

# 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 **Creating Routines, Family Rules and Limits and Consequences**.

## "Creating Routines"

Routines and family rituals create predictability, stability, and a sense of safety, helping children handle daily changes and build confidence over time. Consistent habits support healthy behaviours, reduce stress, and improve cooperation by making expectations clear. This structure helps children feel more in control, lowering power struggles and strengthening family connection.

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



## "Family Rules"

Creating family rules together helps children understand expectations, practise voicing opinions, and encourages cooperation. Clear, positive rules with agreed consequences, focused on a few key behaviours at a time, make it easier for children to follow them and for parents to be consistent. Recognising and praising adherence reinforces good behaviour.

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

## "Limits & Consequences"

Limits and consequences help children understand expectations, stay safe, and learn to make responsible choices. Clear boundaries reduce power struggles and guide children toward independence by showing them the outcomes of their actions.

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



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