

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: "Bedwetting"

Bedwetting and daytime accidents are common and usually not a cause for concern. Respond calmly, support your child without blame or shame, and use practical strategies like adjusting fluid intake, night-time protection, and ready spare clothes. Seek medical advice only if there's pain, unusual urine, or ongoing concerns after age five, and ensure both you and your child have support.

Supporting information 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](#).

