

Southampton Healthy Early Years Award

Mental Health & Wellbeing (MH&W) Theme

Standards



Criteria	Bronze
Leadership & Managing	
The setting has a MH&W lead, who oversees all aspects of mental health and wellbeing in the setting, ensures MH&W standards are met and are regularly reviewed.	✓
The setting has a system that ensures that staff and parents/carers can identify this named person	✓
The setting has evidence of consultation with staff and parents/carers about embarking on the MH&W HEYA	✓
The setting embeds wellbeing and emotional safety into your regular conversations: Ensure that the MH&W of, staff, children and families is formally structured within regular supervision meetings.	✓
Mental Health & Wellbeing Policy	
<p>The setting has a policy which demonstrates the commitment to support the MH&W of all and must include:</p> <ul style="list-style-type: none"> • Why MH&W is important for children, staff and families: • Statement demonstrating commitment to actively promoting MH&W throughout your provision • State who else is responsible for MH&W policy apart from the named champion. • Statement on how early years practitioners will 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. • What will the setting be doing (examples needed for each) to improve and look after the mental health and wellbeing of: <ul style="list-style-type: none"> Children - must include at least a daily activity specifically aimed at mental health in which every child participates. Staff - must include examples of management responsibilities towards staff MH&W and how managers MH&W will also be supported. Parents/carers/families - must include how good relationships are developed with families (relationship building, partnership, signposting to support) • How/when you will review the policy and the date adopted. 	✓
The policy is regularly highlighted to staff and parents/carers, e.g. at registration and when the policy is changed / updated	✓
Promoting a mentally healthy environment	
Childminders/owners /managers/leads and staff all act as positive role models by following MH&W policy and guidance with the children, families, and colleagues.	✓
Curriculum and planning	
The setting ensures mental health & wellbeing is supported for all children in all activities. The environment is welcoming, and the free-flow and planned activities promote positive social interaction and caring attitudes.	✓
Undertake ITERS / ECCERS/FCCERS Rating Scales in the specified sections relevant to your setting	✓
Staff Training & CPD	
The setting's MH&W approaches (including the MH&W policy and positive role modelling) are covered in induction for all new staff.	✓

All managers and staff have had some training and/or CPD in the last year (according to their role) in supporting mental health and wellbeing, recognising signs of mental ill health and where to refer for further help and support.

