

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 "Listening".**



"Building listening skills for parents"

Listening carefully to your child helps them feel valued, supports emotional understanding, and builds self-esteem while teaching them to listen to others. Although it can be challenging, especially with strong emotions, attentive listening strengthens your connection and helps manage behaviour more effectively.

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

"How can I get my child to listen?"

To get your child to listen, give clear, simple instructions - one task at a time - and match them to your child's ability. Avoid overloading them, phrasing demands as optional, or expecting consistency beyond their capacity, which reduces frustration and improves compliance.

Supporting information and video 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](#).