



Mental Health and Wellbeing Policy

Happy Bunnies Preschool will actively promote social and emotional health and wellbeing alongside physical health and will support the children to understand their feelings. The manager and all the staff will endeavour to look after each other's mental wellbeing. It is the aim of this policy to raise the awareness of the importance of mental health and wellbeing for all children and their families.

Claire Jones is our Mental Health and Wellbeing Lead

Well-being

Well-being is not simply the absence of mental illness but is a broader indicator of social, emotional and physical wellness. It reflects the interconnection of mind and body, physical health and mental health and is concerned with the functioning of the whole person and the extent to which basic needs are met. 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)

Well-being is influenced by the wider contexts within which a child or adult lives and the interaction between the individual, family and community.

Well-being means:

- Being happy and confident and not anxious or depressed
- Having the ability to problem-solve, manage emotions, experience empathy, being resilient and attentive
- Having good relationships with others and not having behavioural problems, ie not being disruptive

Why is well-being important?

Mental ill health and stress are associated with many of the leading causes of disease and disability in our society. Promoting the mental wellbeing of all our staff, children and their families is important for individuals' physical health, social well-being and ability to do well.

Children

Intellectual development and social & emotional development are strongly influenced by children's experiences during their preschool 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 assessment of their development, early years practitioners will identify factors that could pose a risk to a child's social & emotional well-being. 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

How staff support children's well-being

- key person forms positive attachments with their key children (EYFS-3.27)
- children participate in our daily Bunny Burst and Yoga sessions
- using emotion cushions to support children to recognise, name and describe feelings
- using books and other resources to help children talk/share their worries or concerns
- having physical activities both inside and outside so children can be active and not sedentary

Parents and carers

Happy Bunnies Preschool 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 and parents/carers are welcome into the setting to discuss their concerns. All conversations will remain confidential unless we have a safeguarding concern (please refer to our 'Responding to Safeguarding or Child Protection Concerns Policy').

Staff

Refer to the Staff Well-being policy

Benefits to staff, children & families

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

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Review date: 30th November 2024

Signed *C Jones*

Date: 30/11/23