



Promoting Wellbeing at Little Hearts Preschool

Wellbeing is often associated with adults and young people, but it is equally crucial for young children. With rising rates of teenage mental health problems and the recognition that young children can also experience stress, it is essential to prioritize their wellbeing from an early age.

At Little Hearts Preschool, we believe that supporting our children's wellbeing sets them off to a great start in life. We ensure that every child knows they are loved and valued as unique individuals. This is demonstrated through our interactions and the words we use, always welcoming them warmly and making them feel wanted.

Outdoor Play and Exploration

We understand the importance of outdoor play for mental health. Our children have free-flow access to the garden for most of the day, allowing them to explore, discover, climb, and run. Our outdoor space is designed to be flexible, with resources available for the children to use as they wish, fostering their imaginative and creative skills.

Use of Emotional Language

We help children understand their feelings by using emotional language, which helps develop their vocabulary to articulate their emotions and understand others'. For example, when a baby is crying to be fed, we might say, "I know you are feeling hungry. I am going to feed you now." When a toddler is upset because their parent has left, we might say, "I can see that you are really sad that Mummy has gone. But I am here for you now, and when she comes back, we can tell her all the fun things we have done."

Slowing Down

In our busy lives, it is important to help children find time to rest and experience moments of stillness. We have created quiet areas both indoors and outdoors where children can relax and unwind.

Encouraging Creativity

Creativity is an essential part of wellbeing. At Little Hearts, we give children the space to be creative and join in the process with them. Singing and dancing are embedded into our daily routine, and children have the opportunity to experiment with a wide range of materials and mark-making tools. We understand that creativity is about enjoying the activity, not just producing a finished product.

Co-Explorers and Adventurers

Children have a natural passion for learning and discovering. They need adults who are willing to learn and explore with them. At Little Hearts, we see ourselves as co-explorers and adventurers, expressing our own interests and learning alongside the children. We allow their natural interests to shape our daily activities and learning moments.

By focusing on these aspects, Little Hearts Preschool ensures that we support and promote the wellbeing of our children, preparing them for a happy and healthy future.

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