

Inspection Top Tips

Mental Wellbeing

June 2026



Children's Homes Regulations



(1) The health and well-being standard is that -
(a) the health and well-being needs of children are met;
(b) children receive advice, services and support in relation to their health and well-being; and
(c) children are helped to lead healthy lifestyles



Regulation 10



Children's Homes Guide

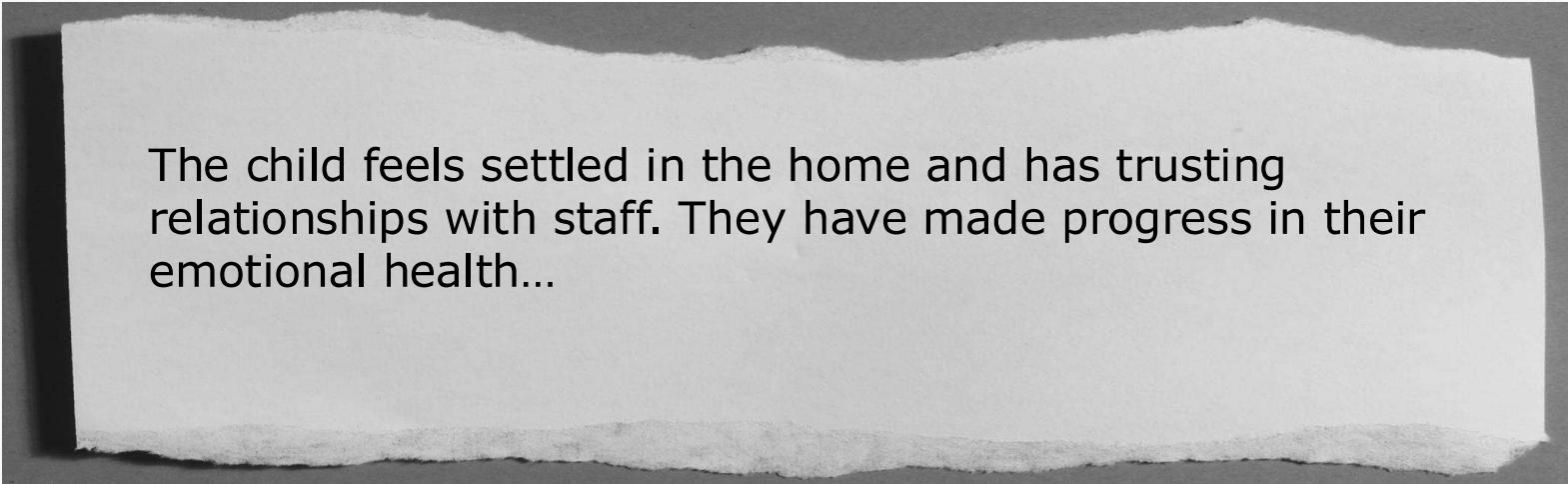
7.3 The registered person is responsible for ensuring that each child's day to day health and well-being needs are met. Staff should work to make the children's home an environment that supports children's physical, mental and emotional health, in line with the approach set out in the home's Statement of Purpose.



Children's Homes SCCIF Key Elements

- Their health needs (including their oral, physical, mental and sexual health needs, as appropriate) are identified and addressed.
- Staff always place the wellbeing of individual children at the centre of their practice.
- All their achievements are celebrated and appropriately rewarded.
- Their day-to-day needs are met, such as routine, privacy, personal space, nutritious meals and enjoyable mealtimes
- The manager's arrangements for managing medication or children's complex health needs are safe and effective and promote independence wherever possible.
- Staff always place the well-being of individual children at the centre of their practice. All their achievements are celebrated and appropriately rewarded. Their day-to-day needs are met, such as routine, privacy, personal space, nutritious meals and enjoyable mealtimes.

Ofsted comment from inspection – Good

A rectangular piece of white paper with deckled edges, set against a dark grey background. The paper contains a single paragraph of text.

The child feels settled in the home and has trusting relationships with staff. They have made progress in their emotional health...

Top Tips...

1. **Provide positive activities for children** and consider barriers that may impact on children being able to try new and fun activities.
2. **Ensure that children are motivated to be active each day** this can be playing a sport or just making sure you are walking with children not always in the car.
3. **Monitor the online experiences of children** as this is a source of both positive and negative impact on wellbeing.
4. **Staff should seek to engage in the interests of children** and support them through interest, curiosity and positive responses to achievements.
5. **Seek specialist support and advice in relation to observed concerns around a child's wellbeing** and ensure that responses are informed by this advice.

