



Children's Mental Health & Well-being Policy

Well-being

Well-being is a particular state or feeling that can be recognized by satisfaction, enjoyment & pleasure. The person is relaxed and expresses inner rest, feels the energy flow and radiates vitality, is open to the surroundings, accessible and flexible.

Professor Ferre Laevers

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 the 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, assessment & planning cycle your child's key person will be monitoring their well-being & involvement and planning activities to support the children in this area. This will be shared with you as part of our parent consultation process. We record children's well-being & involvement as part of our focus observations. These are collated in the child's on-line learning journal. You can view this at any time and are encouraged to add to it if you wish.

We as 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- A child being withdrawn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.

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

The settings existing policies that support this one are as follows

- Child Protection and Safeguarding
- Behaviour management
- Inclusion policy including Send and equality of opportunities
- Settling in procedures
- Healthy eating
- Play & learning