



# Keeping well this spring

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

## Self-care for your children and family

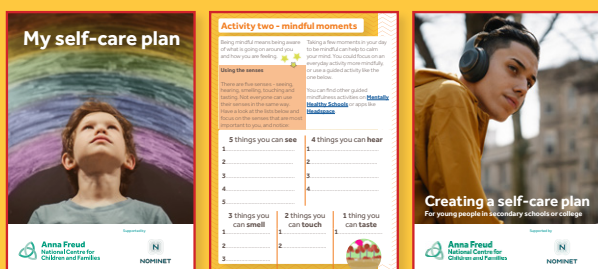
The Anna Freud National Centre for Children and Families has created a **'My self-care plan booklet'** which is aimed at children in primary schools and includes updated activities designed to help them look after their mental health and wellbeing while enjoying themselves.

Their 'Creating a self-care plan booklet' is aimed at young people in secondary schools and colleges to help them create their own self-care plan based on their popular self-care webpage which features over 92 strategies which young people have found helpful.

Both booklets also sign-post children, young people, and their families to additional support if they need it. Download them here:

 [self-care plan \(primary\)](#)

 [self-care plan \(secondary\)](#)



 [visit Anna Freud self-care web pages](#)

### If your child is struggling with anxiety...

Young Minds has some useful tips and advice here:

 [website](#)




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

**shout**  
85258  
here for you 24/7

**Feeling overwhelmed?  
Struggling to cope?**

**24**  
hours a day  
**7**  
days a week

**Text AFC to 85258**

**Text the free, confidential textline**

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

### If you are worried that your child is being bullied...

Kidscape has some useful information

 [website](#)

# Kickstart your health

Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, Better Health is here with lots of free tools and support.

 nhs better health

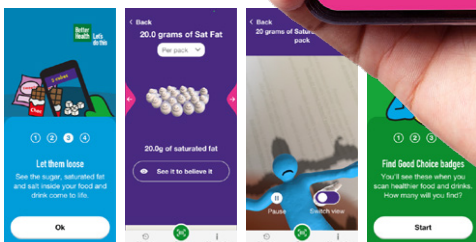
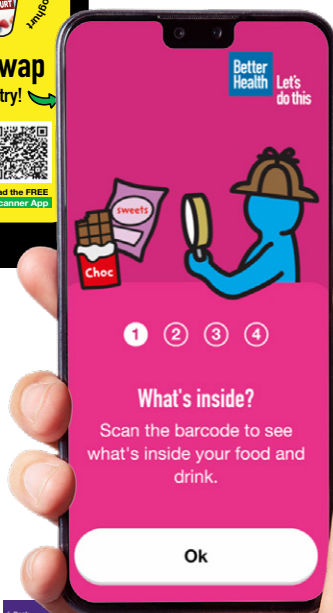


Grab your phone and try  
the new and improved  
**free Food Scanner app**



It's a fun way for the whole family to find out just how much sugar, salt and saturated fat are in everyday foods and drinks.

Just scan the barcodes of your family's favourite products, swipe to see the healthier options available, and make the swap next time you shop.



 download the nhs food scanner app

## Sun Awareness Week 3<sup>rd</sup> - 9<sup>th</sup> May

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

Don't forget though that 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)



It is recommended that everyone takes Vitamin D supplements (10 micrograms or 400 International Units (IU)) 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

# 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:

- 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)

**To contact our service please ring the Nottingham Health and Care Point 0300 131 0300**  
**For urgent healthcare needs please ring 111.**

If you would like to give us any feedback on the contents of this leaflet, please email [npc.customercare@nhs.net](mailto:npc.customercare@nhs.net)

If you would like more information about the work of Nottingham CityCare, sign up for our newsletter here:

 [sign up for Nottingham CityCare newsletter](#)