## September 2023 in this issue >>>

- > Top tips for sleep issues in children
- Top 5 reason to vaccinate your child
- Toileting
- Eat well, Move More
- Self care and mental health for kids
- Challenging behviours
- Useful resources



# SCHOOL NURSE NEWSLETTER

Welcome to our newsletter for Peterborough and Cambridgeshire Special Needs Schools. The aim of this newsletter is to provide health information and advice on current matters. We hope you find it helpful.

#### **School Nursing Clinic**

The aim of the clinics is to give children and families the opportunity to seek advice and discuss any concerns they may have in areas such as toileting, diet, emotional health, sleep, growing up/puberty and other general health advice and signposting.

#### Upcoming clinic dates:

Samuel Pepys Monday 18<sup>th</sup> September Granta School Monday 25<sup>th</sup> September Highfields Littleport Monday 2<sup>nd</sup> October Meadowgate School Monday 9<sup>th</sup> October Spring Common Monday 16<sup>th</sup> October Highfields Ely Thursday 2<sup>nd</sup> November Castle School Monday 6<sup>th</sup> November

For further information or to book an appointment please email CCS-TR.SNSN@nhs.net or call 01233



#### Who we are

We are a team of childrens and learning disability nurses who provide a specialist nursing service for children and young people with additional needs accessing schools.

How we can help

- Advice & support in areas such as their child's diet, exercise and sleep.
- Child specific training and competency assessments and support for school staff.
- Continence assessments and toileting support.
- Heights, weights, blood pressures and blood tests.
- Liaison between specialist services and primary care teams.
- Safeguarding involvement and support.

You can find out more about our service by clicking on the QR code below





#### Top tips for sleep issues in children

- Explore reasons for your child's sleep issues. Sensory processing difficulties, lack of understanding about day and night or a medical issue a sleep Diary. Share this information
- Record what is happening by using a <u>Sleep Diary</u>. Share this information with professionals
- *Use visual clues to support your child's understanding. Visual timetables*
- Avoid Screen time an hour before bedtime. Screens have been shown to hinder the melatonin production making it harder for your child to fall to sleep.
- Review your child's diet. Ensure that they are not eating or drinking anything sugar loaded before bedtime.
- *Ensure that your child is in a routine. Children thrive on a regular routine such as bath, reading/ gentle music and bed.*
- Review your child's bedroom. Assess when to promote sleep and meet their sensory needs.

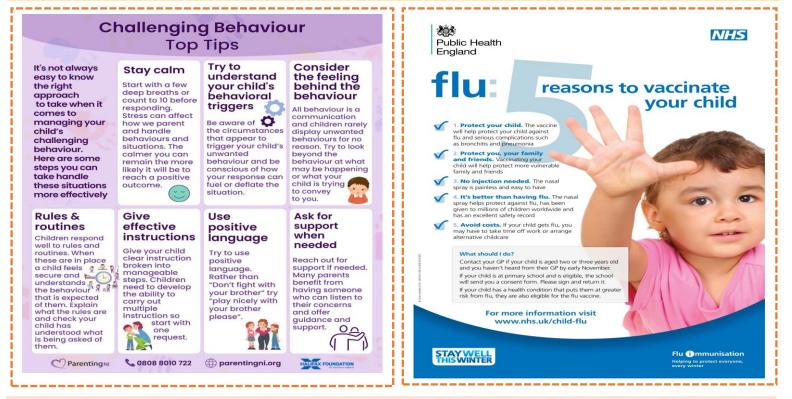


For a printable advice sheet from the sleep charity <u>click here</u>

### EAT WELL~ MOVE MORE~ LIVE LONGER

The <u>Better health, healthier families</u> website has lots of tips, tools and advice on how to help families eat well and move more. The website provides recipes, healthier food swaps, mental wellbeing tips, 10 minute shake up sessions fun for children, and lots lots more.

You can sign up to the healthy steps emails to receive support straight to your inbox, <u>Click here</u> to find out more and join today.





Using a toilet/potty is a new skill for your child to learn, just because your child has learning, or physical disability doesn't necessarily mean they will not be able to use a toilet. When they are ready most children are able to control their bladder and bowel, it may be hard work for them and you, but it will be worth it in the end

If your child isn't showing the usual signs of toilet readiness there are ways that you can encourage this. ERIC, the Children's Bladder and Bowel Charity has lots of useful information around <u>toilet training for children with additional</u> needs.

Our team has put together a Continence workshop which provides further information on toileting, you can access this by the QR code opposite or by <u>clicking here</u>.





www.youngminds.org.uk www.asthma.org.uk www.kidshealth.org www.anaphylaxis.org.uk/ www.autism.org.uk www.seeability.org www.cerebra.org.uk/

#### Useful resources

www.mencap.org.uk SCIP, information and advice service Chat Health Cambridgeshire www.thesleepcharity.org.uk/ www.healthychildren.org www.epilepsy.org.uk www.caringtogether.org

Our next newsletter will be sent out after October half term For further support and advice please contact us <u>CCS-TR.SNSN@nhs.net</u> 01223 218061

.