



## 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/Qn9G50KI17f>

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)



### Chat Health Parent Line

The School Nursing Team have  
launched a **Chat Health Parent  
Line** that parents can text for  
advice and support with their  
child's health and wellbeing.

Parents message your school  
nurse on:

**07312263002**

Or scan the  
QR code to  
start a chat:



We looking forward to hearing from  
you!

Chat Health Parent Line will run  
between 9am-5pm, Monday -  
Friday, excluding bank holidays.

### Eye Development

Our Healthy Child & Young Person  
Assistants are 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

[www.healthforkids.co.uk](http://www.healthforkids.co.uk) has some  
brilliant strategies to help aid  
relaxation.

**How to relax**  
Simple breathing exercises for all the family to try



**Exercise One: The Mountain**

1. Image a mountain. You can close your eyes if you want to
2. Imagine you are walking up this mountain. As you walk up, breathe in to the count of 5
3. Imagine you are now at the top of the mountain. Hold this breathe to the count of 5
4. Imagine you are walking down the other side of the mountain. Slowly breathe out to the count of 5
5. Repeat steps one to four until you start to feel more relaxed

### Support with toilet training



If you need support with getting  
your child dry, please see useful  
information below.

#### **The Children's Bladder and Bowel charity (ERIC)**

<https://eric.org.uk>

#### **Bladder and Bowel UK**

<https://www.bbuk.org.uk/children-young-people/>

### Referral process

The school nursing  
service can offer  
advice and support  
with low level emo-  
tional health and  
well-being including:



- Low self esteem
- Worries and feelings
- Sexual health
- Sleep
- Healthy lifestyle
- Wetting/Soiling/Constipation

Our referral form can be found  
here:





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