



Birmingham Early Years Network

FORWARD TOGETHER FOR THE CHILDREN OF BIRMINGHAM



Reflective Practice

produced in partnership with



Birmingham
City Council



**“Reflective practice
is learning through
and from experience
towards gaining
new insights of self
and practice.”
(Finlay 2008)**

Reflective Practice

3 benefits of being a reflective practitioner

1 Reflection is at the heart of effective professional development and learning

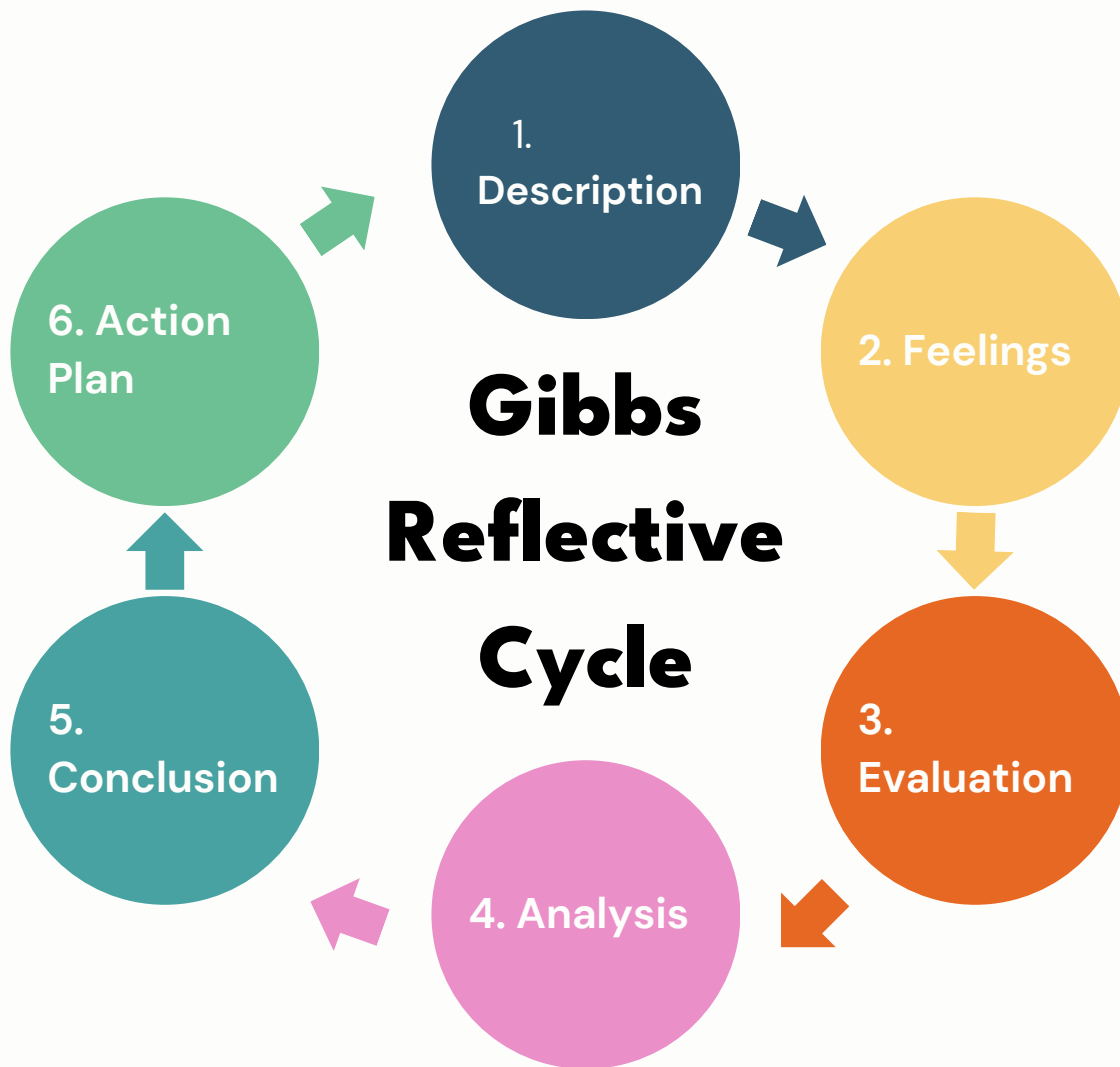
The best educators are reflective and they're also the first to say that their practice can always be improved. If you spend time noticing, reflecting on and becoming more intentional in your practice you will become even more confident.

2 Stay relevant and child focussed

Self reflection helps you to create and experiment with new ideas and approaches focussed on making sure you are doing the very best you can for the children that you work with.

3 Honesty

When you reflect you must be honest with yourself about your actions, choices, success, mistakes and learning. Self reflection is a reminder to stay humble and open to new learning.



1. Begin with an outline of the experience being reflected on.
2. Focus on your feelings about the experience, both during it and after.
3. Evaluate the experience – what was good or bad about it from your point of view?
4. Use this evaluation to analyse the situation and try to make sense of it. What was the impact for the child/children?
5. This analysis will result in a conclusion about what other actions (if any) you could have taken to reach a different outcome.
6. The final stage involves building an action plan of steps which you can take the next time you find yourself in a similar situation or identify elements of practice that you want to be more intentional about.

Reflecting to support professional development and learning

