

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: "Understanding sibling rivalry"

Sibling rivalry is normal and can help children learn to manage conflict. Give each child individual attention, let minor disagreements resolve themselves, and model calm, respectful ways to handle disputes. Step in only when necessary and coach them to express their feelings with words.

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

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