

Principals and Boards of Governors of all Grant-Aided Nursery Schools, Grant-Aided Primary Schools with Nursery Units or Reception classes, Special Schools; and

Voluntary and Private Sector Providers participating in the Pre-School Education Programme

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Dear Principal / Leader

INFANT MENTAL HEALTH WEEK 7-13 JUNE – VIDEO FROM INTERIM MENTAL HEALTH CHAMPION PROFESSOR SIOBHAN O'NEILL

Fostering good mental wellbeing early is so important for children's development. This week is Infant Mental Health week, and Interim Mental Health Champion for Northern Ireland, Professor Siobhan O'Neill has recorded a short video aimed at parents of young children (approximately age 0-4, although not age specific). She gives her tips to parents about what they can do to support their children's mental health and wellbeing, and talks about how to encourage young children to express their feelings and the importance of self-care for parents. Professor O'Neill also draws on her experience as a parent of a 4 year old.

A link to the video have been posted on the Education Authority's Getting Ready to Learn website in the 'parent tab' section – see below. You may wish to share the link with the parents/carers of the pre-school children within your setting to help promote the importance of supporting emotional health and wellbeing:

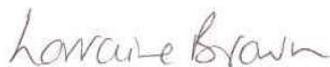
<https://gettingreadytolearn.co.uk/parents/>

A direct link to the video is also included below:

<https://vimeo.com/559980425/bb7e83a938>

I hope you find this resource useful.

Yours faithfully



Lorraine Brown
Early Years – Learning to Learn Team