



Warrington 0-19 Newsletter

What's inside?

General wellbeing

Sleep

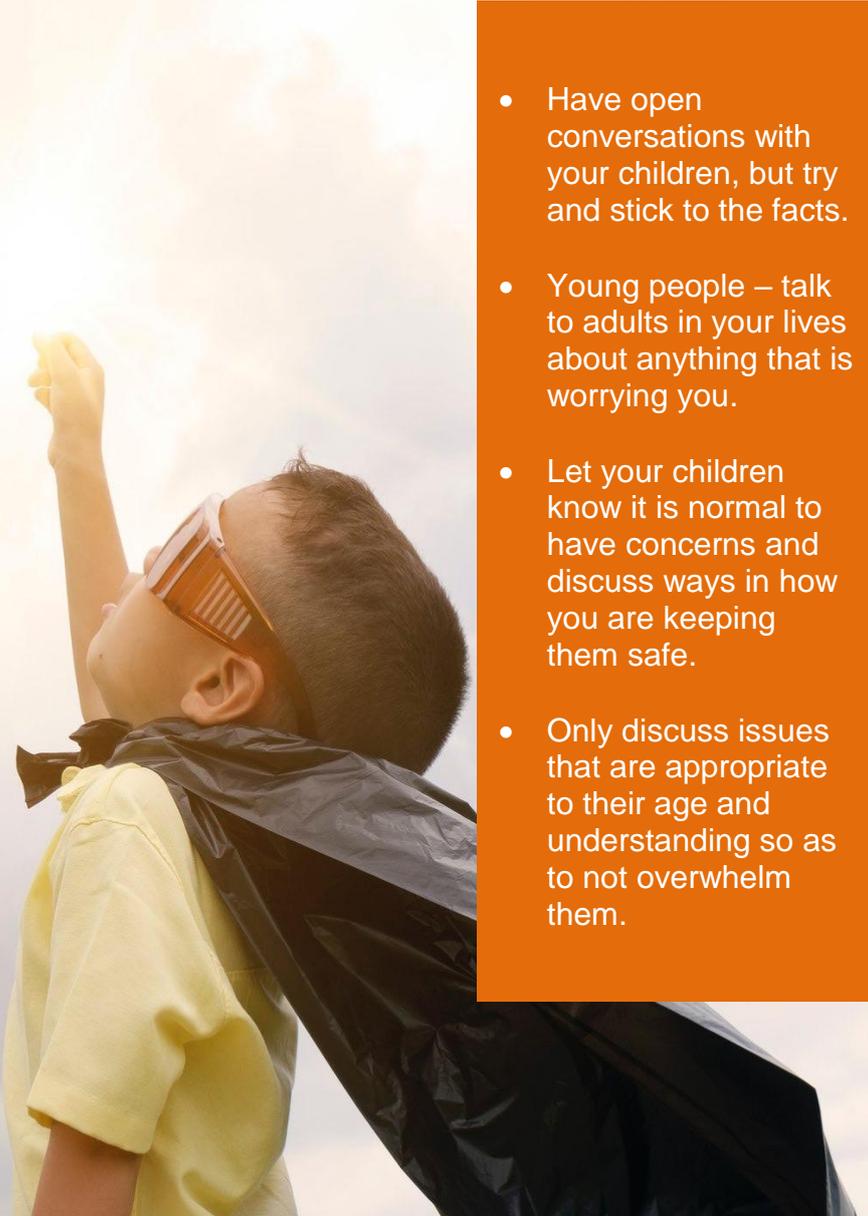
Diet and Exercise

School Nursing Team

July 2020

Welcome to our first newsletter! We have focused this edition on children's and young people's wellbeing during the current pandemic and some advice on issues that many are struggling with during this time.

How a child or young person responds to the coronavirus outbreak will depend on their age and understanding. Some children may find it more difficult dealing with all the changes and restrictions that have been in place. How a child and young person respond to stress is different in every child, some may become more emotional, develop behavioural or physical symptoms. When events occur which make us feel threatened or upset our balance in some way, this increases a stress response which can make us feel a variety of physical symptoms. The most common physical signs of stress include sleeping problems and changes to appetite. It is likely that everyday routines have changed for many families and this lack of structure can further increase stress and anxiety.



- Have open conversations with your children, but try and stick to the facts.
- Young people – talk to adults in your lives about anything that is worrying you.
- Let your children know it is normal to have concerns and discuss ways in how you are keeping them safe.
- Only discuss issues that are appropriate to their age and understanding so as to not overwhelm them.



Exposure to the News

Children are exposed to news which can be scary and can increase stress and anxiety, although it is tempting to stop children from watching news stories, in the digital age we live in it is not possible to totally prevent them being exposed to news and information which can be upsetting. What you can do is try and minimise the impact on your children.

Sleep

Why do we need sleep?

Sleep restores our bodies. We need to grow and repair cells in the body.

Benefits of sleep

Improves:

Brain functions, Immune system and emotional well-being

Reduces:

Disease and behavioural issues.
Increases the life span.

There are **four main factors** that affect the quality of your sleep:

- Health
- Environment
- Attitude
- Lifestyle



Tips for sleep

- A warm bath, to calm down before bedtime.
- No screen time for an hour before bedtime.
- Reading a book in bed.
- Dim the lights to encourage the body to produce the sleep hormone melatonin.
- Natural cherry juice helps the body produce melatonin.
- No caffeine drinks at least 4 hours before bedtime.
- Relaxation techniques, such as relaxing breathing.
- Regular exercise 30 to 60 minutes daily.



Right environment

- Bedroom temperature should be 18 to 24 Celsius.
- Dark, quiet and tidy bedroom.

Do you know how much sleep you need?

4 to 6 years night-time: 11 hours
7 to 10 years night-time: 10 hours
11 to 13 years night-time: 9 hours
14 to 16 years night-time: 9 hours

A good sleep routine.

The golden hour.

1 hour before bedtime calm activities as light yoga or colouring.

A light carbohydrate snack wholegrain cereal or toast.

A warm bath and go straight to bed.

Read a book or have a chat in bed.



Activity & Diet

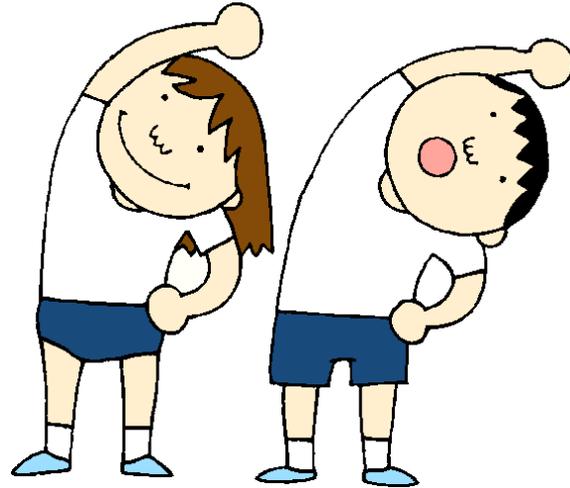
Keeping active and eating healthy are two ways in which we can improve our wellbeing.

Although it is tempting to cosy up at home and eat lots of sweet treats, eating well and having daily exercise are proven to improve not only improve your physical health but also your mental and emotional wellbeing.

Research shows that exercise influences the release and uptake of chemicals in the brain that make you feel good. Staying active can lift your mood, reduce stress, help you deal with negative emotions and even help with anxiety.

One of the great things about physical activity is that there are endless possibilities and there will be an activity to suit almost everyone.

Making healthy snacks is not only good for you and your children but can be a fun activity for all.



Children and Young People should be active for at least 60 minutes each day.

Although it can be difficult, try and plan some time outside each day, following the government advice on social distancing.

There are lots of indoor games and activities on the change4life website.



Resources and Contact details

School Nursing Team

Email: ALWCH.0to19@nhs.net

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Every Mind Matters <https://www.nhs.uk/oneyou/every-mind-matters/looking-after-children-and-young-people-during-coronavirus-covid-19-outbreak/>

Change4Life <https://www.nhs.uk/change4life>

Mental Health Foundation www.mentalhealth.org.uk

Healthy sleep tips for Children

<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>

Sleep Advice for Children

<https://sleepcouncil.org.uk/advice-support/sleep-advice/common-sleep-scenarios/sleep-advice-for-children/>