



# Keeping well this summer

An information leaflet from your Children's Public Health 0-19 Nursing Service, July 2025

## Summer fun and holiday activities

To find out about activities in your area  
over the summer holidays go to Ask Lion



 AskLion

## Sun safety

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

Don't forget though, 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)

The British Association of Dermatologists has more information:

 Website



## Sunlight and Vitamin D

Exposure to sunlight is most people's main source of Vitamin D. It is recommended that everyone takes Vitamin D supplements (10 micrograms) 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

### The messages can seem confusing!

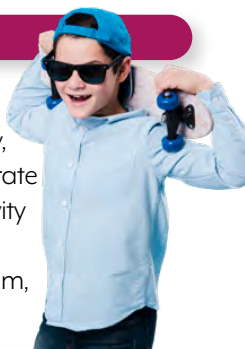
For lighter skin types, daily sunlight exposure for 10-15 minutes between April and September provides sufficient year-round vitamin D while also minimising the risks of sunburn and skin cancer. For darker skin types, 25-40 minutes is recommended.

## Summer healthy living!

The summer is a great time to think about changes you can make as a family to eat and move for good health. Click here for some easy ideas to eat well and move more:

👉 Find out more here

Children need to be active for at least an hour every day. If you are doing this already, that's brilliant. It is a good idea to mix moderate activity like brisk walking with vigorous activity like running or fast cycling. To find activities and support in your local area in Nottingham, visit Askion.



👉 Askion

## Thriving Nottingham

is a new, free health and well-being service that will help you live well and feel great!

### Thinking of making changes for the better?

- Losing weight and eating well
- Stopping smoking
- Moving more
- Improving your well-being

Thriving Nottingham can help

👉 Website

## Time for your family to start thriving!

Try a new FREE health and wellbeing programme here to help children and families to feel great.

We offer 5-17-year-olds above a healthy weight the chance to enjoy moving more with regular local activity sessions including trampolining, multi-sports and more.



While the kids are having fun, you'll get tips and advice from a trained health mentor to help you improve your family's health and wellbeing.

Scan the QR code to find your nearest group and sign up today!

Thriving Nottingham offers a wide range of health and wellbeing programmes to support locals to lose weight, move more, stop smoking and more.

🌐 [www.thrivingnottingham.org.uk](http://www.thrivingnottingham.org.uk)

✉ [hello@thrivingnottingham.org.uk](mailto:hello@thrivingnottingham.org.uk)

☎ 0115 648 5724



**thriving**  
NOTTINGHAM

## Be tooth friendly - swap out sugary snacks

A few easy swaps you can make:

- Challenge yourself not to add sugar to hot drinks. If you need the sweetness, go for a sweetener instead.
- Choose water or milk over fizzy drinks.
- Keep fruit juices to mealtimes rather than having throughout the day.
- For savoury snacks, opt for nuts instead of crisps. If anyone is allergic, try carrots and hummus instead.



## Keeping cool – information about 'Slushies'

You may have seen some worrying cases in the news about children being admitted to hospital after drinking too many Slush ice drinks.

👉 BBC News - 'Children should avoid drinking slushies with glycerol'

Here is what the Foods Standard Agency says: *'Slush ice drinks can contain the ingredient glycerol as a substitute for sugar, at a level required to create the 'slush' effect. At this level, we recommend that children aged seven years and under should not consume these drinks. This is due to their potential to cause side-effects such as headaches and sickness, particularly when consumed in excess.'*

For children and young people, these drinks should be consumed only occasionally.

**Water is the best drink and it's free!**

👉 FSA Webpage - Food Additives








# Screen time

- how much is **too much**



		Birth to 5 years	6 to 10 years	11 to 17 years																											
Waking up	 No screen time between birth - 24 months	 Waking up without screens. It is recommended that social media/screens are not used for the first hour of the day																													
 Phones, tablets and computers should not be in any child's bedroom overnight.																															
Hours per day	 2 - 5 year olds no more than 30 mins/day No screen time between birth - 24 months	<table><tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr><tr><td colspan="6">Not more than 1-2 hrs/day</td><td>Up to 2 hrs/day</td></tr></table> 'Walk, run, ride a bike, anything that gets kids up, outside and off their screens'	M	T	W	T	F	S	S	Not more than 1-2 hrs/day						Up to 2 hrs/day	<table><tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr><tr><td colspan="5">Up to 2 hrs/day</td><td colspan="2">Up to 2-3 hrs/day</td></tr></table>	M	T	W	T	F	S	S	Up to 2 hrs/day					Up to 2-3 hrs/day	
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 Watching lots of short videos is being linked to concentration difficulties in children.																															
Leisure	 Avoid using a device to settle your child down. Instead try a book, a game outdoors, or just a cuddle	 Keep active 'Encourage physical activity, ideally outside, for 1-2 hours'	 'Try and ensure screen-free time together'	 Stay active. More green time, less screen time																											
 Reports suggest adults touch their phones over 2000 times a day.																															
Sleep Hygiene	 'Bedtime stories are the best and healthiest way to settle your child' Under 5s should not use a screen at least 2 hours before bedtime	 'Buy an alarm clock so that screens are not in the bedroom' No screens at least 1 hour before bedtime																													

Accepted by NHS England Mental Health Leads

'Studies have shown a clear link between **excessive screen time** and issues such as **delayed speech and language development, short-sightedness, communication difficulties, reduced concentration spans, poor sleep and mental health problems.**'



HEALTH PROFESSIONALS FOR SAFER SCREENS



SCAN ME

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# Measles cases are rising in England

More than 1 in 10 eligible children under the age of 5 in England haven't had the Measles Mumps and Rubella (MMR) vaccine or are only partially vaccinated.

This leaves these children unprotected and increases the risk of measles outbreaks occurring in nurseries and schools. We are reminding parents and guardians to ensure their children are protected by taking up 2 doses of the MMR vaccine at the right time.

More than 3 million unvaccinated children are at risk of catching measles in England.

MMR immunisation is the safest way that parents can protect their children. Measles, Mumps and Rubella are highly infectious and can lead to serious problems including meningitis, hearing loss and problems during pregnancy. Vaccines teach your immune system how to create antibodies that protect you from diseases.



Make sure your child is up to date with their MMR vaccinations. You can make an appointment with your GP practice to catch up on missed doses.

# NHS vaccinations and when to have them

## Summer vaccinations reminder

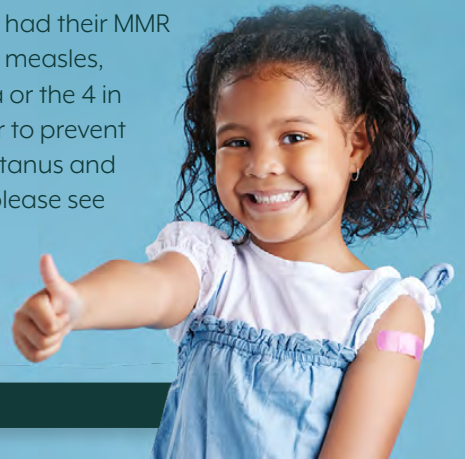
This summer you don't need to worry about children catching illnesses like tetanus, polio, smallpox or diphtheria. Since 1940 when diphtheria vaccine was the first free vaccine to be given to British children on a national scale, these illnesses have become very rare thanks to children having vaccinations.

Other illnesses like measles and whooping cough are becoming more common though.

There were outbreaks across the Midlands in 2024 and across the UK this year too. Most of the measles cases are in unvaccinated children under the age of 10. But vaccinations can also prevent these illnesses.

Get prepared for September and all the illnesses going back to school brings.

If your child has not had their MMR vaccination to fight measles, mumps and rubella or the 4 in 1 pre-school booster to prevent diphtheria, polio, tetanus and whooping cough, please see your GP and get protected over the summer holiday.



[Website](#)

[NHS MMR Information](#)

## Think pharmacy first for children this summer

Your pharmacist can provide advice and treatment if your child is suffering from a sore throat, earache, sinusitis, impetigo and infected insect bites. Just think pharmacy first.



**NHS**

- **Sore throat** (5 and over)
- **Sinusitis** (12 and over)
- **Earache** (17 and under)
- **Impetigo** (1 and over)
- **Infected insect bite** (1 and over)

**Private consultation rooms available**



# Worried about your child's mental health?



Young Minds has some great tips on how to talk to your child about mental health:

[Find out more here](#)

**Do you know about the Young Minds Parent Helpline and Webchat service?**

If you have a child aged 25 and below, you can contact the Young Minds parent's helpline, email or webchat service to discuss your concerns about your child's mental health with one of their trained advisors.

**You can call the Parents Helpline on 0808 802 5544 (Mon-Fri 9:30am - 4:00pm)**

For webchat or email click here:

[Find out more here](#)

## Looking after yourself too

Click here for a parent's guide to looking after yourself while helping your child:

[Find out more here](#)

If you feel that you need some mental health support, there are lots of websites and services that can help. You are **NottAlone!** This website has local mental health advice and help for people in Nottingham and Nottinghamshire, all in one place.

**NottAlone** is here!

Are you worried about your own, or someone else's mental health?



Want to find trusted information, advice and local services that can help?

[Find out more here](#)

# Need some advice or support?

## Healthier Together

Healthier Together is a website developed with the Royal College of Paediatrics and Child Health and has lots of helpful information for parents, from pregnancy health to all aspects of your child's health.

[Website](#)

## Children's health and wellbeing

NHS organisations in Nottingham and Nottinghamshire have created some web pages which offer you helpful advice about common conditions in babies and children and the symptoms to look out for. They hope this information will help you decide when you can treat your child at home, when you need to seek medical help and which service to choose.

[Children's health and wellbeing](#)

## NSPCC Support for parents

The NSPCC website has information on:

- early parenting
- managing family life
- friends and relationships
- supporting yourself and young people
- staying safe online

[Support and advice for parents](#)



## Nottingham Early Help Partnership, the right help at the right time!

Nottingham Early Help Partnership's vision is for every child to enjoy their childhood in a warm and supportive environment, free from poverty and safe from harm; where every child grows up to achieve their full potential.

The website has lots of information about local support for families in Nottingham:

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

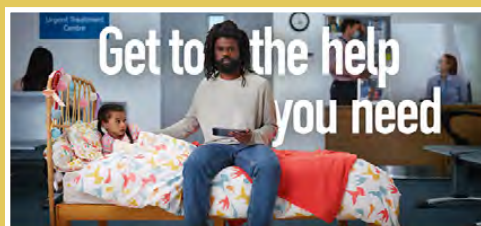


You can now call our **Children's Health Advice Hub** and speak to a nurse about your child's health and development. **0300 300 0040**  
(Monday to Friday, 8.30am to 5.00pm)

*We can also help you with booking or changing appointments.*



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



**Use 111**

If you need urgent medical help.  
**Call, go online or use the NHS App.**

**NHS**



If you would like more information about our service please visit our website

