



The Royal Wolverhampton  
NHS Trust

# Building a healthy future this spring



An information leaflet from the  
Wolverhampton 0-19 Service, January 2024

**Healthier Futures**  
Black Country Integrated Care System

**NHS**  
Black Country

## The 0-18 years website is here

Improving the health of pregnant women, babies, children, and young people in the Black Country.

[www.blackcountry0-18.nhs.uk](http://www.blackcountry0-18.nhs.uk)

Healthier futures for young people in the Black Country

The website provides parents, carers and young people across the Black Country with immediate, high-quality advice from local health professionals. There is advice for every stage. From pregnancy and birth of the baby through to nursery, school, and beyond.

**A new resource has been launched by the NHS Black County Integrated Care Board (ICB) to support pregnant women and parents of children with a range of health advice.**

The new website contains health advice from local health professionals for families in one place. There's an extensive directory of common childhood illnesses such as rashes, coughs, asthma, sickness, earache, conjunctivitis and head injuries as well as information on maternity and mental health and wellbeing.

The health information showcases a traffic light system so parents and guardians know the signs to look out for, where to seek help, what to do to keep an unwell child comfortable and how long symptoms should last.

You can access the site here 

# Mindfulness

Children need to feel safe, understood and engaged with familiar adults around them in structured environments. Using clear language, maintaining a consistent approach in accordance to their learning styles and creating a calm space in is key.

Research shows mindfulness to be an effective coping

strategy for anxiety, reducing common behavioural, psychological and physical problems often linked with children with special educational needs.

Here are two mindfulness activities that you can do with your child at home.

## Trace and Breathe

Trace along the rainbow with your finger as you breathe in and out



## 5-4-3-2-1 Mindfulness

List...

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

# Enjoying a healthy and balanced diet

## Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 250kcal 250kcal	Fat 3.0g	Saturated fat 1.2g	Sugar 34g	Salt 0.9g
13%	LOW	LOW	HIGH	MED
	4%	7%	38%	15%

of an adult's reference intake  
Typical values (as sold) per 100g: 697kJ/167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.  
Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Eat less often and in small amounts

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Oil & spreads

Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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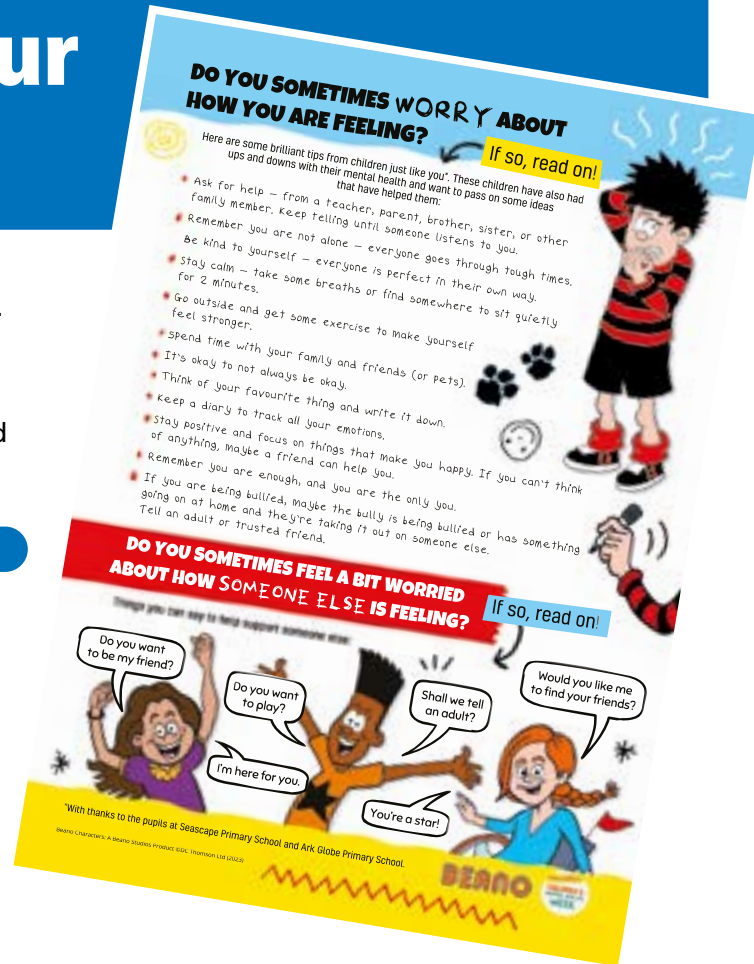
# Looking after your mental health

Children's Mental Health Week will take place from 5-11 February 2024. The theme this year is 'My Voice Matters'.

Sit down with your child and ask them if they sometimes worry about how they are feeling.

Place2Be have some brilliant tips that they have collected from children just like yours'. The children have also passed on some ideas that have helped them.

## Place2Be's Top Tips for Children



# Visiting the dentist

A regular teeth-cleaning routine is essential for good dental health. One goal of dental visits is finding problems early.

Some dentists may be able to treat people with special needs in their surgery. However, you may not be able to get your child to your dental practice because of a disability or medical condition. In this case, the dentist should refer them, as their patient, to a more specialised dental service.

Your child may also not yet be accessing dental services or will be feeling anxious about a visit.

The Wolverhampton Special Care Dental Service (WSCDS) is a unique service that provides dental care and treatment for special care patients including vulnerable and hard-to-reach groups in the area.

More about the Wolverhampton Special Care Dental Service (WSCDS) [👉](#)



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.

We would love to hear your thoughts on topics you'd like to be included in future bulletins.

Please email [rwh-tr.0-19marketing@nhs.net](mailto:rwh-tr.0-19marketing@nhs.net)

