



**BEST
START
IN LIFE**

Early Years Learning Leads

Personal, Social and Emotional Development (PSED) Leads

Every child deserves support that will help them develop strong personal, social and emotional foundations from the very beginning. That's why the Department for Education (DfE) is introducing PSED Leads to support excellent teaching and care in early years settings.

Trained PSED Leads, based within your local Early Years Stronger Practice Hub, will support early years educators to strengthen and enhance their practice through free, high-quality professional

development and bespoke support. Together, these will help practitioners deepen their understanding of personal, social and emotional development, building on existing knowledge and skills to support children's confidence, self-regulation, emotional wellbeing, resilience and relationships.



Why learn more about PSED?

The right support in the early years can make a crucial difference to a child's future. Personal, social and emotional development is fundamental to children's wellbeing, relationships and holistic learning.

PSED is the foundation for learning alongside communication and language and physical development. When children feel safe, secure and emotionally supported, they are better able to explore, communicate, build relationships and engage in learning.

Children need support to understand and manage their feelings. Developing self-confidence, self-awareness,

emotional regulation and positive relationships helps children navigate challenges and develop resilience.

Together, we can improve outcomes. Through warm, responsive interactions, co-regulation and enabling environments, early years educators can make a meaningful difference to children's social and emotional development.

Strong foundations support lifelong success. Personal, social and emotional development helps children develop independence, a sense of belonging and the confidence to thrive.



Early Years Stronger Practice CPD (2–4 year olds)

This evidence-informed professional development module will help early years educators develop their knowledge, confidence and practice in supporting children's personal, social and emotional development.

Across five units, the programme will provide educators with practical, evidence-informed strategies to support children's emotional wellbeing, resilience, relationships and self-regulation. Through five units, practitioners will deepen their understanding of social and emotional development and explore approaches that can be embedded into everyday practice.

Module content

- **Unit 1: Setting the Scene for PSED**
Establishing the core frameworks of social and emotional development in early years.
- **Unit 2: Supporting PSED in the Setting**
Practical, day-to-day strategies to embed positive emotional environments and high-quality adult-child interactions.

- **Unit 3: Challenges to PSED and What Can Help**
Understanding emotional challenges and exploring approaches to support children's feelings, behaviour and wellbeing.
- **Unit 4: Working with Parents and Carers**
Building powerful partnerships to support and extend the home learning environment.
- **Unit 5: Staff Wellbeing**
Exploring the important relationship between practitioner wellbeing and high-quality PSED practice.

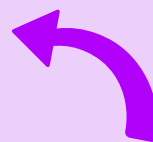
Learning Format:

The programme includes approximately 17.5 hours of learning through a blend of online self-study and facilitated webinars.



Bespoke support

Your setting can apply to your local Early Years Stronger Practice Hub to receive bespoke support from the PSED Lead. PSED Leads will work alongside setting leaders to understand current practice, identify priorities for development and support the creation of personalised action plans to strengthen PSED provision.



For more information, and to sign up, contact your local [Early Years Stronger Practice Hub](#).

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PSED Leads are part of a wider Early Years Learning Leads offer. Support is also available from Early Language and Early Maths Leads, providing a comprehensive professional development and support offer for early years settings.



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