

Personal, Social Health and Economic Education (PSHE) guidance for parents at Cavendish Close Infant and Nursery school

PSHE education gives our children opportunities to learn about...

- Positive and negative relationships
- Healthy lifestyles
- Risks and keeping safe
- communities

What is PSHE education?

PSHE education deals with the real life issues affecting our children, families and communities. PSHE education helps all children – the highest achievers as well as the vulnerable and excluded-to achieve their fullest potential.

PSHE is important because...

- It promotes independence and responsibility
- Improves employability
- Develops personal and social skills
- Contributes to health and wellbeing
- Contributes to the safety and protection of our children

PSHE teaches our children about...

- Safe use of medicines
- Fairness, negotiation and assertiveness
- Physical changes as they grow
- Co-operation
- Roles in the community
- Actions have consequences
- Sex and relationship education

How can you help as a parent?

- Talk to your children about the issues explored in PSHE
- Speak to your child's teacher if any concerns arise that affect your child
- Speak to your child's teacher if you are worried about your child



This guide for parents is endorsed by:

- Parentchannel.tv: www.parentchannel.tv is an online service designed to support and encourage parents and carers of children aged 5-19, with a collection of videos addressing day-to-day questions and concerns spanning wellbeing, behaviour and learning.
- Mumsnet works with the PSHE Association to engage parents in issues covered by their children's personal, social health and economic education. Visit the Mumsnet Campaigns page <http://www.mumsnet.com/campaigns> for more information
- Sue Atkins is the founder of 'Positive Parents' and author of publications such as 'Raising Happy Children for Dummies' <http://parentcoachingexpert.co.uk>
- See www.pshe-association.org.uk for further guidance