

Healthy Family Team 0 - 19 Public Health Nursing Service



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HELLO
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TERE
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Welcome to Primary School.

We just wanted to say hello and introduce ourselves. We are your local Healthy Family Team. It is our job to support you and your family with any health and well-being needs.

This is how we can support you and your family:



Appointment Line

You can access support from your local Healthy Family Team through a range of appointment-based health sessions for parents, children and young people.

www.nottinghamshirehealthcare.nhs.uk/healthy-families-additional-support



Advice Line

This is for parents, carers and healthcare professionals who want to speak to the Healthy Family Team for advice or support.

Monday to Friday, from 9am to 4.30pm

Telephone -
0300 123 5436



Parentline

This is a confidential text messaging service delivered by the Healthy Family Team for parents and carers. Monday to Friday, from 9am to 4.30pm

Text -
07520 619919



Health For Kids

This website offers a fun, engaging and interactive way for children to learn about health. It links parents and children to appropriate health and wellbeing services.

www.healthforkids.co.uk



Parentline

We now have a text messaging service for parents/carers of children aged 0-19.

Get confidential advice from our Healthy Family Teams on a range of issues.

Text Parentline:

07520 619919

- Feeding and Nutrition
- Child Development
- Parenting advice and support
- Emotional health and wellbeing
- Behaviour difficulties
- Family Health



ChatHealth

Advice Line

This is a 'single point of access' advice line for parents, carers and healthcare professionals who want to speak to the Health Family Team for advice or support.



Call
0300 123 5436



Mouth Care



Brush teeth, for 2 minutes, morning and especially at night.



Limit sugary foods and drinks to mealtimes only.



Visit the dentist regularly for a mouth check.

How to find an NHS Dentist:

Call: 111

Visit: www.nhs.uk

Scan:



Eye Health

Free NHS sight tests are available at opticians for all children under 16 and for young people under 19 in full-time education.



www.nhs.uk/conditions/eye-tests-in-children/



Hearing Checks

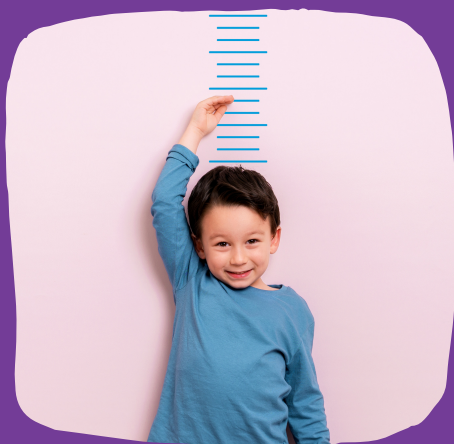
Although your child will have routine hearing tests it is important you look out for any hearing problems.

Signs of possible hearing problems:

- ☐ Poor concentration.
- ☐ Talking loudly and listening to the tv at a high volume.
- ☐ Difficulty pin pointing where a sound is coming from.
- ☐ A change in their progress at school.
- ☐ Mispronouncing words.
- ☐ Not responding when their name is called.

Speak to your GP or Health Family Team if you have any concerns. Your child can have a hearing test at any age.

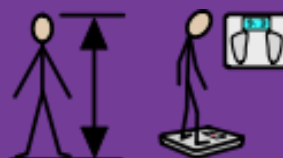
National Child Measurement Programme



To help monitor national trends and to tackle individual problems the National Child Measurement Programme (NCMP) measures the height and weight of every child in reception year (aged 4 to 5) and Year 6 (aged 10 to 11 years) in all primary schools.

Trained staff from the Nottinghamshire Healthcare NHS Foundation Trust carry out the measurements.

If there are any concerns, please speak to your Health Professional.



SAIS

School Aged
Immunisation
Service



It is now time for your child's yearly flu nasal spray!

What do you need to do?

You must complete **one** online consent form for **each** of your children. It is important every child has a completed form which states if you would like them to receive the flu vaccination spray or not.

The online consent form can be found through this link or the QR code:

<https://www.nottinghamshireimmunisations.co.uk/Forms/Flu>

SCAN ME



How will the vaccination be given to your child?

We are a team of skilled and experienced nurses and support staff. The flu vaccination is a quick and simple spray up the nose.

Step one: The nurse places the tip of a thin plastic tube just inside the nostril.

The child can breathe normally whilst the vaccine is given.

Step two: Half of the vaccine is sprayed in one nostril.

Step three: The other half of the vaccine is sprayed into the other nostril.



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