



Keeping well this winter

An information leaflet from your Children's Public Health 0-19 Nursing Service, December 2021

How are things going for your child at school?

Hopefully, this term has seemed a little more normal.

If your child is anxious about going to school, or refusing to go to school at all, read Young Mind's tips and advice on how you can support them and work with their school.

[Read here](#)

Young Minds also offer 3 different services to parents and carers who are concerned about their child's mental health (up to the age of 25). Click below to find out more about their parents Helpline, Email Service and Webchat.

[@YoungMindsUK](#)



Nature-based activities and ideas.

One of the many things the pandemic has taught us is that we feel better when we can get outside and be in nature. Being more connected to nature and, through this, connecting with other people can be good for our mental health and wellbeing, helping us experience lower levels of stress, fatigue and anxiety, among lots of other benefits. See GreenSpace for some ideas.



GreenSpace

For better headspace

[Visit site](#)

Integrated Care System
Nottingham & Nottinghamshire

Nottingham Community and Voluntary Service

A partnership approach to Green Social Prescribing in Nottingham and Nottinghamshire

Boost your immunity this winter

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

BOOST YOUR IMMUNITY THIS WINTER

WITH THE FLU VACCINE

Flu can be life-threatening and spreads more easily in winter. Many adults, most children and all pregnant women are eligible for a free flu vaccine.

Get vaccinated. Get boosted. Get protected.
nhs.uk/wintervaccinations

BOOST YOUR IMMUNITY THIS WINTER

WITH THE FLU VACCINE + COVID-19 BOOSTER

Flu and COVID-19 can both be life-threatening and spread more easily in winter. If you're 50 or over, you are eligible for a free flu vaccine and a COVID-19 booster.

Get vaccinated. Get boosted. Get protected.
nhs.uk/wintervaccinations

Public Health England

Pregnant?

Have your COVID-19 vaccines!

It is important to have both doses of your COVID-19 vaccine to protect you and your unborn baby.

COVID-19 infection is currently circulating and can be serious for pregnant women.

Thousands of pregnant women have been safely vaccinated in the UK and worldwide.

Call 119 or go online to www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/ to register for your vaccination appointment. You can also attend walk in, mobile or pop up vaccination clinics in your area.

COVID-19 immunisation
Helping to protect you and your pregnancy

Many adults, most children and all pregnant women are eligible for a free flu vaccine. If you're over 50, you are eligible for both a free flu vaccine and a COVID-19 booster.

Get vaccinated. Get Boosted. Get Protected.

nhs.uk/wintervaccination

Public Health England

Respiratory Syncytial Virus (RSV) can be more severe in:

- premature babies
- babies under 2 months
- vulnerable infants with certain underlying conditions (e.g. born prematurely or with a heart condition or respiratory illness) that increase their risk of acute lower respiratory tract infection



Respiratory Syncytial Virus (RSV)

is a common seasonal winter virus which causes coughs and colds and is the most common cause of bronchiolitis in children aged under 2 years.

Chest infections are more common in children this year. If you need advice, follow this link:

what0-18.nhs.uk

The good hygiene habits that we have become used to in the COVID-19 pandemic are important defences against a range of other infections, including flu and RSV. We should continue to practice them.

This includes washing our hands regularly for 20 seconds, using a tissue to catch coughs and sneezes and keeping away from others when feeling unwell.

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 2022.

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:

 Change4Life




Office for Product
Safety & Standards



If you think your child has swallowed a magnet

Take them straight to the nearest A&E or call 999 for an ambulance.

If a child swallows magnets, they can be forced together in the intestines or bowels, squeezing the tissue so that the blood supply is cut off. Ingesting magnets can cause significant internal damage within hours and be life-threatening.

Symptoms may not be obvious.

Your child might:

- have stomach pain
- be vomiting
- have a fever
- be pointing to their throat or stomach

2021

Caution!

Keep magnets away from children

In recent weeks there have been numerous media reports of older children swallowing magnets after mimicking TikTok tongue piercing challenges or younger children swallowing magnets from jewellery or toys.





When you think you need A&E, go to 111 online first.

We'll help you right away and, if needed, a healthcare professional will call you.

111

111

111

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



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:

- Feeding and nutrition
- Sleep
- Toilet training
- Parenting advice and support
- Child development
- Family 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

If you would like to give us any feedback on the contents of this leaflet please email ncp.customercare@nhs.net