



Keeping well this summer



An information leaflet from your Children's Public Health 0-19 Nursing Service, July 2024

Summer fun and activities!



The summer holidays can seem a long time and it can be difficult to find things to stop kids getting bored.

To see what's on in Nottingham this summer AskLion!

AskLion!



Better Health Start for Life NHS

LOAD THEM UP...
90% of brain growth happens before the age of five. What you do together can make a huge difference.
Search Start for Life for tips and advice.

The more we chat, play and read with our kids, the more we help build their brains.

90% of your child's brain growth happens before the age of 5. Right from the start, all those little moments you spend together with your child are building their brain. Every smile, cuddle, chat and game makes a huge difference, helping them learn to communicate, develop confidence and make friends. Find lots of ideas, easy tips and activities you can do together with your child here:

NHS - Start for Life

Tiny Happy People

Summer Safety



Safety advice

button batteries.... blind cords.... garden safety
.... water safety...and much more

The Child Accident Prevention Trust has information about all aspects of keeping your child and family safe this summer.

[Website](#)

Information is available in:

Albanian; Amharic; Arabic; Bengali; Bulgarian; Cantonese; Dari; Mandarin; Pashto; Polish; Romanian; Somali; Tigrinya; Turkish; Ukrainian and Urdu

Did you know that most serious accidents to under 5s happen at home?

Safety. Sorted!



Parents' pack



Fortunately, some of the worst accidents are the simplest to stop and here are some top tips and resources to help families learn how:

[View](#)

Keeping your child safe online

CEOP is part of the National Crime Agency and has useful information on how to keep your child safe online and how to report any concerns:



[Website](#)

Protecting your children through vaccination

Some serious childhood illnesses like measles and whooping cough have been increasing in England recently.

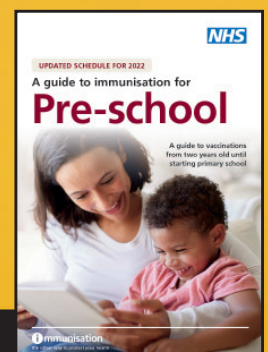
Vaccines save lives.

The NHS website has lots of information about the free vaccines on offer. By clicking on each vaccine, you can see detailed information about it, such as safety, side effects and catching up on missed doses.

[Website](#)

If you have pre-school children, see here for a guide to pre-school immunisation:

[View](#)



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, find out more here:

[Website](#)

Is your child struggling with worry or anxiety?

Young Minds has some ways you can support them and places you can get help:

[Website](#)

For some, the end of the summer holiday and a return to seeing friends can't come soon enough. But for others, just the thought of returning to the classroom can be daunting. Everyone's school experience is different and Young Minds has some tips to help:

[Website](#)

If your child is transitioning from year 6 to year 7 or going through a significant change in their life, take a look at their ten tips for parents to help their children cope with change.

[Website](#)

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 lots of information about local support for families in Nottingham.



[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, from pregnancy health to all aspects of your child's health.



[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



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** (Mon-Fri, 8.30am to 5pm)

You can ring this number for health advice for your baby and child (up to the age of 19). You can also ring this number to cancel appointments and ask for them to be rearranged, to book clinic appointments and book to attend our feeding support groups.



For urgent healthcare needs please ring 111.



Use 111

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

NHS

111 Help us help you

If you would like more information about our service, please go to our website