

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.

Mental Health Matters

"My child says no"

Children often say "no" when they're seeking control, worried, or overwhelmed, so stepping back to understand the reason can prevent battles. Naming the situation, offering choices, keeping clear routines, and helping them build empathy all reduce conflict. With patience and positive attention, cooperation becomes easier.

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

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 "Arguments" and "My child says no".**

"Arguments"

Arguments are normal, but noticing when tensions rise, acknowledging your child's feelings, and modelling calm responses can stop conflicts from escalating. After things cool down, apologise if needed, reset together, and focus on positive interactions. Clear boundaries, choosing your battles, and shared enjoyable moments help prevent arguments from defining your relationship.

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

Place
2Be

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