HELPING CHILDREN FEEL SAFE AND SECURE

CARDIFF
CAERDYDD

Feeling Safe within the Environment

For children to develop as confident learners, they need to feel secure. Children feel secure when things around them are constant and consistent. They will develop a sense of belonging as they become familiar with routines and expectations during their time at setting. Children who feel secure within a setting will feel more confident to explore their surroundings and will start to build new relationships with other staff members and their peers.

Secure and Trusting Relationships

Secure and trusting relationships can help to promote all aspects of a child's development. A child within a safe and caring environment will develop a healthy emotional well-being, in turn having a positive effect on other areas of their development.

Warm, trusting and secure relationships take time to develop, and the bond will grow through encounters and interactions. Children are dependent upon their caregivers for their needs, and children need to feel safe and experience positive responses in order to build trust and form these relationships. These caring relationships can be the foundations for a child developing their own sense of identity and self-esteem. Through positive, warm relationships children are able to express themselves and can also learn how to manage and regulate their own feelings.

Top Tips

- A sense of wellbeing is founded on physical safety. The child should always feel safe and secure within the environment.
- Children fear the unknown; therefore including routines into the child's day will help them feel more secure and at ease within the setting which will lower their levels of anxiety. These routines could be assured to the child visually or verbally.
- Introducing boundaries and expectations within the setting will give a clear consistent approach. Establishing rules and expectations helps children develop a sense of responsibility over their lives, giving them a sense of security.

HELPU PLANT I DEIMLO'N DDIOGEL

Teimlo'n Ddiogel o fewn yr Amgylchedd

Er mwyn i blant ddatblygu'n ddysgwyr hyderus, mae angen iddynt deimlo'n ddiogel. Mae plant yn teimlo'n ddiogel pan fydd pethau o'u cwmpas yn gyson. Byddant yn datblygu synnwyr o berthyn wrth iddynt ddod yn gyfarwydd â threfn a disgwyliadau yn ystod eu cyfnod mewn lleoliad. Bydd plant sy'n teimlo'n ddiogel mewn lleoliad yn teimlo'n fwy hyderus i archwilio eu hamgylchedd a byddant yn dechrau meithrin cydberthnasau newydd ag aelodau eraill o staff a'u cyfoedion.

Perthnasoedd Diogel ac Ymddiriedus

Gall perthnasoedd diogel ac ymddiriedus helpu i hyrwyddo pob agwedd ar ddatblygiad plentyn. Bydd plentyn mewn amgylchedd diogel a gofalgar yn datblygu lles emosiynol iach, ac yn ei dro bydd hyn yn cael effaith gadarnhaol ar agweddau eraill ar ei ddatblygiad.

Mae'n cymryd amser i ddatblygu perthnasoedd cyfeillgar, ymddiriedus a diogel a chânt eu meithrin trwy gyfarfod a rhyngweithio â phobl. Mae plant yn dibynnu ar eu gofalwyr i fodloni eu hanghenion, ac mae angen i blant deimlo'n ddiogel a chael ymatebion cadarnhaol er mwyn meithrin ymddiriedaeth a ffurfio'r perthnasoedd hyn. Gall y perthnasoedd gofalgar hyn fod yn sylfaen i blentyn ddatblygu ei ymdeimlad ei hun o hunaniaeth a hunan-barch. Drwy berthnasoedd cadarnhaol a chyfeillgar gall y plant fynegi eu hunain a gallant hefyd ddysgu sut i reoli a rheoleiddio eu teimladau eu hunain.

Cyngor Da

- Mae ymdeimlad o les yn seiliedig ar ddiogelwch corfforol. Dylai'r plentyn bob amser deimlo'n ddiogel o fewn yr amgylchedd.
- Mae plant yn ofni'r anhysbys; felly bydd cynnwys trefn yn niwrnod y plentyn yn ei helpu i deimlo'n fwy diogel ac yn gartrefol yn y lleoliad a fydd yn lleihau lefelau ei bryder. Gellir tawelu meddwl y plentyn o ran y drefn hon yn weledol neu ar lafar.
- Bydd cyflwyno ffiniau a disgwyliadau o fewn y lleoliad yn rhoi dull gweithredu cyson eglur. Mae sefydlu rheolau a disgwyliadau yn helpu plant i ddatblygu ymdeimlad o gyfrifoldeb dros eu bywydau, gan roi ymdeimlad o ddiogelwch iddynt.