

# A dose of Health & Wellbeing

Your bitesize guide to a healthier lifestyle from the school nursing team.

April 2023

## Hello and welcome

This newsletter aims to provide families and young people with some useful information hints and tips from the School Nursing team for keeping healthy.



## In this issue

- Drinking enough water
- Epilepsy
- Adrenalin Pens
- Bedwetting
- Sleep tips for children & parents
- Avoiding ticks/lyme disease
- Healthy Steps
- Constipation
- Is your child too ill for school?
- Immunisations
- Starting a new school
- How to contact your school nurse

# How can you encourage your child to drink more?

Having an adequate fluid intake is really important for keeping healthy and feeling good. Not drinking enough can cause you to have headaches, feel tired, and struggle to concentrate, as well as cause or make continence problems worse.

Water is the best drink to have as it contains no sugar or additives. Often we hear that children are reluctant to drink and say they are not thirsty. However, thirst is actually a late sign of needing fluids, so it is important children drink regularly.

## Try these tips

- Offer water from the fridge or add ice cubes to it.
- Offer very dilute sugar-free fruit squash.
- Let your child choose their glass, cup or straw.
- Build drink times into your family's routine.
- Make drink times fun: sitting together with a book or game and only read the next page or have your turn at the game when your child has had a few more sips.
- Start by encouraging your child to drink only slightly more than they currently are and then gradually increase the amount they have until they are having the amount expected for their age group.
- Some children manage better if given half a glass and told to drink it all; some do better if given a full glass and are asked to drink half of it.
- Measure out your child's water in to a clean jug or plastic bottle each day, so they can see what they should be drinking. Pour all their drinks from that so they can see how well they are doing and offer them a small reward if they manage to drink it all.



## What not to do!

- Don't offer your child fizzy drinks, except as a rare treat. Fizzy drinks can upset the bladder causing the child to have to rush to the toilet or go to the toilet more often.
- Do not give your child drinks with caffeine in them. Caffeine can irritate the bladder.
- Don't let your child have more than 500mls (one pint) of milk per day. This can exacerbate or cause constipation and may contribute to excessive weight gain.
- Try not to have battles over drinks!

| Age (years) | Gender | Total Drink intake per day (mls) |
|-------------|--------|----------------------------------|
| 4-8         | Girls  | 1000 -1400                       |
|             | Boys   | 1000 -1400                       |
| 9-13        | Girls  | 1200 - 2100                      |
|             | Boys   | 1400 - 2300                      |

## Epilepsy

If your child has epilepsy it is very important that school staff are made aware of this and that your child has an epilepsy care plan in school, whether they need emergency medication or not.

Please contact the school nursing team for support if you need it.

## Adrenaline Pens

If your child has an adrenaline pen prescribed for severe allergic reactions, don't forget to make sure the pen is in date and that the school is made aware of any changes to their treatment/dose so their care plan is always up to date.

Please contact the school nursing team for further support if required.

## Support with bedwetting, daytime wetting, or soiling

Bedwetting, otherwise known as enuresis, affects approximately half a million children and teenagers in the UK.

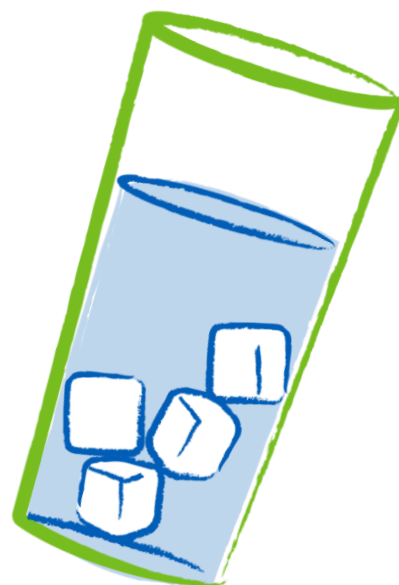
Some people can find bedwetting an embarrassing subject to talk about and this can delay a young person or family from seeking help. Bedwetting can have a big impact on self-esteem and on family life, but it is nothing to be ashamed of and it's important to get help if you need it.

Did you know that drinking well and staying hydrated can affect bed wetting? [You can find out more about this in our blog.](#)

[For more information, advice and when to ask for additional support please visit our website.](#)

[The ERIC website](#) offers support and advice for young people with a bowel or bladder condition.

Our school nurses run enuresis (bedwetting) clinics if after following the advice on these sites you still require support. See the last page in this newsletter for information on how to contact a school nurse.



---

## Sleep tips for children

For information on sleep problems such as night terrors and nightmares, how to establish a good sleep routine, relaxation tips, and how diet can affect sleep, [visit the Sleep Charity](#). You can also download a helpful guide there.

## Sleep tips for parents

Getting enough good quality sleep makes a big difference to how we feel mentally & physically.

Small changes like aiming to go to bed at the same time each night can help to regulate our body clocks and feel more refreshed the next day.

[Get some advice on how to improve your sleep from Every Mind Matters.](#)

---



### Avoiding ticks

Preventing tick bites and removing ticks correctly is crucial to avoiding Lyme disease. [Watch this short YouTube film to see how to prevent tick bites and what to do if you're bitten.](#)

[Find out more from Lyme Disease UK.](#)

### Healthy Steps

Healthy Steps is a free eight week programme where you will be emailed loads of easy tips to help get your family eating well, moving more and feeling happier.

You will also get health swaps and tasty simple recipes on a budget.

[Sign up here.](#)

---

# Lets talk about Poo! Could your child be constipated?

Sometimes it can be very difficult to recognise the symptoms of constipation in children. Here is a little information on what you might see.

## Signs of constipation

- Not pooing at least three times a week
- Poo is large and hard
- Poo looks like rabbit droppings or small pellets
- Straining to poo
- Poor appetite or stomach ache
- Traces of liquid or poo in underwear

## Possible causes of constipation

- Not eating enough high-fibre foods like fruit and veg
- Not drinking enough fluids
- Feeling pressured when on the toilet.
- Feeling worried or anxious about something – such as moving house, the arrival of a new baby, or another big change
- If it feels painful to poo they may avoid going to the toilet

## Constipation prevention

- Make sure your child has plenty to drink
- Give your child a variety of foods with lots of fruit and vegetables as they are a good source of fibre. Remember 5 a day in a palm size amount = 1 portion).
- Encourage physical activity to get the bowel moving
- Get into a routine of having regular times to sit on the toilet
- Make sure your child's feet can rest on the floor or a step when they are sitting on the toilet so they are in the right position to poo
- Ask them if they are anxious to use the toilet
- Make sure you stay calm & reassuring

The longer your child is constipated the harder it can be to get back to normal. Do see your GP and get help early.

[For further information visit the ERIC website.](#)

## Is your child too ill for school?

It can be tricky deciding whether or not to keep your child off school, nursery or playgroup when they're unwell.

There are government guidelines for schools and nurseries about [managing specific infectious diseases at GOV.UK](#). These say when children should be kept off school and when they shouldn't.

If you do keep your child at home, don't forget to inform the school to let them know that your child won't be in and give them the reason.

If your child is well enough to go to school but has an infection or something that could be

passed on, such as a cold sore or head lice, let their teacher know.

Children with [diarrhoea](#) or [vomiting](#) should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours).

Children with fevers should be kept off school.

To limit the spread of germs, encourage your child to throw away any used tissues and wash their hands regularly.

[Find out more on the NHS website: Is my child too ill for school?](#)

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

Since the COVID-19 pandemic, less children are having their vaccinations and we are worryingly starting to see outbreaks emerging locally such as measles.

Vaccines are free, prevent children becoming ill from infectious diseases and help save lives.

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 immunisations.

If your child was vaccinated outside of the UK it is important that you 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 Conditions website](#) and the [Berkshire Healthcare website](#).

You can also contact the school aged immunisation team on:

0300 365 0077 or  
[consentschoolimms@berkshire.nhs.uk](mailto:consentschoolimms@berkshire.nhs.uk)





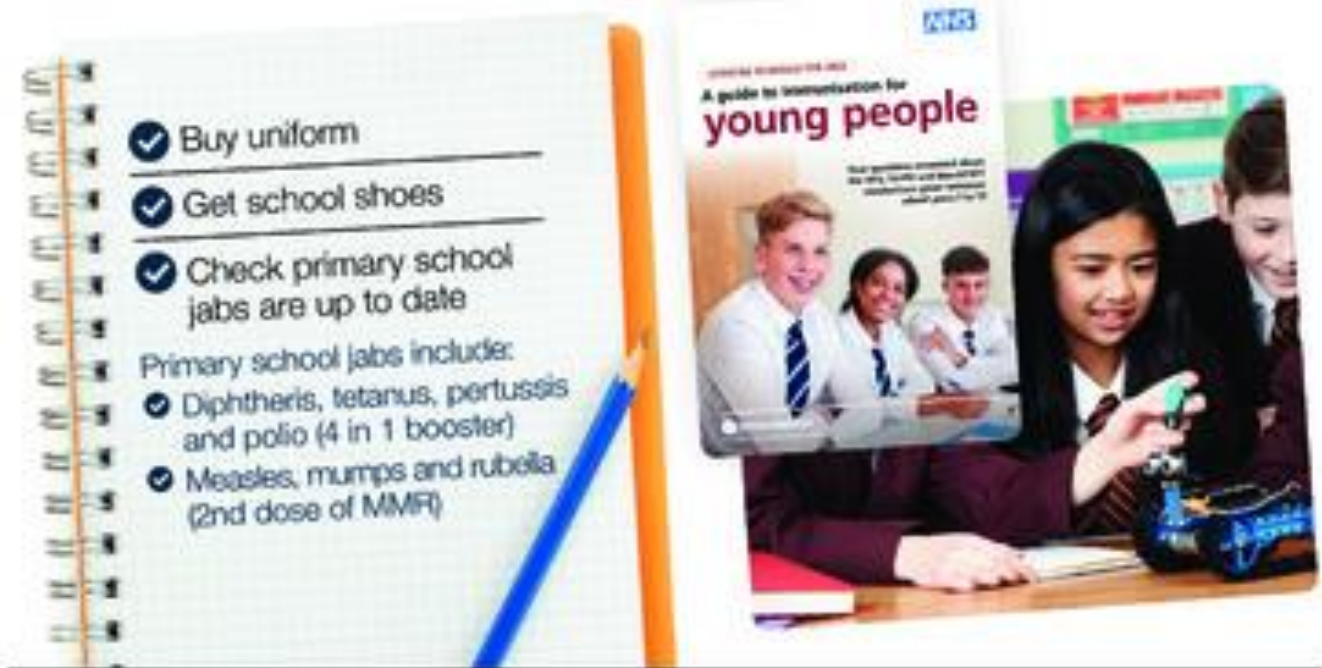


UK Health  
Security  
Agency

NHS

# Starting a new school?

Your child will be learning and socialising with more children when they start their new school and could be at risk of catching preventable diseases if they haven't had all their childhood jabs.



- ✓ Buy uniform
  - ✓ Get school shoes
  - ✓ Check primary school jabs are up to date
- Primary school jabs include:
- ✓ Diphtheria, tetanus, pertussis and polio (4 in 1 booster)
  - ✓ Measles, mumps and rubella (2nd dose of MMR)



If you are not sure if your child has had all their routine vaccinations, check their personal health record (Red Book) or contact the GP surgery. To get the best protection for your child, they need to have had two doses of MMR vaccine. For a checklist of the vaccines and the ages at which they should ideally be given visit:

[www.nhs.uk/vaccinations](http://www.nhs.uk/vaccinations)

MMR for all leaflet



[qrco.de/MMRFORALL](http://qrco.de/MMRFORALL)

Immunisations for young people



[qrco.de/YoungPeopleImms](http://qrco.de/YoungPeopleImms)

**i**mmunisation

Helping to protect everyone at every age

© Crown Copyright 2021. Published under the Creative Commons Attribution 4.0 International license. For more information visit [www.nhs.uk/infocentre](http://www.nhs.uk/infocentre) or call 0300 111 1000

# 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, select option 3  
Bracknellforest.SN@berkshire.nhs.uk

## Reading

0118 9047320  
csnreading@berkshire.nhs.uk

## Wokingham

0118 9047330  
csnwokingham@berkshire.nhs.uk

## West Berkshire

0118 9047325  
csnwestberks@berkshire.nhs.uk



You can also use our website to make a referral  
to our service.

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



# Chat Health

If you're aged 11-19 you can also 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
- Low Mood
- Self-Harm
- Body Changes
- Relationships
- Emotional health & wellbeing
- Smoking
- Healthy eating
- Anxiety/Stress
- Drugs & alcohol
- Bullying



**Text: 07312 263194**

Open 9am-4.30pm Mon-Fri  
(excluding bank holidays)