

September 2023

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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 18th September
 Granta School Monday 25th September
 Highfields Littleport Monday 2nd October
 Meadowgate School Monday 9th October
 Spring Common Monday 16th October
 Highfields Ely Thursday 2nd November
 Castle School Monday 6th 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*
- Record what is happening by using a [Sleep Diary](#). *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 wh to promote sleep and meet their sensory needs.*



Self-Care & Mental Health

for Kids

Share your own feelings to encourage self-awareness.

Find social groups that help them feel like they belong.

Set aside time for low-stress or solo activities.

Practice self-care for yourself to set the standard.

Encourage journaling and diaries.

Establish a self-care routine.

Focus on articulating feelings. "I am angry," "I am sad."

Encourage your child to focus on the moment.

Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.

World mental health day 10/10/23

For a printable advice sheet from the sleep charity [click here](#)

EAT WELL~ MOVE MORE~ LIVE LONGER

The [Better health, healthier families](#) 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, [Click here](#) to find out more and join today.

Challenging Behaviour Top Tips

It's not always easy to know the right approach to take when it comes to managing your child's challenging behaviour. Here are some steps you can take to handle these situations more effectively.

Stay calm

Start with a few deep breaths or count to 10 before responding. Stress can affect how we parent and handle behaviours and situations. The calmer you can remain the more likely it will be to reach a positive outcome.

Try to understand your child's behavioral triggers

Be aware of the circumstances that appear to trigger your child's unwanted behaviour and be conscious of how your response can fuel or deflate the situation.

Consider the feeling behind the behaviour

All behaviour is a communication and children rarely display unwanted behaviours for no reason. Try to look beyond the behaviour at what may be happening or what your child is trying to convey to you.

Rules & routines

Children respond well to rules and routines. When these are in place a child feels secure and understands the behaviour that is expected of them. Explain what the rules are and check your child has understood what is being asked of them.

Give effective instructions

Give your child clear instruction broken into manageable steps. Children need to develop the ability to carry out multiple instruction so start with one request.

Use positive language

Try to use positive language. Rather than "Don't fight with your brother" try "play nicely with your brother please".

Ask for support when needed

Reach out for support if needed. Many parents benefit from having someone who can listen to their concerns and offer guidance and support.

ParentingNI

0808 8010 722

parentingni.org

HALIFAX FOUNDATION

Public Health
England

NHS

flu: 5 reasons to vaccinate your child

1. **Protect your child.** The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia.
2. **Protect you, your family and friends.** Vaccinating your child will help protect more vulnerable family and friends.
3. **No injection needed.** The nasal spray is painless and easy to have.
4. **It's better than having flu.** The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record.
5. **Avoid costs.** If your child gets flu, you may have to take time off work or arrange alternative childcare.

What should I do?

Contact your GP if your child is aged two or three years old and you haven't heard from their GP by early November.

If your child is at primary school and is eligible, the school will send you a consent form. Please sign and return it.

If your child has a health condition that puts them at greater risk from flu, they are also eligible for the flu vaccine.

For more information visit
www.nhs.uk/child-flu

STAY WELL
THIS WINTER

Flu Immunisation
Helping to protect everyone,
every winter.



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 [toilet training for children with additional 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 [clicking here](#).



Useful resources

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/

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 CCS-TR.SNSN@nhs.net 01223 218061

