



**Birmingham Federation**  
**Maintained Nursery Schools**

*Allens Croft Nursery School*  
*Jakeman Nursery School*  
*Shenley Fields Nursery School*

*Lillian De Lissa Nursery School*  
*Newtown Nursery School*  
*St Thomas Nursery School*

*Adderley Nursery School*  
*Gracelands Nursery School*  
*Highfield Nursery School*

Executive Head Teachers : David Aldworth, Mandy Cryan and Sharon Lewis  
[www.bfmns.sch.life](http://www.bfmns.sch.life)

Thursday 4<sup>th</sup> February 2021

## Hello everyone.

Lillian reopened yesterday and the staff were so very happy to welcome the children back. If you have any worries about your child returning to school and would like a chat please ring us on 0121 675 3421.

**This week is National Children's Mental Health Week.**

Here at Lillian we work to promote your child's mental health all the time.

We know that children who feel secure and cared for feel happy, confident and learn well.

This has never been more important than now, in a pandemic that is understandably causing adults to feel worried and anxious. Children know that life has changed and could be picking up on this.

An important part of children (and adults!) feeling supported emotionally is to be able to express their feelings and to give them a name - do you feel happy/sad/grumpy/cross/excited?

As keyworkers at Lillian we do this by noticing and describing what a child may be feeling from what we see.

Young children experience strong emotions - joy, sadness, anger - it's all part of learning who they are to enable good mental health now and in the

future- and their keyworkers support them in feeling safe to express that.

To a child who looks satisfied that they have balanced wooden blocks:

"Wow! You look very proud of what you have built! Would you like to take a photo of it with the iPad?"

To a child who is frustrated that they can't play on a bike that another child has:

"Oh, you really want to play in that bike right now, didn't you? You must love riding on the bike so much!"

This doesn't mean that the child will be given the bike before it's their turn - they still have to wait - but they know that their strong feelings have been seen and heard. Just by the adult describing what they can see.

At home notice when your child is feeling an emotion and tell them what you notice.

"Oh - you're so happy that you saw nanny on FaceTime! She was smiling too."

"I can see that you're cross with your sister for taking that toy - you wanted to play with it a bit more, didn't you?"

It's ok to feel strong emotions that are difficult- like feeling cross. It's important to make a difference between feeling that emotion (that's ok) and hitting the sister and getting the toy back (not ok).

You can talk about feelings when you read or watch a story together:

"Goldilocks ate all of Baby Bears porridge! I wonder how Baby Bear feels?"

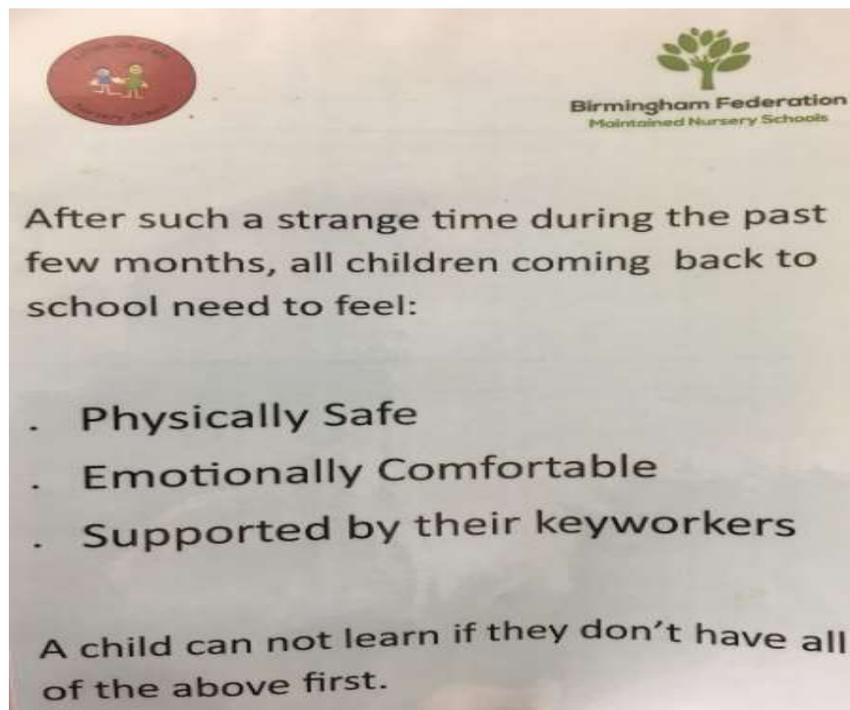
You can give the words to your child to learn if they aren't sure what to say - at Lillian we call this 'modelling' the language- they hear you saying it and will learn it.

"I think Baby Bear is very upset!"

If you've got any questions please get in touch.

Our Facebook page has resources and suggestions for talking about feelings with your child.

<https://www.facebook.com/1782916225366198/posts/2885366721787804/?d=n>



Just one picture today for the letter. It's what we have on the wall at Lillian in the classrooms.

We believe it's so true!

After such a strange time over the last few months all children need to feel:

- Physically safe
- Emotionally comfortable
- Supported by their keyworkers

All adults need to feel that too.

Ring us if you need a chat.

Love from Lillian de Lissa.