

Case study: Supporting Children's Mental Wellbeing in Nursery at Daisy Day, Cardiff and Barry.



Background

Daisy Day Nursery, Llanishen Cardiff was established in 2004. Providing care for children from 6 weeks to 12 years old. In 2019, Daisy Day moved into bigger and better purpose built premises still in Llanishen, Cardiff. The nursery is based over 2 floors, with a dedicated cot room for our youngest little ones, and a large enclosed garden easily accessible for lots of outdoor play time.

In 2010, Daisy Day Nursery opened another setting in Barry, Vale of Glamorgan, again caring for children aged 6 weeks to 12 years old. The setting is a purpose built, single storey with plenty of secure outdoor play area.

Why do you think supporting children's mental wellbeing is important?

At Daisy Day Nursery, we understand that mental health is just as important as physical health in the early years. Supporting children's emotional well-being from a young age helps them develop resilience, confidence, and lays the foundations for being able to navigate and regulate their feelings.

During Children's Mental Health Week, and all year round because mental health is a priority always, we support children's mental health in our settings. We've created a safe, nurturing environment where children can feel at home, valued, and secure; where they can be themselves and express themselves.

Children often feel safest when they know what to expect, so consistent routines help them develop a sense of security. Our daily routines create stability and familiarity.



How do you ensure children feel safe?

We provide lots of opportunity for connection during the day to strengthen relationships between them and the children and the children and their peers. Sharing simple moments, like sharing stories, singing songs, or eating meals together, reinforces the feeling of belonging and in turn can help promote a positive self-image.

One of the most tried and true ways to promote positive mental health, in children and adults, is spending time outdoors. When outdoors, children can move freely, explore nature, and engage in physical activities that release energy and reduce stress.

Outdoor experiences can provide a natural boost to their mood and overall well-being. We love getting outdoors in our large garden spaces and by heading to local parks and greens spaces.

Emotional regulation is another essential part of mental health, and young children learn this best through co-regulation with trusted caregivers. We can help children navigate their (often big!) feelings by modelling the way and providing boundaries, safety, and comfort. By responding calmly to a child's emotions, modelling calming techniques, or offering comforting touch like a hug or hand holding.

Encouraging children to express themselves—whether through words, art, or play—creates a safe space for them to process emotions.

We can help children understand their feelings by naming them and offering guidance about what to do with them.

At nursery and at home, small daily actions make a big difference.

Encouraging movement, providing opportunities for play and creativity, and creating moments of connection all contribute to a child's mental and emotional health.

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Further support

- Your essential pocket guide to.... Children Wellbeing <https://ndna.org.uk/product/childrens-well-being/>