
Overview

This standard identifies the requirements when you promote the physical health and mental wellbeing of children and young people. This includes supporting them to explore their own overall health and factors that can affect them. It also includes promoting children and young people's wellbeing and supporting them to manage specific physical and mental health needs that arise.

Performance criteria

You must be able to:

1. identify and agree the roles and responsibilities for yourself and others when supporting children or young people with their own physical health and mental wellbeing
2. gain consent and access information on the physical health and mental wellbeing of children or young people
3. support children or young people to identify and use strategies to emotionally regulate when experiencing stress or distress
4. build relationships when working with children or young people to promote discussions about their physical health and mental wellbeing
5. encourage children or young people to use available resources, support and information to promote their own physical health and mental wellbeing
6. work in partnership with all involved to agree on outcomes that will improve the physical health and mental health wellbeing of children or young people
7. review or complete risk assessments when working with children and young people to promote their own physical health and mental wellbeing
8. work in partnership with children or young people and others to address conflicts or concerns in relation to their preferences and needs
9. encourage children or young people to identify and evaluate changes in their physical development and discuss any concerns that they have
10. provide children or young people with support to organise and attend appointments to address physical health or mental wellbeing
11. complete records and reports on the physical health and mental wellbeing of children or young people
12. reflect on how you carried out your roles and responsibilities to promote the physical health and mental wellbeing of children or young people

Knowledge and understanding

You need to know and understand:

1. the effect that age, stage, development and personal circumstances of children and young people may have on their ability to contribute and make decisions about their own physical health and mental wellbeing
2. the importance of relationship stability and the impact of disruption, including placement disruption
3. factors that influence physical, emotional and psychological development for children and young people
4. the effect of neurodivergence and additional needs on physical health and mental wellbeing of children and young people
5. the influence of culture, background and spirituality on physical health and mental wellbeing
6. the action to take if you identify signs and symptoms that may indicate use of illegal substances
7. how to access, review, and evaluate information about the physical health and mental wellbeing of children and young people
8. ways to encourage and support children and young people to promote their own physical and mental health wellbeing
9. ways to support children and young people to understand aspects of personal health care, growth, and sexual development consistent with their age, abilities and level of development and understanding
10. how to apply trauma informed principles to support the physical health and mental wellbeing of children and young people
11. types of resources and support for promoting the physical health and mental wellbeing of children and young people
12. how to use digital tools and devices to support physical health and mental wellbeing of children and young people
13. how to complete risk assessments required for physical health and mental wellbeing of children and young people
14. how to work in partnership with individuals and others to promote the physical health and mental wellbeing of children and young people
15. how to support children and young people's emotional regulation when dealing with their own physical health and mental wellbeing
16. the importance of dignity, kindness and compassion when promoting the

physical health and mental wellbeing of children and young people

17. how to support children and young people to manage any changes that impact the level of support they require with physical health and mental wellbeing

18. theories relevant to physical health and mental wellbeing of children and young people

19. the relevant legal requirements, standards of practice, frameworks and guidance for promoting the physical health and mental wellbeing of children and young people

20. the workplace requirements on equality, diversity, inclusion, and rights when promoting the physical health and mental wellbeing of children and young people

21. how working in partnership with others when promoting the physical health and mental wellbeing of children and young people

22. how to respond to issues and concerns that may occur when promoting the physical health and mental wellbeing of children and young people

23. how your own personal experiences and unconscious bias may impact when promoting the physical health and mental wellbeing of children and young people

24. the role of supervision, reflective practice and learning and development in the physical health and mental wellbeing of children and young people

HSCCLD350

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Glossary

The glossary for this National Occupational Standard is available on the Skills for Care and Development website.

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