

A dose of Health & Wellbeing

Your bitesize guide to a healthier lifestyle,
from your school nursing team

July 2023

Hello and welcome from your school nursing team

We've put together this newsletter to provide families with useful information, hints and tips for staying healthy.

Emerade adrenaline auto-injector pens RECALL

If your child has been prescribed Emerade 300 or 500 microgram adrenaline auto-injector pens you should contact your GP immediately to obtain a prescription and be supplied with two auto-injectors of a different brand.

In this issue

- Sun safety
- Staying hydrated
- Garden safety
- Healthy snacks
- Water safety
- Immunisations
- Transitioning to secondary school
- Helping your child with depression
- NCMP Letter
- Support with bedwetting
- Contacting the school nursing team



We know children love spending time outdoors, whether in the garden, park or beach, however, their skin is more delicate than an adult's and can easily be damaged by the sun, even when it doesn't seem strong.

SUN SAFETY



Use a sunscreen with a minimum SPF 50 and at least 4 stars for UVA protection.



Wear sunglasses, ideally with wrap around lenses or wide arms, which carry CE and British Standard marks.



Reapply every two hours or immediately after swimming or sweating.



No sunscreen offers 100% protection so cover up with loose close weave clothing (such as cotton) and a wide brimmed hat to protect the neck, ears and face.



Generously apply sunscreen (5 teaspoons to cover the whole body) 15 to 20 minutes before going out.

Seek shade between 11am – 3pm when the sun is at its strongest. Always keep babies and toddlers in the shade if you can.



By following these simple tips your child will be able to stay safe and enjoy the sun. Remember parents, set your child a good example by also following this advice, and the whole family can have a happy sun safe summer.

For more information about the British Skin Foundation see www.britishskinfoundation.org.uk

   @BSFcharity

Staying hydrated

During the summer when it's hot it's extra important to stay hydrated to stay healthy and feel good.

Not drinking enough can cause headaches, tiredness and difficulty concentrating, as well as cause or make continence problems worse.

Did you know thirst is actually one of the last signs that you need fluids? Children and young people might say they aren't thirsty because they are unable to recognise that they need to take a drink.

Try these tips to encourage regular drinking

- Offer water from the fridge or put **ice cubes** in the drink
- Offer very **dilute sugar free squash**
- Let your child **choose their cup**, bottle or straw
- Build **drink times** into the day
- Make drink times **fun**: sit together with a book and only read the next page after a sip
- **Build up gradually** with the amount you expect them to drink
- Try offering **half a glass** and asking them to drink it all
- If half a glass doesn't work try offering a full glass and ask them to **drink half**
- **Measure out your child's water each day** and pour all drinks from that, it can help to see how much they need to drink.



What to avoid!

- Don't offer **fizzy drinks**, except as a rare treat. Fizzy drinks can upset the bladder making the child either rush to the toilet or go to the toilet more often.
- No drinks with **caffeine**
- No more than **500ml milk a day**, more than this can sometimes cause constipation and weight gain.

And try not to force your child to drink – it can turn it into a battle.



Staying safe in the garden

Poisonous plants, weed killer, trampolines, barbeques... there are lots of potential hazards in the garden that parents should be aware of to make them safer places for children. Check out Capt's [Garden safety tips](#) and the RHS information on [Potentially harmful garden plants](#)



Healthy snacks

When you are out of your usual routine such as in the summer holidays, it can be easy to fall into bad snacking habits. But snacks are an important part of a child's diet, and making snacks at home can often be not only cheaper but a fun activity to do with children.

[NHS Healthier Families](#) has lots of snack ideas and recipes.

Support with reducing Children's Sugar Consumption #HEW2023

NHS
Berkshire Healthcare
NHS Foundation Trust



4-6 Years Old



7-10 Years Old



11+ Years Old

Foods to watch out for...



Up to 2-3 cubes

Up to 5-6 cubes of sugar

For further information on ways to save money on food visit: [Inspirations sheets HEW \(nutrition.org.uk\)](#)

Water safety

Swimming pools, paddling pools and the beach are a great place to cool off when it's hot.

Children can drown in as little as 2 inches of water in only 20 seconds.

Share these tips from the [Royal Lifesaving Society](#) with your family:



Look out for lifeguards

Never swim unless there is a lifeguard present



Don't go too far

Swim parallel to the shore so you are never too far away from it



It's stronger than it looks

Currents in water can be very strong. If you get caught in a rip tide don't try and swim against it, swim with it and shout for help



Bring a friend

Always bring a friend so if you get into difficulties someone is there to help



It's colder than it looks

Check the temperature of water before you enter. Cold water shock can affect your ability to swim and self-rescue

For further water safety advice for all the family at home, on holiday, at the beach, or in swimming pools visit the [Royal Berkshire Fire and Rescue Service](#)

Is your child up to date with their immunisations?

Since the COVID-19 pandemic, less children are having their vaccinations and we are worryingly starting to see outbreaks emerging locally such as measles.

Vaccines are free, prevent children becoming ill from infectious diseases and help save lives.

You can check your child's red book (PCHR), speak to your GP, or phone our local child health service (0300 5611851) to check whether they have received all their immunisations.

If your child was vaccinated outside of the UK you'll need to provide evidence to your GP practice so that they can check whether your child needs any further vaccinations.

Your child will be offered the **nasal flu vaccine** spray in the autumn term in school. Please look out for details from your school. It not only protects your child from flu and its complications like bronchitis, pneumonia & ear infections, but it helps protect children spreading flu to their families and the community.

For more information [visit our website](#) and the [NHS vaccinations website](#)



Is your child moving to secondary school in September?

For some young people, starting secondary school can be daunting and stressful. It's important for care givers to learn how to help young people cope with this change and any other changes and challenges they may face in their life.

For top tips for parents on how to support your child through this transition [visit **Young Minds**](#).



Helping your child with depression

Depression is more common in young people than you may think. Around 1 in 10 children will experience depression, stress or anxiety before the age of 18.

If you think your child may be suffering, there are things that you can do to support them. Show them that you care, talk to them and look for support.

[Charlie Waller has 10 ways to support your child through depression.](#)

[This article from Young Minds can help you to learn how to talk to your child about their mental health.](#)



NCMP Letter

You may have received a letter from the school nursing team, highlighting If your child has been flagged as being underweight in our NCMP screening. One of the nurses may be in contact with you to discuss this further, however if you have any questions or concerns you can contact the school nursing team or your GP.

Support with bed wetting, day wetting and soiling

Bedwetting, otherwise known as enuresis, affects around half a million children and teenagers in the UK.

Some people can find bedwetting an embarrassing subject to talk about and this can delay a young person or family from seeking help. Bedwetting can have a big impact on self-esteem and on family life, but it is nothing to be ashamed of and it's important to get help if you need it.

[The ERIC website](#) offers support and advice for young people with a bowel or bladder condition.

[For more information, advice and when to ask for additional support please visit our website](#)





ChatHealth



If you have a child aged 5-19 you can contact a member of the school nursing team by text message for confidential, anonymous help and advice.

We can offer advice and support on many topics like:

- Sleep
- Behaviour
- Bullying
- Parenting
- Healthy eating
- Bedwetting
- Dealing with medical conditions in school
- Emotional health and wellbeing

Text: 07312 263194

Open 9am - 4:30pm Mon-Fri
(excluding bank holidays)

How to contact your School Nursing team

We are available Monday to Friday 9am-5pm.
There is reduced cover during school holidays

Bracknell Forest

0300 365 6000

BracknellForest.SN@berkshire.nhs.uk

Reading

0118 9047320

csnreading@berkshire.nhs.uk

Wokingham

0118 9047330

csnwokingham@berkshire.nhs.uk

West Berkshire

0118 9047325

csnwestberks@berkshire.nhs.uk

You can also use our website to make a referral to our service

cypf.berkshirehealthcare.nhs.uk/school-nursing

cypf.berkshirehealthcare.nhs.uk

