



## **Mental Health and Wellbeing Policy (Children, parents and carers)**

Little Meadows Nursery will actively promote emotional health and wellbeing alongside physical health and will support the children to understand their feelings. It is the aim of this policy to raise the awareness of the importance of health and wellbeing for all children and their families.

### **Wellbeing Officer - Laura West**

#### **Well-being**

Why is well-being important?

Well-being relates to our basic needs as human beings. These are

- Physical needs (need to eat, drink, move & sleep)
- The need for affection, warmth & tenderness (being hugged, receiving & giving love & emotional warmth)
- The need for safety, clarity & continuity (knowing the rules, being able to predict what comes next, counting on others)
- The need for recognition & affirmation (feeling accepted & appreciated by others, being part of a group & having a sense of belonging)
- The need to feel capable (feeling that you are good at something, to experience success)

Intellectual development and social & emotional development are strongly influenced by a child's experiences during their Pre-school years.

Emotional well-being includes being happy and confident and not anxious or depressed. Social well-being allows children to make good relationships.

As part of our ongoing observation and assessment your child's key worker will be monitoring their well-being & involvement and planning activities to support the children in this area. This will be shared with in the children's online journals.

Early years practitioners should identify factors that may pose a risk to a child's social & emotional well-being as part of the on-going assessment of their development. This could include

- A child being withdrawn
- A child being unresponsive
- Children showing signs of a behavioural problem
- Delayed speech or poor communication & language skills

Practitioners understand children's emotional health needs and have the time & skills to develop nurturing relationships.

#### **Parents and carers**

Little Meadows Nursery recognises that mental health and stress can affect anyone and at any point in their life. The staff team will be able to support families and signpost them to appropriate services. We offer an open door policy and parents and/or carers are welcome into the setting to discuss their concerns. All conversations will remain confidential unless we have a safeguarding concern.

Benefits to children & families

- Children who are more engaged with learning
- Parents who are more engaged with the nursery and more in tune with their child's learning & development
- High morale within the setting
- Good relationships developed between staff, parents & children.
- The good emotional health of the children