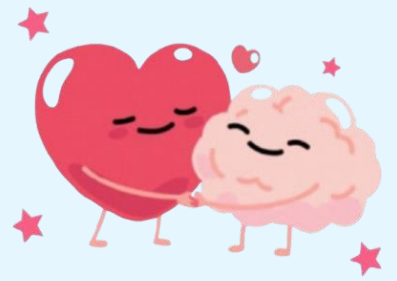


Mental Health Matters



At Hillside First School, we believe that looking after our mental wellbeing is just as important as looking after our physical health. For children (and adults too!), feeling calm, happy, and supported helps us all to learn and grow.

To help families nurture positive mental health at home, we have created a dedicated **Wellbeing** section on our school website. This space is filled with practical ideas, helpful tips, and links to trusted resources to support children's emotional development and overall wellbeing.

Each week we will feature a resource that offers expert guidance and practical parenting tips. We hope you find these suggestions helpful and supportive.

This week's focus: "Trouble Sleeping"

Children often struggle with sleep, but a calm, consistent bedtime routine and practical steps like reducing screens, avoiding sugary foods, ensuring daytime exercise, and creating a soothing environment can help. Check for emotional factors that may affect sleep and gently guide your child back to bed when needed. Progress can be slow, so keep going and be kind to yourself.

Supporting information and video can be found [here](#)



Click the logo to visit the website



All of the Mental Health Matters features can be found on our website [here](#).