



Keeping well this spring

An information leaflet from your Children's Public Health 0-19 Nursing Service, April 2023

Has your child just been weighed and measured as part of the National Child Measurement Programme (Reception and Year 6)?

If your child was a healthy weight, you will not have received a letter.

If your child was not a healthy weight it is your choice whether you share this information with your child.

See here for more information:

 [Healthier Families - NHS](#)

It is a good time to think about changes you can make as a family to eat and move for good health without your child even being aware.

Click here for some easy ideas:

 [Change4Life - NHS](#)



Do you have a child ready to start on solid foods?

The 'weaning hub' is packed with NHS endorsed advice, videos and tips, plus simple, healthy recipes. Everything parents need to know in one place!



Is it time for solid food?



NHS

 [Start 4 Life - NHS](#)



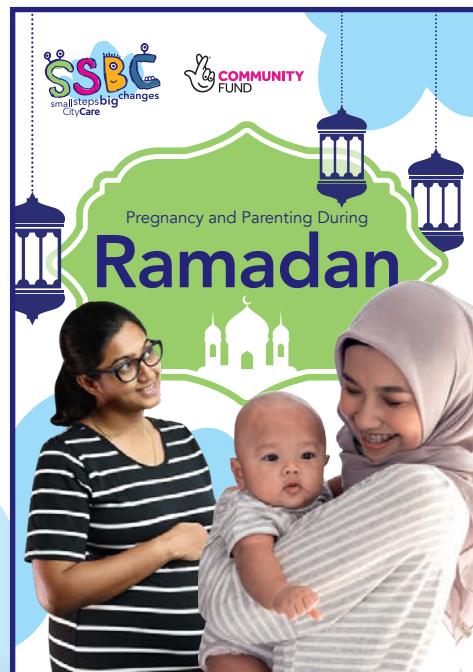
A Guide to Pregnancy and Parenting during Ramadan

During the month of Ramadan (this year March 22nd until April 21st), Muslims abstain from eating and drinking from sunrise until sunset.



Whilst pregnant and breastfeeding women are not expected to fast, for some women this can be a hard adjustment. Although exempt, many women still partake in the daily fast, being keen to share the cultural experience with their families.

Muslim women who are pregnant, breastfeeding or a new parent, may wonder whether they should still fast during Ramadan and how they can still feel part of this time.



The Pregnancy & Parenting during Ramadan guide was developed by parents, health workers and community organisations in Nottingham and can be found here:

[Pregnancy and Parenting During Ramadan - Small Steps Big Changes](#)

Information about eyesight tests

Vision testing is free on the NHS for people aged 16 and under and children get an NHS voucher towards the cost of glasses. For more information see here:

[NHS](#)



Is my child too ill for school?

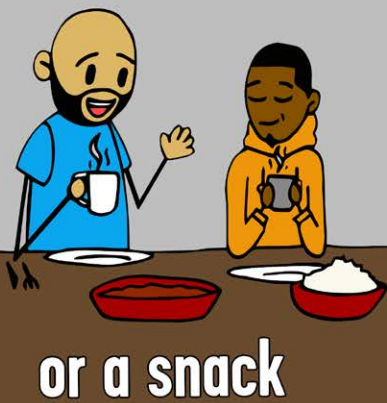
It can be tricky deciding whether to keep your child off school, nursery or playgroup when they're unwell.

For more information about when to keep your child at home, see here:

[NHS](#)



Over a meal



or a snack

When they are visibly
enthusiastic



and
happy

When they are
withdrawing,
bored or
visibly upset



When you notice a



change in **behaviour**

**When is a good time
to check in with a young person
about their mental health?**

During an activity like

playing sport



When
they
want to
chat



**On the way
to/from
somewhere**



Top tip: Before checking in with a young person, check in with yourself - are you ready to have this conversation?

YOUNGMINDS

**Go to the Young
Minds website, for
more support in
talking to your
child about their
mental health:**

 [Website](#)

**Do you know about the YoungMinds
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, Monday - Friday 9:30am - 4:00pm.

For webchat or email click here:

 [Contact](#)

**LIFT SOMEONE
OUT OF LONELINESS**

Click here for ways to help yourself or others who may be lonely

 [Every Mind Matters - NHS](#)

**Feeling lonely is something that all of us
can experience at any point and it can
have a huge impact on our wellbeing.**

It's important to remember that these feelings can pass and that there are lots of ways we can help each other.

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

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.

HM Government

NHS

Get to the help you need

111.nhs.uk

Use 111 online Help us help you

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

If you would like to feedback on this leaflet or our services please visit our website here: