



Health

AND

Wellbeing





At Ashbrook Infant and Nursery School we care, we learn, we have fun. We care first. This means that we care about the child as a whole in terms of who they are and their physical and mental well-being.

We do many things in school to teach children about their well-being and we strive to work with parents to support these messages at home too.

There are many ways you can look after your child's physical and mental well-being.

We have a local health team - Derbyshire Health Visiting and School Nurses. The Health Visiting team work closely with midwifery, GP's Children's Centres and other agencies to provide a range of services including:

- The Healthy Child Programme – support to families and signposting.
- Expert help – depression, behaviour issues, parenting.
- Ongoing support

Contact details: <http://www.dchs.nhs.uk/healthvisiting> or telephone [0115 9512436](tel:01159512436)

<http://www.derbyshireschoolnurses.org.uk/> or telephone [01246 515100](tel:01246515100)





Healthy Lifestyles

Good health means your child will achieve their very best in school. Being healthy means they have less time off school and therefore they will access education for more days in the year which will also benefit their emotional and social development.

Childhood obesity is a big challenge that this country faces and 1 in 3 children are now overweight. This will affect them into their adulthood if changes aren't made now.

If you would like to live a healthier lifestyle there are many ways you can do something small to start:



- Children and young people should have at least 60 minutes of vigorous exercise a day
- Introduce more fruit and vegetables into your child's diet – let them choose!
- Sleep well! Children aged 3-6 years need between 10-12 hours sleep a night.



See <https://www.nhs.uk/change4life/about-change4life> for more information about making changes to improve your family's health.





Your Child's Teeth

Did you know – visiting a dentist is free for all children! Even though your child's baby teeth look healthy, they still need to be looked after to ensure their adult teeth grow healthy. We only get one set to last us our whole life!

Approximately one quarter of children aged 5 have tooth decay. This can have a lifelong effect and is easily preventable.

Remember:

- Fizzy drinks increase the risk of tooth decay
- Brushing teeth twice a day is really important! If this causes difficult behaviour, then make it fun.
- Keep sweet foods to mealtimes and limit sugary snacks in between meals, preferably not at all.



To find your local dentist visit <https://www.nhs.uk/service-search/find-a-dentist>.





Healthy lunchboxes



Convenience food is on the increase and with busy lives it's easy to reach for these foods for lunchboxes.

These foods often contain high levels of salt and sugar and saturated fats (the bad ones!). They are also more expensive than making healthy sandwiches and some fruit.

Some simple ideas for healthy fun lunchboxes:



Cucumbers – these are great because you can slice them for sandwiches or bread rolls etc. You can also cut them strips or chunks. Why not put a small pot of soft cheese or salsa in for your child to dip them. This makes it fun too!

Vary the breads you put in, use bread, rolls, wraps, pittas, bagels etc. These can all be used as the main part of the lunch. Try grated carrot or sweetcorn in with tuna and mayonnaise or cut cucumber or tomato slices to add in to sandwiches.



Make mini pizzas with bread muffins or even slices of toast! These are great eaten cold and you can put all sorts of healthy toppings on, ham, chicken, sweetcorn, peppers and a sprinkle of mixed herbs!

Pasta is a good lunchbox item and can be mixed with meats and vegetables and lots of different sauces! Save the leftovers from dinner the night before for your child's lunch. This helps to reduce food waste too.





Being Active

Pre-schoolers should spend at least 3 hours a day doing a variety of physical activities spread throughout the day including active and outdoor play. The more they get, the better this is for their development and health.

Children under 5 should not be inactive for long periods, except when they're asleep. Watching TV, travelling in transport or being in a buggy for long periods have a significant impact on their growth and development.

Tips for increasing activity in your child:

- Encourage them to walk to and from nursery if you can.
- Stop at the park on the way home and let them run around.
- Use some empty plastic bottles for skittles and make a bowling alley in your hallway.
- Balloon balls – blow some balloons up for safe active play indoors and nothing gets broken!



For more information about being active visit <https://www.nhs.uk/better-health/get-active/>.





Well-being and Emotions

Around 1 in 8 children and young people experience behavioural or emotional problems growing up. For some, these will resolve with time, while others need professional support. The pandemic has had an impact on children and there has been an increase in children needing support to manage their emotions.

It can be difficult to know when there is something upsetting your child. You know your child best so look out for these signs:

- Significant changes in their behaviour
- Difficulty in sleeping
- Wanting more time on their own
- Being more teary than usual
- Being 'clingy' when they aren't usually



When these changes last for a long time or you are becoming concerned, it's time to ask for support. It could be that a recent change is the cause for their unsettled behaviour. It could also be that something is bothering them that they need support with. You can support your child at home with these tips:

- Label emotions; e.g. when your child is angry, tell them they are angry. Angry children aren't being naughty or doing it on purpose but they may be overwhelmed and need your help to calm down.
- If they are anxious about separating from you, make sure you always say goodbye. Leave them with something special that reminds them of you to help the transition.
- Bereavement is something that most children will be exposed to at some point and although this is upsetting, the best way to manage this is to tell the children the truth about death. The Child Bereavement website has lots of advice for supporting children with bereavement <https://www.childbereavementuk.org/>

For advice and support for your child's wellbeing get in touch with Miss Whitehead in school.





Local and National Support Services Directory

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<https://www.childbereavementuk.org/>

<https://thesleepcharity.org.uk/>

<https://derbyandderbyshireemotionalhealthandwellbeing.uk/>

<https://www.womensaid.org.uk/> - domestic abuse website for women.

<https://derbyshirecarers.co.uk/young-carers> - support for children who are carers for family members.

If you need any support, please ask. We're here to help.

