

Coventry School Nursing Newsletter

Spring Term 2017



Dear Parents/ Carers,

Welcome to our Coventry School Nursing newsletter for Spring 2017!

This newsletter aims to provide families and young people with useful tips for keeping healthy.

Childhood is an important time to introduce healthy habits and life skills. Establishing these habits early on will help to improve your child's quality of life in the future and enable them to reach their full potential.

Your School Nursing Team is led by qualified nurses who are based at various health centres across Coventry.

If you have ANY health concerns about your child, please contact the School Nursing Team.

You can find your child's school nurse contact number on our Web sites

www.healthforkids.co.uk if your child goes to primary school or www.healthforteens.co.uk

if you have a child in Secondary school. You can also contact us on our NEW Parent Line

Number from 5pm till 8pm Monday to Friday Tel: 01926626590

WE ARE HERE TO HELP, SUPPORT AND ADVISE YOU AND YOUR CHILDREN.

Top Tips- March 2017

Monday 20th March- World Oral Health Day

We advise that your child visits a dentist at least annually. As parents, you have an important role to play towards the care of your child's teeth.

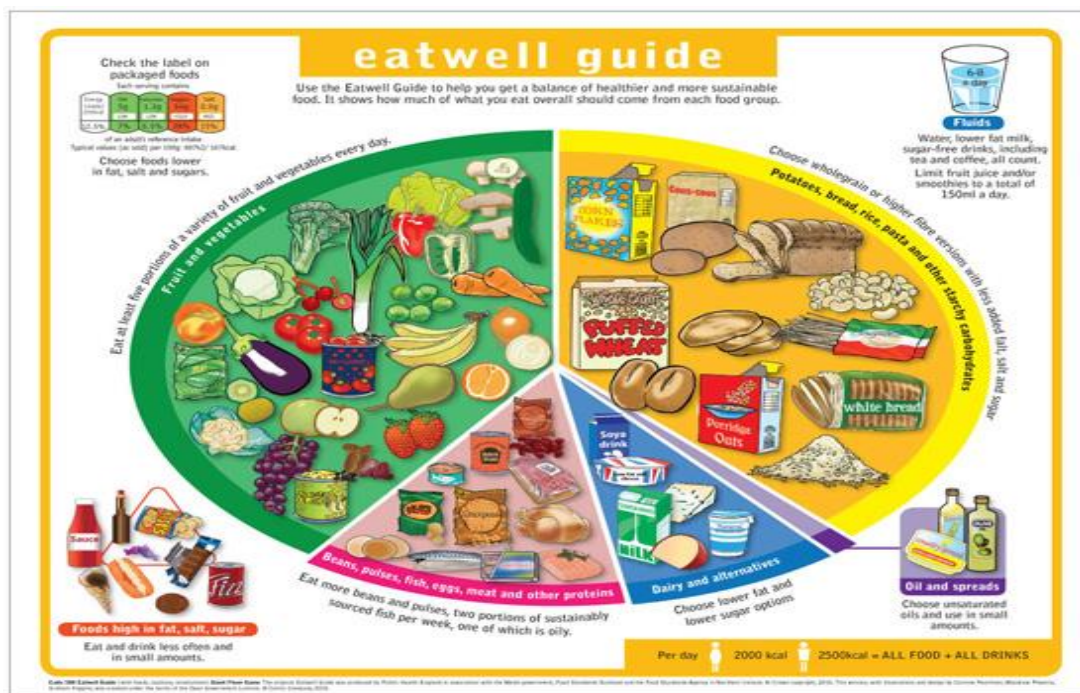
You can achieve this by:

- Ensure your child brushes their teeth twice a day, night time being most important.
- For children three years and above, use a pea size amount of fluoride toothpaste.
- Encourage your child to spit out and not rinse after brushing.
- Supervise brushing until the age of seven.
- Visit your dentist at least once a year.
- If your child is not currently registered with a Dentist, and for more information, go to <http://www.nhs.uk/Livewell/dentalhealth/Pages/Careofkidsteeth.aspx> for contact details of your nearest Dentist

Healthy Diet

Have you seen the New Eat Well Plate?

In order for children to grow they need to have a healthy balanced diet, children should try to eat: plenty of fruit and vegetables, plenty of starchy foods, such as bread, rice, potatoes and pasta, some meat, fish, eggs, beans and other non-dairy sources of protein, some milk and dairy foods, just a small amount of food and drinks that are high in fat and/or sugar. For Tips for a healthy diet go to <http://www.nhs.uk/Livewell/Goodfood/Pages/Healthyeating.aspx>



Change 4 Life have also launched a New *Be food smart app*. A fun app that can be used when food shopping; simply scan a barcode and see how much sugar, salt and saturated fat is in your food. <https://www.nhs.uk/change4life-beta>

