



# Somerset Health Visiting Newsletter

Welcome to the Summer issue of the Health Visiting Newsletter!

We felt it would be useful to send out a termly newsletter to update you on things that we are doing as a service.

We would welcome and appreciate your feedback on this newsletter and any other information you feel would be relevant. Please do not hesitate to get in contact with your local Health Visiting team.

We hope you have a good summer term!

## An overview

We offer **all** families 5 core contacts. These consist of an Antenatal and New Birth visit and then a 6-8 week, 9-12 month & 2-2.5 year review.

Along side this, we support with areas of health and development in children ages 0-5.

We also support with the physical and emotional health of families in our service. We do this directly with families and often by working in partnership with any other agencies involved with the family.



Chat Health is an exciting new way for parents to access Health Visitor Support. It's a confidential help and advice line

Chat Health is available 9-5 Monday—Friday. It is manned by a member of the Health Visiting team.

All parents have to do is **text** their enquiry/question to **07480 635 514**

Parents please feel free to use this number.

## SUN SAFETY 3rd-9th May 2022

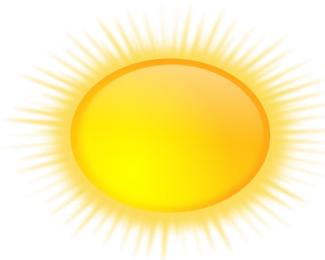
**Water:** In hot weather children will need more fluid to keep them hydrated. European safety authority recommends 6-8 glasses (120mls-150mls per serving) per day, on top of water provided by food in their diet.

**Sun Cream:** Cover exposed parts of your child's skin with sunscreen, even on cloudy or overcast days. Use one that has a sun protection factor (SPF) of 30 or higher and protects against UVA and UVB. Apply sunscreen to areas not protected by clothing, such as the face, ears, feet and backs of hands.

**Sunlight and Vitamin D:** The best source of vitamin D is summer sunlight on our skin. Because it's important to keep your child's skin safe in the sun, it's recommended all babies and young children aged under 4 years should take a daily supplement containing vitamin D, in the form of vitamin drops.

### **Useful website links:**

<https://www.nhs.uk/conditions/pregnancy-and-baby/safety-in-the-sun/>





### School Readiness

## Starting School

Will your child be starting school in September 2022?

If so and you are worried and need support and advice you can contact your local health visiting team for support with a range of topics such as **Toileting, diet and healthy eating, sleep, development and emotional wellbeing.**

You can also follow this link for further information

[School readiness - YouTube](#)



Somerset Preschool, lifestyle, activity and

skills for self help

**Information for families/  
carers**

### What is SPLASH?

- A service which provides specialist healthy lifestyle advice that is family centered
- Support from a Doctor, Dietitian, psychologist and activity leader
- Home visit / virtual meeting with the child and your family
- Attendance at a clinic and another clinic at 6 months
- Attendance at a weekly group education session (2 hours) for 6 weeks including healthy eating, physical activity and cooking

For further details please speak to your Health Visiting Team or Gp

## School Readiness Q & A Sessions

The school nurse team are running a number of Q & A sessions for parents/carers with children starting school this September.

### May

25.05.22 at 7pm



### June

06.06.22 at 10am

09.06.22 at 7pm

16.06.22 at 2pm

20.06.22 at 10am

22.06.22 at 2pm

More information regarding how to join these

sessions will be shared by your child's new school in the next few weeks!