

Parent information handout from your school nursing service



Ages 5-11

Whether your little one has just started school in Wolverhampton or you are thinking about moving from primary to secondary, the 0-19 Team are here to offer you advice, support, and information to help you and your family to be as healthy as possible. Being a parent may be challenging from time to time, and your 0-19 Service is available to offer you the help and support you may need, such as if your child has a medical condition, a Special Educational Need or Disability (SEND), or perhaps there are concerns about the safety of your child.



If you would like to discuss your child's health with a School Nurse, please contact our 0-19 Single Point of Access (SPoA) Hub on:



01902 441057



rwh-tr.0-19service@nhs.net



Follow Wolves 0-19 on social media!

Follow the Wolverhampton 0-19 Service social media pages to find out more about your Health Visitor or School Nurse. We also provide services via the Partnering Families Team (PFT) and Health Inclusion Team (HIT).

We provide information, advice and support to pregnant women, children and young people from the age of 0 to 19 and their families.



Wolves 0-19



SCAN HERE



@wolves_0to19



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The benefits of healthy eating

Peer pressure and TV commercials for junk food can make getting your children to eat well an uphill struggle. Factor in your own hectic schedule and it's no wonder so many kids' diets are built around convenience and takeout food. But switching to a healthy diet can have a profound effect on your child's health, helping them to maintain a healthy weight, stabilise their moods, sharpen their minds and avoid a variety of health problems. A healthy diet can also have a profound effect on your child's sense of mental health and emotional wellbeing.



Family fitness and exercise

Being physically active and eating well promote disease prevention, weight loss or maintenance, stress reduction, improved performance at school and work, increased longevity, and more.

As parents, we are role models for our kids, so making family fitness a priority sets a great precedent. But we get something out of the deal too. Role modelling helps hold us accountable for our own behaviour.



Family time for children and teens

Children and teens have a lot to face - pressure to perform, social acceptance and other growing up problems could take the fun out of teen life. It's only when you know what their problems are can you understand your teens better.

Children need high-quality time with their parents - and that is what matters and what is most beneficial to their emotional and behavioural wellbeing.



Sleep



Sleep gives your body a rest and allows it to prepare for the next day. It's like giving your body a mini-vacation. Sleep also gives your brain a chance to sort things out. Scientists aren't exactly sure what kinds of organising your brain does while you sleep, but they think that sleep might be the time the brain sorts and stores information, replaces chemicals, and solves problems. Most kids between the ages of 5 and 12 years old need 10 to 11 hours of sleep.



Managing screen time



Screen time use are normal parts of life for most children and teenagers. The time your child spends watching TV and using computers, gaming consoles, tablets and smartphones can be part of a healthy lifestyle. It's all about making sure of two things: children enjoy plenty of healthy, fun activities, both with and without screens, including physical activity, reading, creative play and social time with family and friends.



Toileting, Bladder and Bowel Problems



Issues affecting the bladder and bowel are very common in children and young people. The problems can include difficulties with toilet training, wetting and/or soiling. Younger children are affected more often than older children, but problems can happen at any age. Such issues can affect up to 28% of all children and adolescents at any one time. Parents or carers often feel as if their child is the only one suffering, as nobody talks about it.

Whether you're looking at toilet training, bedwetting, bladder or bowel health, your school nurse should be able to offer individual assessment and advice or refer you to a specialist to support you with any of the above if necessary.



Be wise - immunise

Are your child's immunisations up to date?

Have they received their preschool boosters?

- MMR and Diphtheria
- Tetanus and polio
- Please check with your GP

Is your child registered at a dentist?



We have a list of local dentists for you.

Use a fluoride toothpastes.

Make sure you brush all the surfaces of all your teeth, which should take about two minutes.

Remember to brush the inside surfaces, outside surfaces and the chewing surfaces of your teeth.

Brush once in the morning after breakfast or before if drinking fruit juice, then once in the evening before bed.



Other support



ERIC UK



NHS
Better Health



Sleep Charity



Asthma UK