

Safeguarding Section

Children's Mental Health Week

This week is Children's Mental Health Week 2026. This year's theme is '***This is My Place***'. We know that our sense of belonging as individuals, in our friendships, in school, and in communities plays a vital role in our mental health and wellbeing.

To know our place and really feel part of our environment is a basic human need. It can have powerful and long-lasting impacts in lots of areas of our lives, including our physical and mental health, education, employment and relationships. When we feel that we belong, it empowers us to contribute to the world and make a real difference. Within classes, the children have been exploring wonderful activities related to belonging during their PSHE lessons.

The Children's Mental Health Week website has lots of useful resources and guidance for families—following this link

<https://www.childrensmentalhealthweek.org.uk/>

TOP TIPS FROM OUR CHILDREN AND YOUNG PEOPLE ON HOW TO HELP THEM FEEL A SENSE OF BELONGING

- Parents, Carers or Community Groups can help belonging by asking questions about things they see us becoming passionate about.
- By checking in with you, providing support and making you feel safe and important.
- By being there and being happy
- By doing things that make you feel happy and safe
- Letting us choose our likes and interests and letting us explore new things.
- Parents taking time to listen and speak to us, reassure us.
- Making a comfortable, welcoming place for us.

Children's Mental Health Week

Parents and carers can foster belonging by **providing a loving and consistent family environment**, encouraging strong connections with peers and other trusted adults, and collaborating with school. A child's sense of belonging starts at home and expands to include the wider community.

Emphasise positive, trusting relationships. Create a loving, secure base by being available, emotionally supportive, and consistent. Simple acts, like listening without judgment, sharing smiles, or offering hugs, help build trust and intimacy.

Show them you know and value them.

Notice your child's personality and unique talents, and cheer for their achievements, no matter how small. This boosts their confidence and sense of self-worth.

Establish family rituals. Create a sense of security and connection through routines and traditions. These can be as simple as making a favourite meal, sharing stories in the evening, or having a special way of saying goodbye.

Encourage open communication.

Create a safe space where our children and young people can share their thoughts and feelings without fear of judgment. Talk to them about what belonging means and encourage them to explore their feelings when they feel included or excluded, using curiosity and open questions.

Embrace and celebrate heritage

to keep our children connected to their roots. This is a powerful way to strengthen their sense of self and belonging.

