Place2Be's
CHILDREN'S
MENTAL HEALTH
WEEK
9-15 FEB 2026

THIS IS MY PLACE

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.

A FEW MORE FROM US:

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 curiousity 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.