

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 topic is co-parenting after separation and going through a break up.**



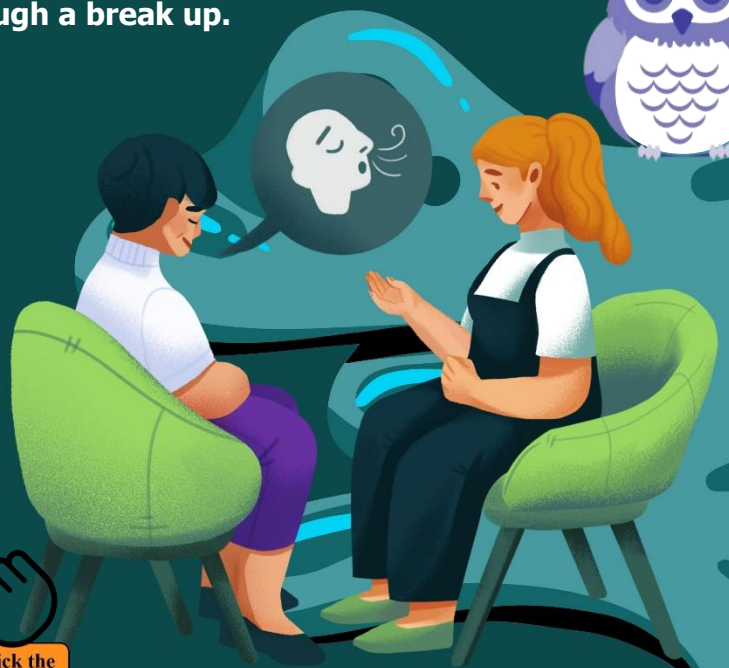
"Co-parenting"

Co-parenting after separation involves working together to provide stability and support for your child. Establish clear agreements, communicate calmly, and focus on your child's well-being, creating routines and plans that prioritize their happiness and consistency. Taking care of your own emotions helps you parent more effectively.

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



Click the logo to visit the website



Resources and activities to help your child with worries and anxieties can be found [here](#).

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



"Break-ups"

During a breakup, support your child by keeping them out of adult conflicts, encouraging safe contact with both parents, and listening to their feelings without judgment. Offer simple explanations about changes, reassure them it's not their fault, and give extra comfort as they adjust.

Supporting information can be found [here](#).

