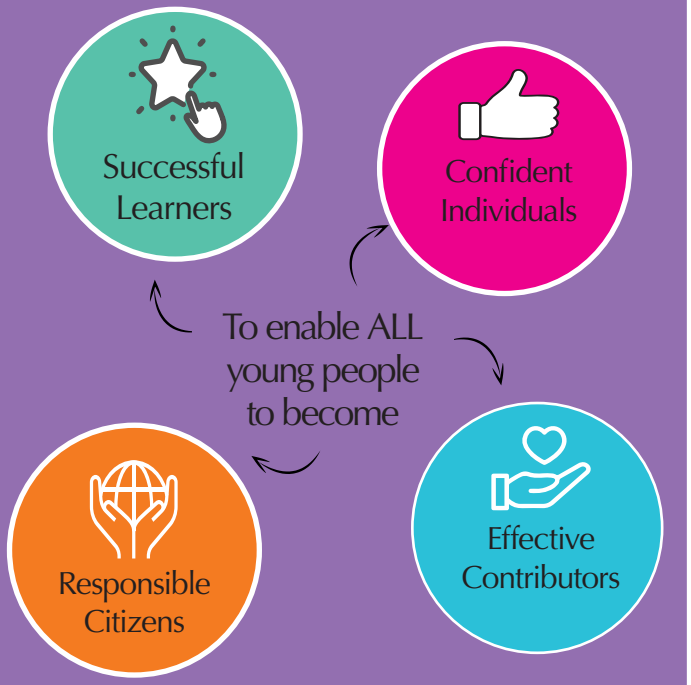
Research tells us that nurturing approaches can have a positive impact on learning, as well as social and emotional skills. We know that children manage relationships better where adults listen to them, understand them and respond to their needs.

#yourpart

Improving learners' self worth and wellbeing

The Scottish Government has promoted nurture as a key approach to supporting behaviour, emotional wellbeing, attainment and achievement in Scottish schools. Many local authorities have successfully implemented nurturing approaches and are reporting positive results.

Building Resilience and Capacity



WHAT MIGHT IT LOOK LIKE IN OUR LEARNING COMMUNITIES?

Schools in Scottish Borders are implementing nurture in differing ways:

1. A whole school approach – all educational settings in Scottish Borders are implementing nurturing approaches. Schools' and settings' core values will ensure that there is an increasing emphasis on positive relationships as well as learning. This involves everyone.

WHAT CAN YOU EXPECT TO SEE IN OUR LEARNING ENVIRONMENTS?

- Children, young people, staff, parents/carers and partners being welcomed and supported.
- Health and Wellbeing, and the development of social and emotional understanding being a key focus and seen as an important part of raising attainment.
- A balance between high expectations and structure with warmth and support.
- Everyone working to build positive and respectful relationships.
- Staff working to understand behaviours by looking at the individual child, family, community and the learning environment.
- Staff recognising the impact of early experiences on later development and creating some of these missed learning opportunities to support children and young people.
- Children and young people being supported to understand their emotions and behaviours.

"Children learn how to regulate their emotions through 'co-regulation'. The better we can soothe them when they are agitated, or support them when they are low, the better they will be able to 'absorb' how to do this for themselves." - *Stuart Shanker*

2. Targeted approach – Small nurture groups and nurture classes are being developed in some schools. These groups include children who need support to develop their social and emotional skills.

WHERE CAN I FIND OUT MORE?

If you would like more information about nurturing approaches, please contact your child or young person's school or have a look on Nurture UK's website.

Whole-School Approach to Nurture - NurtureUK

Scottish Borders COUNCIL

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