



HUMPTY DUMPTY PRE-SCHOOL

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EMOTIONAL HEALTH AND MENTAL WELLBEING POLICY

Here at Humpty Dumpty Pre-school, we aim to raise the awareness of the importance of health and wellbeing for all children and families.

Mental Health refers to our **emotional, psychological, and social well-being**.

As a setting we are committed to support our staff, families and children with their mental health and wellbeing, and foster a community of support, warmth and sharing skills and knowledge so that we are all best equipped to deal with any difficulties that may arise, now, within Early Years or later on in life.

This will be through the use of an information folder for staff and an information board for parents to access, these will have the signposting for a variety of services, from support for sleeping, healthy eating, behaviour strategies, who to contact if you have housing/financial worries etc. within the setting we will continue to promote our successful keyworker system, where the children feel safe and secure, and are able to explore their emotions and feelings and to learn about self-regulation, good eating habits, and being physically active. Which all contribute to a child's positive mental health and wellbeing. We will always share these activities with families, so our home/school link continues to grow

Our Mental Health and Wellbeing Officer is Jackie

In our setting we are committed to supporting everyone who is a part of our Pre-school community and will actively promote social and emotional health and wellbeing alongside physical health and will support our children to understand their feelings. All staff will endeavour to look after each other's mental health.

We operate a successful and embedded key person system, along with a parents morning where we meet the new parents and children and through these our staff will know the children and families well and will be able to identify factors that may pose a risk to a child's social and emotional well-being. This will be being aware of any child becoming withdrawn or unresponsive, a change in a child's behaviour, a regression in their development (i.e bed wetting, sleep disturbances), a delay in their speech, or poor communication and language skills.

In supporting the mental health and wellbeing of children, staff and parents we feel the benefits will include, the children being more engaged with their learning, that parents will be engaged with the Pre-school and work together to support their child's learning and development, this will also ensure good relationships are developed between staff and parents, the children will also develop resilience. Furthermore, we believe our staff morale will continue to be high, which leads to job satisfaction and retaining staff.

We will do this by following:

Children : every day the children's keyworkers will check in with how they are feeling (either through words or pictures). Throughout the session we will have physical activity to get our heart rates up ready to explore!, throughout the week we will concentrate on making friends, alongside sitting in the quiet/calming corner so the children can access quieter spaces for reflection if needed.

Staff: each term all staff are invited to a one to one with their manager, the first half focuses on just them, how they are feeling, workload, and any support they may require both in and out of work. There is a Mental Health and Wellbeing folder that has signposting and information around a wealth of topics.

Parents/Carers/Families: we have information on Mental Health and Wellbeing on the Parents Board, that has information around a wealth of topics. On each Welcome letter we share information to keep Parents informed.

This policy was adopted March 2026
Reviewed September 2026
It will be reviewed annually