

## Sample Positive Mental Health Policy

*'Parent' also refers to carers/guardians*

### Statement of Intent

\_\_\_\_\_ positive mental health policy promotes good emotional health and well being by valuing and respecting every individual child and parent that attends the service. Through \_\_\_\_\_ curriculum, children will learn and play and grow, and \_\_\_\_\_ staff team will provide children with balanced support and opportunities to learn through developing individual skills and knowledge, so that they develop an understanding of the world and their unique place in it.

### Aims

- ❑ Staff aim to help children develop a positive self image.
- ❑ Staff aim to promote a strong sense of identity and belonging for every child in the setting.
- ❑ Staff will value each child as an individual with unique strengths and interests.
- ❑ Staff are committed to promoting positive learning opportunities for all children regardless of ability.
- ❑ The service aims to provide a low turnover of staff, so that the same staff members care for children during their time at the service.

### Procedure

- ❑ Children will be encouraged to value and respect themselves and others through everyday play/learning opportunities.
- ❑ Staff will follow positive behaviour management strategies and regularly give children genuine praise as a means of enhancing self-esteem.
- ❑ Staff will engage with children in a positive manner, respecting the voice of the child in decision-making and in shaping his/her own learning experiences.
- ❑ Staff will tune in to, appreciate and respect children's individual learning styles and preferences.

### Curriculum

- ❑ The service promotes emotional, social and cognitive development of all children through developing and providing a holistic approach to the curriculum.
- ❑ The curriculum promotes active learning amongst children and children are supported to initiate and review their own play and activities.
- ❑ Children will have access to a variety of experiences within there inside and outside areas.
- ❑ Play opportunities will be used as a means for helping children explore, name and understand a range of feelings.
- ❑ Children will be encouraged to discuss sensitive issues or issues that may cause them anxiety e.g. death, separation, new baby, illness. Staff will use resources such as puppets and stories to support such discussions.

- ❑ Children will not be prohibited from participating in games/activities normally stereotyped to a particular sex.
- ❑ Books, stories, posters etc will display (a) differing family types e.g. lone parent, same sex, mixed race and (b) differing cultural representations(c) special needs.

**Parents as Partners**

- ❑ The service will work in partnership with parents to meet children’s individual needs.
- ❑ The service operates a key worker system that helps children settle into the service and provide continuity of care between the home and childcare setting.
- ❑ The service encourages parents to drop into the service to discuss any issues or to share information about their child.
- ❑ The service will provide parents with regular feedback regarding their child’s progress through daily updates and regular meetings.
- ❑ The service will work in partnership with professionals and outside agencies to support a child’s individual needs and development.

<b>Date adopted:</b>	
<b>At meeting of:</b>	
<b>Signed:</b>	
<b>Reviewed:</b>	