

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 is "My child pushes my buttons" and "How to ignore irritating behaviours".**



Click the logo to visit the website

"My child pushes my buttons"

Children can trigger strong emotions in parents, but recognising your "buttons" and stepping back before reacting helps reduce conflict. Stay calm, take breaks if needed, apologise if you overreact, and seek support when overwhelmed. Managing your reactions teaches children healthy ways to handle emotions and preserves your authority.

Information and video can be found [here](#).

"How to ignore irritating behaviours effectively"

Selective ignoring helps reduce attention-seeking misbehaviour by calmly not reacting to safe but irritating actions, while continuing to give regular positive attention. Be clear about expectations, focus on one behaviour at a time, and praise your child promptly when they display the desired behaviour. This teaches self-control and encourages positive habits.

Information and video can be found [here](#).

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