

## Able to wait patiently when required

Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. Through supported interaction with other children they learn how to make good friendships, co-operate and resolve conflicts peaceably.

### Typical development

3 to 4 year olds will be learning to:	show 'effortful control'. For example, waiting for a turn and resisting the strong impulse to grab what they want or push their way to the front. Be increasingly able to talk about and manage their emotions.
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### How can practitioners support children to wait?

- Do all adults have clear developmentally appropriate expectations? Are these consistent between all staff?
- Do adults use a total communication approach (visuals – signing and pictures)?
- Is your setting communication friendly? Are children immersed in a total communication environment?
- Do adults model waiting during free play? Do adults comment when other children are waiting so children have positive role models and this is emphasised?
- Do adults to speak clearly and use language consistently?
- Do adults observe, acknowledge, and comment when children have waited, "good waiting"?

### Activity ideas/resources

- Adults to talk through why we take turns, wait politely, tidy up after ourselves and so on.
- Provide more turn taking games – for example, click clack track. Start with adult then introduce other children.
- Model useful phrases like "My turn, your turn" with pause.
- Notice and talk about children's feelings. For example: "I can see it's hard to wait" "wait...it's your turn to go down the slide."
- Encourage positive behaviours, such as, sharing and waiting for a second helping at mealtimes or reinforcing golden rules. Name the positive behaviour in your praise, "good sitting", "that was really kind, you shared your toy".
- Use visual timetables with children's faces on so they know how long they have to wait their turn or sand timers to show when they are able to use the item/activity.

### Useful links

Setting can access Total Communication Training in Early Years. Contact the Early Years Advice line to discuss - <https://www.gloucestershire.gov.uk/early-years-service/information-for-providers/advice-line/>

Speech and language website have a lot of activities and resources, see following link - <https://www.ghc.nhs.uk/our-teams-and-services/childrens-slt/>