

November 2019

Dear Families,

We are excited to be introducing a new programme in 8K this term called Babywatching.

Babywatching has been developed to encourage children to think about their feelings and about the feelings of others in order to help them sensitively understand what motivates us and to help understand the nature of communication. This fits with the PSHE emphasis on building healthy relationships.

A Mum will bring her baby (7 week old Baby Remi) to the classroom during form-time, fortnightly, for 20-30 minutes. The children sit in a circle to watch carefully what the parent and baby do together. The sessions will be led by our school counsellor, Emma White, who is trained to lead Babywatching groups, and Ms Madsen their form tutor. Both leaders will encourage the children to comment on what they see: playing, comforting, crying, laughing, nappy changing, feeding, interactions between parent and baby. The children are encouraged to express their thoughts and feelings based on what they observe. This simple activity has been shown to reduce anxious and unkind behaviour and develop empathy through understanding of others. The discussion in the group can encourage curiosity and develop the language to talk about relationships. Many children find themselves calmer having observed and thought together creatively, returning to lessons ready to learn.

We hope your child will tell you about it.

Emma White and Laura Madsen



WILLIAM ELLIS SCHOOL