



# Keeping well this winter

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

## 5 ways to protect your children this winter

As this is the first winter without pandemic restrictions in two years, you and your children may be more susceptible to the usual winter bugs and viruses this year.

### Here are 5 ways to protect your children:

- 1 Check your child is up to date with their vaccinations
- 2 Take up any additional vaccinations your child is eligible for
- 3 Teach your child how to wash their hands and cover their coughs and sneezes
- 4 Learn about the symptoms of common infections and what you can do if they get worse
- 5 Support your child's school or nursery by keeping them off when needed

For more information on each of the 5 tips

 [click here](#)



# Boost your immunity this winter

Flu and COVID-19 can be life-threatening and spread more easily in winter.

## These people are eligible for the COVID-19 autumn booster vaccine:

- Pregnant women
- Adults aged 16-65 in at risk groups
- People aged 50 years old and over
- Health and social care workers

## These people are eligible for the free flu vaccine:

- People with certain health conditions
- Pregnant women
- 2 and 3-year-olds – having turned 2 or 3 by 31st August 2022
- Children in all primary schools and years 6-9 in secondary school
- People aged 50 years old and over
- Health and social care workers

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## Top up your immunity this winter.



Vaccines are the best protection we have against dangerous viruses like flu and COVID-19. Find out if you're eligible for these two essential vaccines now at [nhs.uk/wintervaccinations](https://nhs.uk/wintervaccinations)

See here for a parent's leaflet about the flu vaccination and children



Download

This leaflet is available to order for free in the following languages:

English	Albanian	Arabic	Bengali
Bulgarian	Chinese*	Chinese**	Estonian
Farsi	French	Greek	Gujarati
Hindi	Latvian	Lithuanian	Panjabi
Pashto	Polish	Portuguese	Romanian
Romany	Russian	Somali	Spanish
Tagalog	Turkish	Twi	Ukrainian
Urdu	Yiddish	* Simplified ** Traditional Cantonese	



**SAIS** School Aged Immunisation Service

Click below for the School Aged Immunisation Service in Nottingham



# // Talking to your child about mental health //

October may have been Mental Health Awareness month but it's important to keep on talking about mental health.

Young Minds has some great tips and activity ideas to help support you to talk to your child about mental health.

👉 Young Minds website

👉 Generate your free personalised Mind Plan

**Better Health** every mind matters **NHS**

## Small things can make a big difference.

Find ways to be kind to your mind with a free personalised Mind Plan.

Search **Every Mind Matters** or Scan the QR code to get yours



**Anna Freud**  
National Centre for Children and Families



## Feeling overwhelmed? Struggling to cope?



**Text AFC to 85258**

**Text the free, confidential textline**

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

## Money worries?

With the costs of everything going up, many families are finding it difficult.

If you are worried about money, free help is available from the AskLion website:



👉 Ask Lion

Do you have pre-school children?

## Chat, play, read!

Young children love it when you chat, play and read with them, even if you think they're too young to understand. You can turn almost anything into a game. And every little thing you do together will help set them up nicely for the day they start school.

See here for ideas:

👉 NHS Start for Life website

👉 BBC Tiny Happy People website

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**Better Health** **Start for Life**

Chat, play and read together.  
It sets them up nicely for school.



## Coming soon...height and weight checks for children in Reception and Year 6

Every year the height and weight of Reception and Year 6 children is measured in all schools in England. This is called the National Child Measurement Programme (NCMP). It is important to know how children are growing so that we can provide the best support.

This will take place in Nottingham schools in February and March 2023. If you have a child in either of these years, we will write to you before your child is measured.

For easy ways to eat well and move more:

👉 NHS Change 4Life website

# 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



**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](http://www.nottinghamcitycare.nhs.uk/stakeholders/governance/you-and-your-information)

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

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

**For urgent healthcare needs please ring 111.**



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**Get to the help you need**

111.nhs.uk

Use 111 online Help us help you

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