



## Public Health Nursing 5-19 Team Newsletter

### Welcome!

**How to contact us:**  
School Nursing Duty line:  
**0300 123 7572**  
(Mon-Fri 9am-5pm)

Our referral website,  
which also has  
information about our  
service:



Please see below a link to our  
workshop, with lots of advice and  
support on your child's emotional  
health, returning to school,  
and more.

<http://ow.ly/Qn9G50K17f>

A fun and interactive website for  
children to access health  
information, and includes  
information for parents as well.

[www.healthforkids.co.uk](http://www.healthforkids.co.uk)



### Five ways to wellbeing

The five ways to wellbeing are a  
great resource to use everyday as  
we go about our daily lives.  
Encourage your child to use these  
tools - they could...

#### **CONNECT**

Stay in touch with friends

#### **GIVE**

Draw a picture or write a poem for a  
loved one.

#### **NOTICE**

Go for a walk in nature and look at  
as many things as they can

#### **BE ACTIVE**

Go on a bike ride or a walk

#### **LEARN**

Try a new activity or hobby



### Eye Development

Our Healthy Child & Young Person  
Assistants have been visiting  
schools to complete vision and  
hearing screenings with children in  
reception. We wanted to share tips  
that may help with promoting  
healthy eye development.

- It is recommended that children should spend at least 2 hours outside every day, all year round, for exposure to natural light.
- Screen time should be limited to 30 minutes at time.
- Too much screen time can cause eye fatigue, blurry vision and dry eyes.

If your child is referred to the eye clinic following screening, please ensure that you attend the follow up appointment to allow any required treatment.



### Relaxation Strategy

Have you heard of 'hot chocolate breathing'? Why not give this breathing exercise a go with your child to keep them calm and relaxed...

### Hot Chocolate Breathing



Imagine you have a mug of hot chocolate.  
You can breathe in through your nose to smell the hot chocolate - count 1 2 3 4 5.  
You can blow out of your mouth to cool it down - count 1 2 3 4 5.  
Deep breathing can calm your body and brain.

@TheContentedChild

### Water Safety

As the weather warms up it is important that children are supervised by a responsible adult at all times:

Tips for water safety include:

- Emptying paddling pools when not in use
- Ensuring ponds are not accessible to children and young people.
- Teach children safe places to swim where there are lifeguards such as public swimming pools.
- Ensure children are swimming with appropriate floatation aids and in depths they are comfortable with.



### Sun Safety

Here are some tips on sun safety.  
For more information you can visit  
[Sunscreen and sun safety - NHS](https://www.nhs.uk/health-topics/sun-safety)



- Wear a wide-brimmed hat that shades the face, neck and ears

- Protect your eyes by wearing sunglasses



- Cover up in suitable clothing, such as light-coloured long sleeves

- Wear at least SPF 30 sunscreen - reapply it after drying, sweating or when it may have rubbed off.





Hertfordshire  
**Family Centre  
Service**



## Want to know more about the Public Health School Nursing team in Hertfordshire?

### Check out our platforms:



<https://www.hertsfamilycentres.org/info-and-advice/parents-and-mums-to-be/school-nurses.aspx#>

[www.hct.nhs.uk/our-services/school-nursing](http://www.hct.nhs.uk/our-services/school-nursing)



**07480 635 050**

Confidential text message service ran by the school nursing team for 11-19 year olds. Text in any health and wellbeing concerns



**@hct\_schoolnursing**

**@teenhealth.hct**



**@HCT\_SchoolNurse**



**🔍 Hct SchoolNursing**



[www.healthforkids.co.uk/hertfordshire](http://www.healthforkids.co.uk/hertfordshire)



[www.healthforteens.co.uk/hertfordshire](http://www.healthforteens.co.uk/hertfordshire)



**School nursing duty number**

**0300 123 7572**

9am – 5pm Monday to Friday  
(excluding bank holidays)

# ORAL HEALTH FOR CHILDREN

## WHAT IS TOOTH DECAY?

The hard outer surface of a tooth is broken down or damaged by bacteria and acid making holes in the teeth, called cavities. It can cause pain and infections, and cause problems with eating, speaking, playing, learning, smiling and socialising. Tooth decay occurs when foods and drinks with sugars and starches are left on the teeth.

- Tooth decay is the most common reason for hospital admission in children aged 6-10
- Children with poor oral health have an increased risk of damage to adult teeth



There were 26,000 hospital admissions for children needing dental extraction in 2014 - 2015  
*(study carried out every 10 years)*

## REDUCE THE RISK OF TOOTH DECAY

- Take your child to the dentist when their first milk teeth appear
- Brush teeth twice a day with fluoride toothpaste - no rinsing
- Support children under 7 with brushing
- Children should see a dentist yearly at least
- Children should have fluoride varnish at each visit (which is free)

## WHERE TO ACCESS A DENTIST

Scan the QR code or search "Find a dentist" for the NHS website.



**Dental care is free for children and young people aged 0-19 years old.**

## TOP TIPS ✨

- Brush teeth in the morning and at bedtime for 2 minutes with fluoride toothpaste
- Use a pea-sized amount of toothpaste
- Spit out after brushing and don't rinse, otherwise the fluoride won't work as well
- Fizzy drinks, fruit juices and sugary snacks should be limited to mealtimes

## HOW TO MAKE IT FUN

- Everyone can brush their teeth together - why not try a staring contest?
- Brushing to the beat - why not brush to your favourite song?
- Go electric?
- Use a timer - see who gets to two minutes without stopping





UK Health  
Security  
Agency

**NHS**

# think measles

## It's not just a kids' problem

Teenagers, young adults and anyone who has missed their MMR vaccination can get measles.

Symptoms such as:

- high fever
- rash – sometimes starting around the ears
- sore red eyes
- cough
- aching and feeling unwell

**Remember, if it could be measles – they need to be in an area where they cannot pass the infection to vulnerable patients such as the immunocompromised and pregnant women.**



For more information go to  
[www.nhs.uk/vaccinations](http://www.nhs.uk/vaccinations)

**i**mmunisation

Helping to protect everyone, at every age