

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 "Healthy habits for parenting" and "Building secure relationships with children".**



"Healthy habits for parenting"

Practicing healthy habits and self-care helps parents stay emotionally strong, model positive behaviours for their children, and have enough energy to support them effectively. Even small, manageable routines can boost mental health and improve family wellbeing.

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

"Building secure relationships"

Building secure relationships helps children feel safe, develop trust, and gain confidence to explore the world. Meeting their physical and emotional needs consistently strengthens attachment, supports brain development, and fosters emotional regulation throughout life.

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



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