



Emotional Health and Mental Wellbeing Policy

1. Policy Statement

Our setting is committed to promoting the emotional health and mental wellbeing of both children and staff. We recognise that positive emotional wellbeing is fundamental to learning, development, and overall quality of life. This policy outlines our approach to supporting wellbeing, ensuring a safe, nurturing, and inclusive environment for all.

2. Aims

- To provide a caring and supportive environment that promotes the emotional and mental wellbeing of children and staff.
- To ensure children feel secure, valued, and understood, supporting their emotional development and resilience.
- To enable staff to maintain their own wellbeing, manage stress, and feel supported in their roles.
- To embed strategies and practices across the setting that promote positive mental health.

3. Supporting Children

We support children's emotional health and wellbeing by:

- Creating a safe, inclusive, and nurturing environment where children feel valued and respected.
- Embedding emotional literacy, mindfulness, and reflective play into daily routines.
- Encouraging children to express feelings, make choices, and develop coping strategies.
- Using visual aids, social stories, and age-appropriate resources to support understanding and communication.
- Observing and responding to individual emotional needs and working collaboratively with parents/carers and external professionals where necessary.
- Promoting positive relationships and social skills through group activities, peer support, and collaborative play.

4. Supporting Staff

We support staff wellbeing by:

- Providing regular supervision, reflective practice sessions, and peer support opportunities.
- Offering guidance on stress management, work-life balance, and self-care.
- Encouraging staff to access training and professional development in emotional wellbeing and mental health awareness.
- Creating an open culture where staff can discuss challenges, share ideas, and seek support without stigma.
- Ensuring workloads and routines are manageable to prevent burnout and maintain a positive working environment.

This policy was adopted in	Signed on behalf of the nursery	Date for review
March 2026	<i>Cherish Childcare</i>	March 2027



5. Implementation

- All staff are familiar with this policy and receive training on supporting emotional health and mental wellbeing.
- Practices are embedded across daily routines, planning, and interactions.
- Children's emotional wellbeing is monitored through observation and regular reflection by staff.
- Staff wellbeing is supported through structured supervision, regular check-ins, and access to wellbeing resources.
- Feedback from staff and parents/carers is actively sought to improve wellbeing practices.

6. Roles and Responsibilities

- Management ensures the policy is implemented effectively and reviewed regularly.
- Staff follow the policy, actively support children's wellbeing, and maintain their own wellbeing.
- Parents/Carers are encouraged to engage in discussions about their child's emotional needs and support the setting's practices at home.

7. Monitoring and Review

This policy is monitored by management and reviewed annually, or sooner if required, to ensure it meets the needs of children and staff and reflects current best practice in early years settings.

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