

# A dose of Health & Wellbeing

Your bitesize guide to a healthier lifestyle, from your school nursing team

March 2024

## Happy Easter!

Welcome to our Easter edition of your newsletter from your school nursing team at Berkshire Healthcare.

Read on for lots of information on how to keep your family healthy.



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# Healthy eating activity ideas for Easter

At Easter we often eat lots of chocolate and treats. You might want to try and balance that out though with some healthy choices! Here are some creative and tasty ideas for Easter-themed snacks and meals. Get your child involved for a fun activity!

## Bunny veggie platter

Create a cute and nutritious bunny-shaped veggie platter using colourful vegetables like baby carrots, cherry tomatoes, cucumber slices, and pepper strips. Arrange the veggies in the shape of a bunny's face on a large platter, with hummus or yogurt dip for the eyes and nose.

## Easter fruit kebabs

Thread colourful fruits onto skewers. Use fruits like apple, pear, banana, oranges, melon, grapes. Serve with a side of yogurt dip or melted chocolate.

## Easter egg Rice Krispie treats

Put a healthier spin on traditional Rice Krispie treats by using whole grain cereal, natural sweeteners like honey or maple syrup, and adding Easter-themed decorations like sprinkles or mini chocolate eggs. Fun and tasty whilst sneaking in some whole grains!

## Egg-cellent salad

Create a vibrant and nutritious salad featuring colourful vegetables, hard-boiled eggs, and a light vinaigrette dressing. Encourage children to help toss the salad and arrange it on individual plates or in Easter-themed bowls.

## Easter bunny sandwiches

Make Easter-themed sandwiches using whole grain bread, lean protein, and colourful veggies. Cut the sandwiches into bunny shapes using a bunny-shaped cookie cutter or your knife skills and add details like carrot ears, cucumber eyes, and cherry tomato noses.

## Carrot patch hummus cups

Create "carrot patch" hummus cups by filling small cups or jars with hummus and topping them with crushed whole grain crackers or pretzels to make it look like soil. Put baby carrots into the hummus cups to mimic carrots growing in a garden.

Looking for some other indoor activities to do? Visit: [Free indoor activities for kids – Healthier Families - NHS \(www.nhs.uk\)](https://www.nhs.uk)

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# Sleep

Sleep is so important. It improves health, brain performance, mood, and helps support growth and development. It can be hard to know how much sleep your child needs. This chart gives an idea how much is needed for good health:

Child's age	Recommended sleep amount over 24 hours
Infants 4-12 months	12- 16 hours including naps
Children 1-2 years	11 to 14 hours including naps
Children 3-5 years	10 to 13 hours including naps
Children 6 – 12 years	9 to 12 hours
Teenagers 13-18 years	8 to 10 hours

(2016 American Academy of Sleep Medicine 'Consensus Statement' regarding the recommended amount of sleep for children and young people).

## Here are some tips to help your child set good sleep habits.

- Have a consistent bedtime routine: this helps signal to children that it's time to wind down and prepare for sleep. This may include things like brushing teeth, reading a bedtime story, or listening to calming music.
- Set a regular sleep routine, with consistent bedtime and wake up time, to help regulate their internal body clock.
- Create a sleep-friendly environment in their bedroom, making it dark, quiet, and comfortable. Try using blackout curtains to block out light.
- Limit screen time before bed. Screens produce a blue light that suppresses the natural hormones that make us sleepy, so having screen time too close to bed can make it hard to fall asleep. Try and have at least 1 hour screen free before bed, and do some relaxing things instead, like reading or colouring.
- Encourage regular physical activity during the day, to help children feel more tired and sleep better at night.
- Avoid heavy meals, caffeine, and sugary snacks close to bedtime, as they can disrupt sleep. Opt for light, nutritious snacks.
- Address anxiety and stress, as it can impact the ability to fall asleep and stay asleep. Encourage relaxation techniques such as deep breathing or visualisation to help them unwind. [Calm zone | Childline](#)

For hints & tips to help your child achieve this there is an excellent free eBook produced by the sleep charity you can download. [Sleep Video](#)

For more information visit [Children - The Sleep Charity](#)



# Constipation

Many children are constipated but can be hard to recognise it. Your child may be constipated if:

- they have done less than 3 poos in the last week
- their poo is large and hard
- their poo looks like "rabbit droppings" or little pellets
- they are straining or in pain when they poo
- they have some bleeding during or after having a poo, because their poo is large and hard
- they have a poor appetite or stomach pain that improves after they poo

**Possible causes** include:

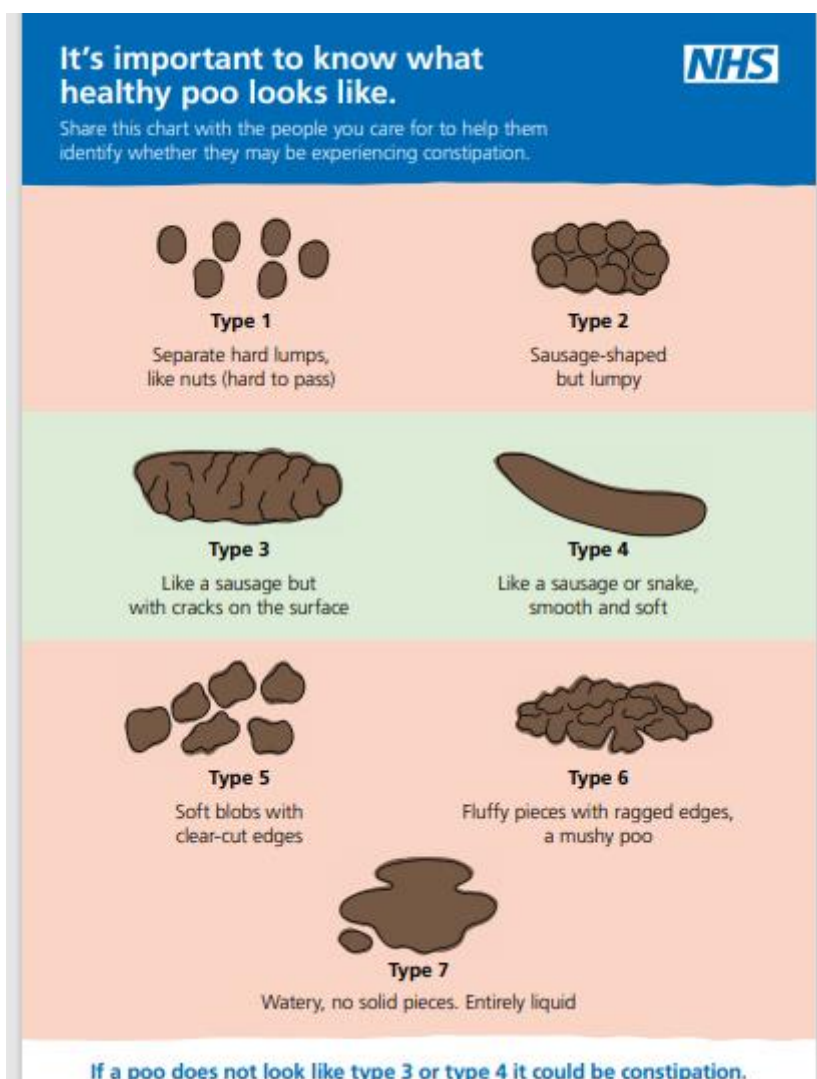
- Not eating enough [high-fibre foods](#) like fruit and veg
- Not drinking enough fluids
- Feeling pressured or not giving enough time to sitting on the toilet
- Feeling worried or anxious about something – like moving house, the arrival of a new baby, starting school.

For some advice visit:

[Constipation in children: symptoms, causes and relief – ERIC](#)

[How to get more fibre into your diet - NHS \(www.nhs.uk\)](#)

[Constipation in children - NHS \(www.nhs.uk\)](#)



[Bristol Stool Chart \(england.nhs.uk\)](http://www.england.nhs.uk)

## Bedwetting: nothing to be ashamed of

Bedwetting affects around half a million children and teenagers in the UK. Some people find it embarrassing to talk about. But it's nothing to be ashamed of and it's important to get help if you need it, as soon as possible.

The [ERIC website](#) offers support and advice on bedwetting and other bowel/bladder conditions.

Drinking well and staying hydrated can affect bedwetting. [Find out more in our blog.](#)

Please follow the advice on the ERIC website. If you still need support after following the recommended advice, our school nurses run bedwetting clinics. Our contact details are at the end of this newsletter.

# Getting enough fluids

Drinking fresh water is one of the best things we can do for our health.

Children need between 6-8 glasses of fluid a day to keep hydrated. Dehydration can lead to fatigue and decreased concentration, making it harder to focus in class or during activities. By drinking enough water, your child will feel more energised. Our brains are made up of about 75% water, so drinking water helps maintain proper brain function, improves memory, attention, and problem-solving skills.

Staying hydrated also helps your child stay well, sleep better, fight illnesses, prevents constipation, supports healthy skin, and reduces the risk of headaches and muscle cramps, especially during physical activities like sports or exercise.

**Daily fluid intake in ml, by age and gender:**

Age	Girl	Boy
4 - 8 years	1,000 - 1,400ml	1,000 - 1,400ml
9 - 13 years	1,200 - 2,100ml	1,400 - 2,300ml
14 - 18 years	1,400 - 2,500ml	2,100 - 3,200ml

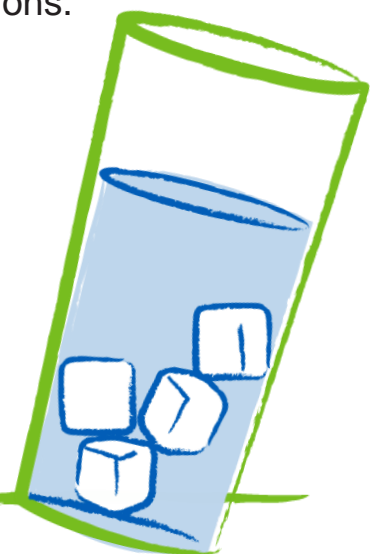
There is a lot of hidden sugar and additives in other drinks such as milkshakes, fruit juice and energy drinks. These can contribute to an unhealthy weight and tooth decay.

Here are some ways to get your child to drink more healthy fluids:

- Add slices of fruit or cucumber to a bottle of water.
- Encourage them to take sips throughout the day.
- Always have a bottle of water by their side.
- Increase their daily amount if they have been exercising.
- Look for 'hidden sugar' on drink labels.
- Dilute squash or cordial as recommended on the label directions.
- If they do drink squash or cordial, make sure it's sugar-free.

[Water, drinks and hydration - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Think about the environment, tap water is great: there's no need to buy water in bottles or cans!



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# Resilience



Resilience is all about how well you adapt during difficult times. Your child is constantly developing their resilience and you can help and support them in many ways.

Difficulties a young person may struggle with can include, friendships, relationships, exams, family connections, discrimination, physical &/or emotional health concerns, or managing stress & anxiety.

The key to building resilience is developing their confidence and self-esteem and boosting their motivation to help them to work through challenges.

To encourage your child to build their resilience and coping strategies:

- Give positive encouragement and praise.
- Share your experiences with them so they can see you understand what they are going through.
- Encourage them to understand, express and manage their emotions.
- Encourage them to think positively about a situation.
- Help them recognise their strengths, talk about them and how they can be used day to day.
- Give them space to spend time with their friends and the people they love and help them to build positive relationships.
- Help them spend time doing the things they love.
- Encourage them to get to know who they are and what values they hold.
- Help them learn to be independent in their actions and thoughts.
- Encourage them to learn problem-solving skill to help them resolve issues.
- Whether they accomplish them or not, encourage them to plan goals and challenges, which help to boost their self-esteem and confidence and independence.
- Help them list all the things they are good at including being kind, helpful and loving and show them why these attributes are so essential in life.

**For more information in supporting your child visit:**

[How to really listen to your child | YoungMinds](#)

[Building resilience in children and teens | Family Lives](#)

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# Helping your child through their SATs

SATS season can be a stressful time for some children, here are some tips to help your child relax.

- Boost your child's confidence every day with positive words and compliments.
- Have unwind activities each day.
- Make sure they are getting a balanced diet.
- Make sure they are drinking at regular intervals – aim for 6-8 cups of water a day.
- Make sure they are getting enough sleep – (see previous tips).
- Build in lots of physical activity and fresh air each day.
- Listen to your child's anxieties and worries, give lots of hugs, reassurance, and positive encouragement. Let them know the results of their tests have no impact on your relationship.
- If you are very concerned, reach out to a teacher as they will be able to support you both, or point you in the right direction.

For more helpful advice visit:

- [Exams: Supporting your Child \(charliewaller.org\)](http://charliewaller.org)
- [Help your child beat exam stress - NHS \(www.nhs.uk\)](http://www.nhs.uk)

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## Websites to help with anxiety and health

How to tame my anxiety monster is a great YouTube video to sit and watch with them, letting them know they are not alone and giving tips how to control their anxiety.

[How To Tame My Anxiety Monster \(youtube.com\)](http://youtube.com)

For older kids who may like to have a better understanding of why they feel anxious (or for you to as well) this is also a great video to watch together:

[Brain Basics: Anxiety for Kids - with Lee Constable \(youtube.com\)](http://youtube.com)

[Check out this fun website with lots of games to help children and adults learn about their health, feelings, and illness.](#)



# Early language development workshops **online**

Does your child struggle to pay attention to you?  
Do they struggle to use words to communicate?  
Do they have only a limited number of words or  
only use short phrases?

If you're a **parent** or  
**carer** or work with  
**children aged 0-5**, our  
workshops will give you  
lots of **everyday**  
**strategies** to support  
their **communication**  
**development** in the  
all-important early years.




**Sign up on our website:**



[cypf.berkshirehealthcare.nhs.uk/slt](https://cypf.berkshirehealthcare.nhs.uk/slt)



Scan me 



# Sensory Processing workshops **online**

## Does your child:

- Feel distressed by the way certain things feel?
- Become easily overwhelmed in busy or noisy places?
- Struggle to focus or sit still?

If you're a parent or carer or work with children and young people, our workshops will help you understand more about their sensory needs. We'll offer lots of simple strategies and advice to help.



Sign up on our website or scan the QR code:  
[cypf.berkshirehealthcare.nhs.uk/occupational-therapy](https://cypf.berkshirehealthcare.nhs.uk/occupational-therapy)



BH526b v1.2 Sep23 Sensory processing promo card

[Sensory Processing online workshops | Children Young People and Families Online Resource \(berkshirehealthcare.nhs.uk\)](https://berkshirehealthcare.nhs.uk)

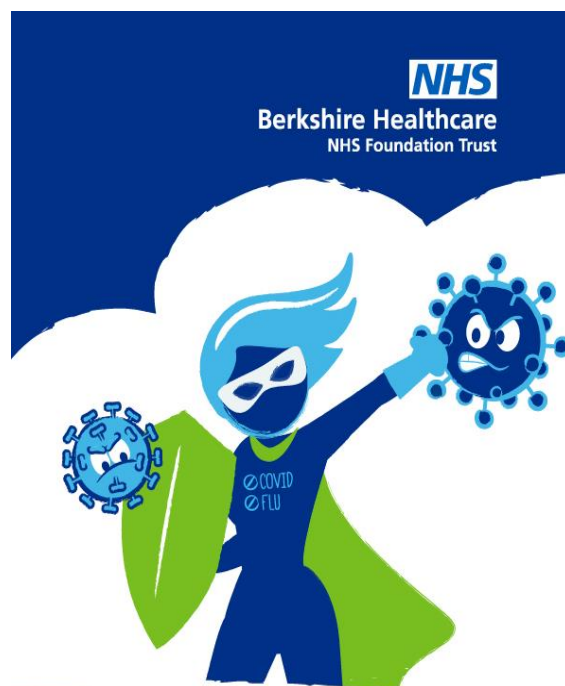
## Is your child up to date with their immunisations?

We are still seeing local outbreaks of some nasty illnesses and diseases such as measles.

Vaccines are free, they prevent children becoming ill from infectious diseases and have helped to save millions of lives globally.

You can check your child's red book (PCHR), speak to your GP, or phone our local child health service (0300 5611851) to check whether they have received all their immunisations. If your child was vaccinated outside of the UK, you'll need to provide evidence to your GP practice so that they can check whether your child needs any further vaccinations.

To find out more visit the [NHS Vaccinations website](#) and the [Berkshire Healthcare website](#).



## Travel vaccinations

If you are going abroad your child might need some additional vaccines to their routine childhood ones. Some countries have serious diseases that you need protection against before you travel.

Your GP clinic should have a practice nurse who specialises in travel immunisations, or you will need to go to a private travel clinic.

For further information and advice visit: [Travel vaccinations - NHS \(www.nhs.uk\)](#)

You can find out which vaccinations you need for the areas you'll be visiting here:

- [Travel Health Pro](#)
- [NHS Fit for Travel](#)

Take proof of any previous immunisations to the appointment. There may be a cost for some vaccines. Some countries require proof of vaccination for entry. Vaccines can take 6-8 weeks to build immunity so give yourself plenty of time.

## Measles is on the increase

Measles is a highly infectious disease that can lead to serious problems like pneumonia, meningitis, and even long-term disability or death. Symptoms include a high fever, sore red watery eyes and a blotchy red-brown rash. It is easy to catch in when in close contact with others like at school.

Please check in your child's red book to make sure they are up to date with 2 doses of the MMR vaccine. If they have missed either of these 2 doses, please book an appointment with your GP.

Find out more:

[MMR \(measles, mumps and rubella\) vaccine - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[MMR Vaccine \(Measles, Mumps and Rubella Vaccine\) | Vaccine Knowledge Project \(ox.ac.uk\)](http://www.vaccineknowledgeproject.ox.ac.uk)



## Sport In Mind

**Less than 50% of children and young people aged 5-16 reach the government recommended 60 minutes of exercise per day, and rates of probable mental disorders in the same age group have increased to 1 in 6 children.**

Get your child more active with Sport in Mind. Sport in Mind is the UK's leading mental health sports charity. They run physical activity sessions in your local area for children (they do separate sessions for adults as well) to promote mental wellbeing, improve physical health, combat isolation and empower people to move their lives forward in a positive direction.

[Find a session: Youth Community Sessions | Sport in Mind](#)

As well as activity sessions they also have [breathing cards](#) and [journals](#) which are packed with exciting activities, challenges and information to empower children and young people to make positive ongoing changes to their physical health and open discussions about mental health and wellbeing.

An NHS poster with a blue background. At the top right is the NHS logo. The main text is in white boxes: '2 doses of the MMR vaccine can stop your child becoming seriously unwell with measles'. Below this are two illustrations of vaccine bottles. To the right of the bottles is the text: 'Make sure your child is up to date with their MMR vaccinations'.

# Know where to go if you need medical advice



Minor cuts and grazes  
Bruises and minor sprains  
Coughs and colds

**Self Care**  
Stock your  
medicine cabinet



Minor illnesses  
Headache  
Stomach upsets  
Bites and stings

**Pharmacy**



Feeling unwell?  
Unsure?  
Anxious?  
Need help?

**NHS 111**



Persistent symptoms  
Chronic pain  
Long term conditions

**GP Advice**  
Out of Hours call 111



Choking  
Chest pain  
Blacking out  
Serious blood loss

**A&E or 999**  
Emergencies only

## Safety around dogs

There have been lots of recent reports on the increase in dog attacks and bites. For information on how to keep your child safe and your dog happy visit:

[Dogs and Children | Top tips to keep them safe and happy together \(capt.org.uk\)](http://Dogs and Children | Top tips to keep them safe and happy together (capt.org.uk))



If you have a child aged 5-19 you can contact a member of the school nursing team by text message for confidential, anonymous help and advice.

We can offer advice and support on many topics like:

- Sleep
- Behaviour
- Bullying
- Parenting
- Healthy eating
- Bedwetting
- Dealing with medical conditions in school
- Emotional health and wellbeing

**Text: 07312 263194**

Open 9am - 4:30pm Mon-Fri  
(excluding bank holidays)

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## How to contact your School Nursing team

We are available Monday to Friday 9am-5pm.  
There is reduced cover during school holidays

### Bracknell Forest

0300 365 6000

[BracknellForest.SN@berkshire.nhs.uk](mailto:BracknellForest.SN@berkshire.nhs.uk)

### Reading

0118 9047320

[csnreading@berkshire.nhs.uk](mailto:csnreading@berkshire.nhs.uk)

### Wokingham

0118 9047330

[csnwokingham@berkshire.nhs.uk](mailto:csnwokingham@berkshire.nhs.uk)

### West Berkshire

0118 9047325

[csnwestberks@berkshire.nhs.uk](mailto:csnwestberks@berkshire.nhs.uk)

## Visit our website

[cypf.berkshirehealthcare.nhs.uk/school-nursing](https://cypf.berkshirehealthcare.nhs.uk/school-nursing)

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