



Keeping well this spring

An information leaflet from your Children's Public Health 0-19 Nursing Service, March 2024

Measles cases are rising in England

More than 3 million unvaccinated children are at risk of catching measles in England.



**Measles can
make your child
seriously unwell**

NHS



Make sure your child is up to date with their MMR vaccinations

MMR immunisation is the safest way that parents can protect their children. Measles, Mumps and Rubella are highly infectious and can lead to serious problems including meningitis, hearing loss and problems during pregnancy. Vaccines teach your immune system how to create antibodies that protect you from diseases.

It's much safer for your immune system to learn this through vaccination than by catching the diseases and treating them. Once your immune system knows how to fight a disease, it can often give you lifelong protection. Catching measles would not protect you from mumps or rubella.

Make sure your child is up to date with their MMR vaccinations. You can make an appointment with your GP practice to catch up on missed doses.

[click here for more information](#)

Nottingham Early Help Partnership, the right help at the right time

Nottingham Early Help Partnership's vision is for every child to enjoy their childhood in a warm and supportive environment, free from poverty and safe from harm; where every child grows up to achieve their full potential. The website has lots of lots of information about local support for families in Nottingham.



[website](#)

Has your child just been weighed and measured as part of the National Child Measurement Programme (Reception and Year 6)?

If your child was a healthy weight, you will not have received a letter.

If your child was not a healthy weight it is your choice whether you share this information with your child.



[find out more here](#)



It is a good time to think about changes you can make as a family to eat and move for good health without your child even being aware.

[NHS Healthier Families website](#)

Children are recommended to take part in at least 60 minutes of physical activity that makes their hearts beat faster every day.

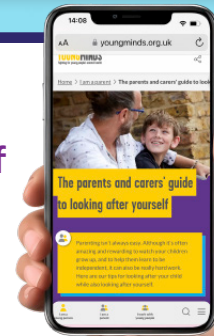
To find activities in your local area in Nottingham, AskLion.



[AskLion website](#)

Looking after yourself while looking after your family – the parents and carers' guide to looking after yourself

Parenting isn't always easy. Although it's often amazing and rewarding to watch your children grow up, and to help them be independent, it can also be really hard work. This guide from Young Minds has tips for looking after your child whilst also looking after yourself.



[website](#)

Worried about your child's mental health?

The Young Minds Parent Helpline and Webchat service is there for you.

If you have a child aged 25 and below, you can contact the Young Minds parent's helpline, email or webchat service to discuss your concerns about your child's mental health with one of their trained advisors.

You can call the Parents Helpline on 0808 802 5544, Monday - Friday 9:30am - 4:00pm.

[click here for webchat or email](#)





The more we chat, play and read with our kids, the more we help build their brains.

Any time, anywhere, whether at home or out and about, it all adds up.

There's no need to buy lots of toys or have big days out. Wherever you are, simply chatting back and forth, answering your child's questions and sharing special moments together all help their brain to grow and develop secure and strong connections. Just what they need to get off to the right start at school.

The Start for Life website is packed with simple ideas from other parents on how to build these little moments into each day. It includes lots of examples of tips and activities for you to do together with your child at different ages, as well as links to find further support in your local area.

A new film has also been released to explain how children's brains develop during the early years, and the crucial role parents play through all the little moments they spend together with their child.



[watch video](#)

[website](#)

Is my child too ill for school?

It can be tricky deciding whether to keep your child off school, nursery or playgroup when they're unwell.

For more information about when to keep your child at home

[click here](#)



Need some advice or support?

Healthier Together is a website developed with the Royal College of Paediatrics and Child Health and has lots of helpful information for parents, from pregnancy health to all aspects of your child's health.

[Website](#)



NHS Nottingham and Nottinghamshire website offers consistent and high-quality advice from local health professionals about common childhood illnesses, including advice on what 'red-flag' signs to look out for, where to seek help if required and how long your child's symptoms are likely

[Children's health and wellbeing](#)

Remember your Children's Public Health 0-19 Nursing Service is there for you during the school holidays as well as term time



I am worried about my child's development.

I'm here to help. Whatever is worrying you, let's talk it through.

We are a confidential text service for parents and caregivers that you can talk to about:

- Healthy lifestyles, including healthy nutrition and exercise
- Day and night time wetting
- Constipation
- Sleep behaviour
- Emotional health
- Healthy relationships and sexual health

Text a Public Health Nurse on

07480 635002

We might inform someone if we were concerned about your safety but we would usually speak to you first. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Text will only be seen between 9am and 5pm. If you need help before you hear back from us contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps).

To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates. For more information on how we use your information please visit www.nottinghamcitycare.nhs.uk/stakeholders/governance/you-and-your-information



You can now call our **Children's Health Advice Hub** and speak to a nurse about your child's health and development. **0300 300 0040**
(Monday to Friday, 8.30am to 5.00pm)

We can also help you with booking or changing appointments.



For urgent healthcare needs please ring 111.



Use 111

If you need urgent medical help.
Call, go online or use the NHS App.

NHS

111 Help us help you

If you would like to feedback on this leaflet or our services please visit our website here: 