

Supporting self regulation

Beanstalk Family Nurture Centre

Birgitta Macdonald, Principal Teacher
Vicki Thomson, Early Years Lead Officer
Kerrie Cameron, Senior Early Years officer



Aim

To reduce the amount of distressed outbursts from 5 to 1 per session for Child B by June 2019

Method

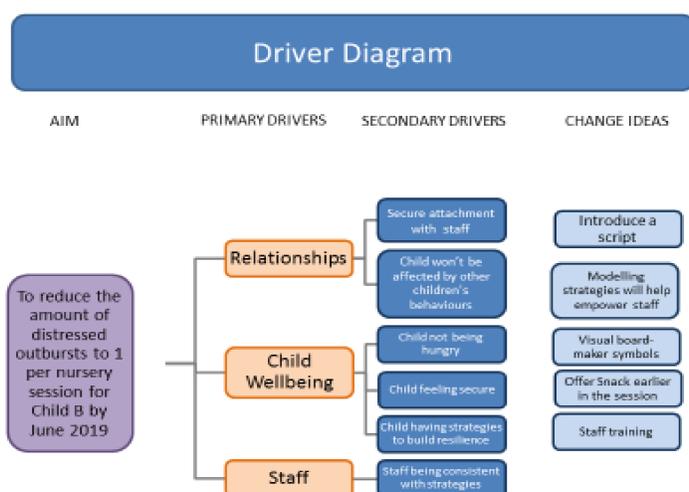
We identified a child who was unable to engage fully in learning experiences due to frequent distressed outbursts throughout the nursery session.

We started to record how many outbursts child B was having when attending the nursery session to establish a baseline measurement.

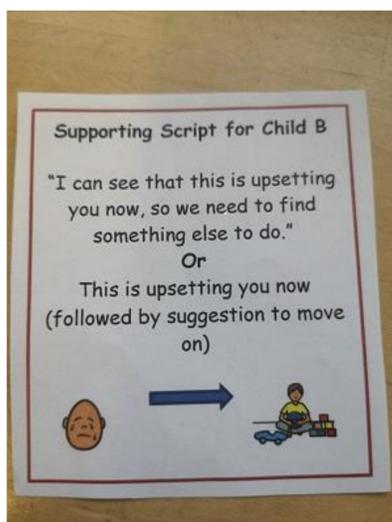
By using the Quality Improvement tools, we were able to gain a better insight into possible barriers that are preventing Child B from being able to self regulate.

Process Change

We created a driver diagram to help us generate possible change ideas that could support Child B:



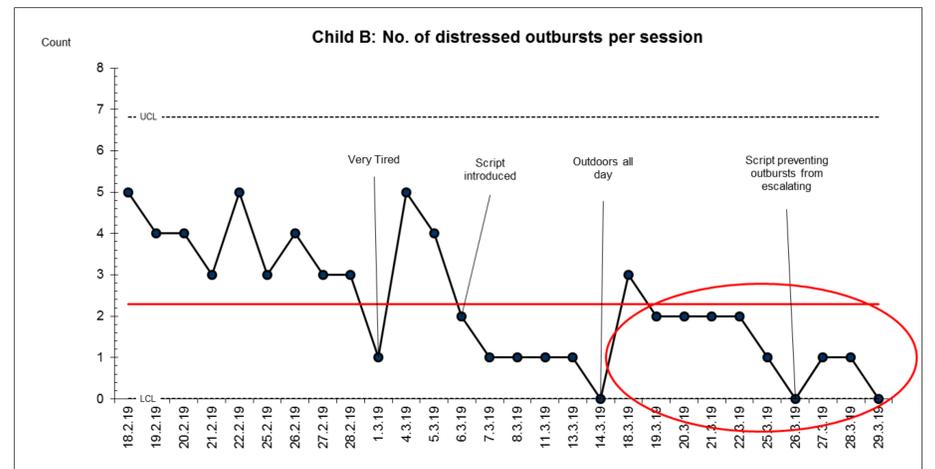
From the driver diagram we decided our 1st change idea was to introduce a script so that child B was given a consistent message from all staff.



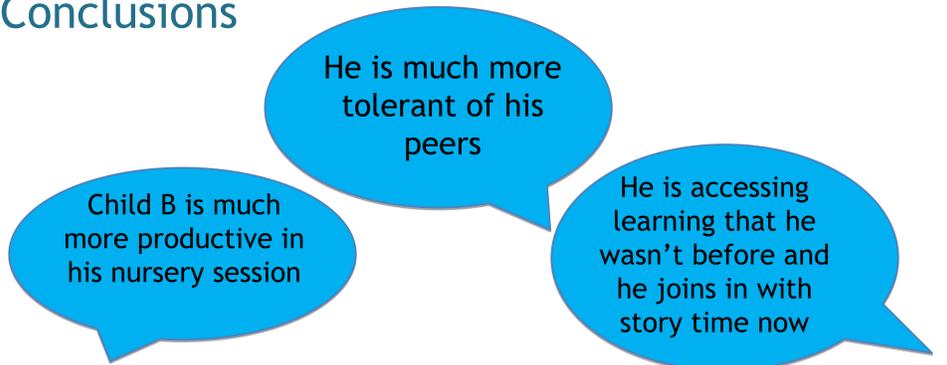
Staff used this scripting prompt to support a consistent approach

We felt this would prevent Child B approaching various staff members with the same issue, allowing Child B to come to resolve quicker and increase the time involved in play.

Results



Conclusions



- A consistent message from all staff has supported the child to access more learning through play.
- Staff have embedded a strategy to support Child B to regulate better, this has reduced the amount of distressed outbursts he has throughout his nursery session.

Key Learning Points

- Reducing the number of staff collecting data allows the data to be more accurate and appropriate.
- The QI tools are easier to use if you ensure that the aim is right.
- The QI tools allowed us to gain a clearer insight into Child B's behaviours.

Achievements



The data inputted into a Shewhart Chart shows that we obtained a shift in child B's behaviours. We achieved our aim much quicker than we had anticipated. By measuring and analysing the data, we identified a strategy that is support Child B. The number of distressed outbursts that occur throughout each session has significantly reduced. He is now able to access more positive learning experiences in nursery.

Next steps

- Continue to monitor Child B to ensure the sustainability of the strategies used.
- Use the QI tools to support other children.