



Keeping well this spring

An information leaflet from your Children's Public Health 0-19 Nursing Service, April 2022

Self-care for your children and family

The Anna Freud National Centre for Children and Families has created a **'My self-care plan booklet'** which is aimed at children in primary schools and includes updated activities designed to help them look after their mental health and wellbeing while enjoying themselves.



If you think it would be helpful for your child, please download it here:

 [download](#)

If your child is struggling with anxiety...

Young Minds has some useful tips and advice here:

 [website](#)





Anna Freud
National Centre for Children and Families

shout
85258
here for you 24/7

Feeling overwhelmed? Struggling to cope?

24
hours a day
7
days a week

Text AFC to 85258

Text the free, confidential textline

All texts are answered by trained volunteers, with support from experienced clinical specialists

If you are worried that your child is being bullied...

Kidscape has some useful information

 [website](#)

Kickstart your health

Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, Better Health is here with lots of free tools and support.

 [nhs better health](#)



Has your child just been weighed and measured as part of the National Child Measurement Programme (Reception and Year 6)?



If your child was a healthy weight you will not have received a letter.

If your child was not a healthy weight it is your choice whether you share this information with your child.

It is a good time to think about changes you can make as a family to eat and move for good health without your child even being aware.

See here for more information:

 [nhs healthier families](#)

Grab your phone and try the new and improved **free Food Scanner app**



It's a fun way for the whole family to find out just how much sugar, salt and saturated fat are in everyday foods and drinks.

Just scan the barcodes of your family's favourite products, swipe to see the healthier options available, and make the swap next time you shop.

 [download the nhs food scanner app](#)



Help to buy food and milk the Healthy Start Scheme

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. Find out more here:

 [healthy start](#)



Don't let Measles, Mumps and Rubella into your child's world

Protect your child with both doses of the MMR vaccine. Book with your GP or find out more at nhs.uk/MMR

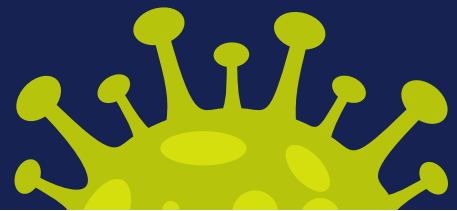
MMR vaccines protect
Help us help you

During the COVID-19 Pandemic, we know it may have been more difficult to attend for routine appointments.

Childhood vaccinations are important to protect your child so please check that they have had both MMR doses.

Contact your GP to book an appointment.

 [nhs - MMR](https://nhs.uk/MMR)



Coming up in May...

Sun Awareness Week
3-9th May

We all hope that this year will bring us some nice weather!

Don't forget though that from March to October in the UK, children should:

- Cover up with suitable clothing
- Spend time in the shade, particularly from 11am to 3pm
- Wear at least SPF30 sunscreen (on areas not protected by clothing, such as the face, ears, feet and backs of hands)

It is recommended that everyone takes Vitamin D supplements (10 micrograms or 400 International Units (IU)) per day during the winter months October to March, but some people require it throughout the year including those with dark skin and those who cover up in the Spring/summer.

Vitamin D aids healthy bones and muscles. More advice on vitamin D can be found here:

 [nhs - vitamin D](https://nhs.uk/vitaminD)



National Walking Month - **May**
& Walk to School Week - **16th-20th May**

Take the challenge and try to walk more if you can!

To help keep your walk interesting, Living Streets have produced an activity pack and worksheets for children to download for free:



 [download](#)

Need some advice or support?

Healthier Together is a website developed with the Royal College of Paediatrics and Child Health and has lots of helpful information for parents.

 website



Remember your Children's Public Health 0-19 Nursing Service is there for you during the school holidays as well as term time

I am worried about my child's development.

I'm here to help. Whatever is worrying you, let's talk it through.

We are a confidential text service for parents and caregivers that you can talk to about:

- Healthy lifestyles, including healthy nutrition and exercise
- Day and night time wetting
- Constipation
- Sleep behaviour
- Emotional health
- Healthy relationships and sexual health

Text a Public Health Nurse on

07480 635002

We might inform someone if we were concerned about your safety but we would usually speak to you first. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Text will only be seen between 9am and 5pm. If you need help before you hear back from us contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps).

To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.
For more information on how we use your information please visit www.nottinghamcitycare.nhs.uk/stakeholders/governance/you-and-your-information

To contact our service please ring the Nottingham Health and Care Point 0300 131 0300

For urgent healthcare needs please ring 111.

If you would like to give us any feedback on the contents of this leaflet, please email npc.customer@nhs.net

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 sign up for Nottingham CityCare newsletter