

Family health and wellbeing support pack

Who should use this support pack?

This pack gives advice for families on improving health and wellbeing for parents or carers, and children.

Inside you will find:

- ✓ clear information on common childhood illnesses and guidance on where to seek help
- ✓ helpful links to resources and support
- ✓ information on accessing local services in Lambeth and Southwark.

This pack has been created by a team of children's health and wellbeing specialists from Evelina London Children's Healthcare, King's College Hospital and South London and Maudsley NHS Trust. Our aim is to improve the health and wellbeing of children and young people in Lambeth and Southwark.

The information in this booklet is correct at the time of publishing. It will be subject to review and updates. This resource is not a substitute for advice from your child's health professional but is an additional resource to improve the health and wellbeing of your child.

For comments or feedback on this pack,
please **email** gstt.childsframework@nhs.net

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The NHS also has a Health A to Z glossary, for more information on other conditions.

The Healthier Together website has a wide range of advice for parents, young people and pregnant women.

Healthy living and exercise

Building good eating and exercise habits at a young age sets an important foundation for later life.

Worryingly, in Southwark and Lambeth, 1 in 4 children in Year 6 are obese. Obese children are more likely to be obese later in life. Children's bodies go through lots of changes as they grow, including weight gain. It is important for parents to monitor their children's weight, to avoid long-term problems.

Fun ways to eat more healthy foods

Cooking meals at home is a good way for the whole family to learn about what's in food, spend time together, and teach children an important life skill.

When planning dinner ideas together, also think about what healthier snacks to have in between meals.

Try to save processed, ready meals for occasional use. These foods often have high levels of fat, salt and sugar, and not much nutritional value.

Worried about your child's weight?

Talking to your GP is a good first step. They can give you expert information on healthy weight and healthy eating. They can also help find, or rule out, medical conditions that cause weight gain.



How to avoid overeating

Children don't usually need to eat as much as adults. Sometimes they need help to learn about feeling full and not eating too much. Here are 2 ways to help:

1. They can serve themselves as much food as they need.
2. They can start with a smaller amount and ask for more if they are still hungry. Try not to make a child finish everything on their plate if they don't want to. This can encourage overeating in the future.

For more information, visit the Kid's Healthy Eating Plate or the NHS EatWell Guide.



You can also access support from the Henry Healthy Families programme, who provide support to parents of young children. They have information about improved nutrition, parenting skills, breastfeeding, and getting more active. To access group programmes please email gstt.hvsupportanddevelopmentworker@nhs.net with your name, the child's name, the child's date of birth, your postcode, and phone number.

Find out more about the Lambeth HENRY programme, and Southwark HENRY programme.

Let's get active

Getting moving is good for so many reasons. It builds muscle, strengthens bones and, as your brain makes 'happy hormones', it's good for mental wellbeing too. Spending time hanging out with friends is another plus.

Encourage children to get involved in sport, a new outdoor activity, or a family challenge. Even a 10-minute walk after dinner is a good start.

Healthy eating and exercise tips

Visit NHS Physical activity guidelines for children and young people for lots of fun ideas.

Visit Better Health healthier families, an NHS project that has lots more creative ideas.

Local healthy living and exercise projects

Southwark's Everyone Health programme, including free swim and gym facilities.

Alive 'N' Kicking is a free 12-week family course in Southwark. Self refer using the online form, **phone** 0333 005 0159, **email** eh.southwarkreferrals@nhs.net

Ready Steady Go! is a free healthy lifestyle service in Lambeth.
Phone 07961 591849, 020 7926 0619, **email** readysteady.go@lambeth.gov.uk



Sleep

Good quality sleep is important for every child's growth and development. Good sleep helps children feel better, do better at school, and learn more effectively.

Not getting enough sleep leads to hyperactivity and other behaviour problems. It can also slow physical and mental development. Poor sleep habits from an early age can lead to long-term sleep problems.

How much sleep do we really need?

Newborn (0 to 2 months)	12 to 18 hours
Infant (3 to 11 months)	14 to 15 hours
Toddler (1 to 3 years)	12 to 14 hours
Pre-schooler (3 to 5 years)	11 to 13 hours
School age child (5 to 10 years)	10 to 11 hours
Teenager (11 to 17 years)	8.5 to 9.5 hours
Adult (18+ years)	7 to 9 hours

Restful environment

Your child's bedroom should ideally be dark, quiet, and tidy. It should be well aired, with a temperature between 16°C and 20°C.

Gold star routines

The 'golden hour' before bedtime should involve calming activities.

1. Decrease light levels and introduce soothing sounds.
2. 30 minutes before bed, give your child a bath and brush their teeth, then go straight to the bedroom to read a book, chat, and say goodnight.
3. Each night, notice how easily your child falls asleep after their routine. When your child drifts off quicker, begin to move further and further towards the door. In time, your child will feel confident enough to fall asleep without help.

Avoid screens

Avoid screens in the bedroom at least 1 hour before bed. This, includes televisions, computers, tablets, mobile phones, and anything with an LED display.

If your child is still not getting to sleep, or sleeping through the night, you might want more support. You can speak to your GP or health visitor to begin with. They might refer you to a child psychologist or other expert.

For more information, you can visit the Sleep Charity site or the NHS guidance on Healthy sleep tips for children.

Common illnesses

Children often have symptoms like a fever, being sick, or a rash. These childhood illnesses are common. It's part of growing up and developing immunity that will protect them later on too. Most childhood illnesses are caused by common viruses.

Most children get better quickly at home and won't need antibiotics. You can help them feel better with love and support.

Sometimes, childhood illnesses (including those listed in the table below) can be a sign of a more serious condition or illness. If you're worried, trust your instincts. Ring your GP, nurse, or NHS 111. They are there to help.

Fever, diarrhoea or vomiting, and rashes

Below is information on fever, diarrhoea or being sick, and rashes. It explains how you can help your child and highlights any worrying signs. If you notice the worrying signs, get medical advice, by calling 111, 999 or going to your nearest Emergency Department (A&E).

Fever

What it is	What to do at home	Worrying signs
Normal body temperature is 37°C. A fever is a high temperature of 38°C or more. It is the body's way of fighting infections. Fevers are very common in young children. Most are not serious, and are common illnesses like coughs and colds, chickenpox, and tonsillitis. Most children get better in 3 to 4 days with no treatment.	• Make sure they get plenty of rest and monitor them. • Give plenty of fluids. Water, dilute juice, or squash are best. • Look out for signs of dehydration (dry lips or mouth, peeing less than normal). • Give them food if they want it. • Give paracetamol if they are distressed or uncomfortable because of the fever. • Always get medical advice if you are worried about your child.	• Stiff neck. • Rash that does not fade when you press a glass against it. • Pain when looking at lights. • A fit or seizure for the first time. • Unusually cold hands and feet. • Blotchy, blue or grey skin. • A weak, high-pitched cry that is not like their normal cry. • Is drowsy and hard to wake. • Finds it hard to breathe and sucks their stomach in under their ribs.

Diarrhoea and being sick

What it is	What to do at home	Worrying signs
Diarrhoea and being sick are common in all age groups. Both are usually caused by a virus. Sometimes children Are sick when they are ill with other common illnesses too. Whatever the cause, it should stop in a few days. You can usually treat yourself or your child at home. It is important to have lots of fluids to avoid dehydration.	• Stay at home and get plenty of rest. • Drink lots of fluids, such as diluted juice (half juice, half water), or squash. • Suggest they take small sips often if they feel sick. • Continue breast feeding and try giving smaller feeds more often. • If your baby is on formula milk, take extra care with hygiene. Give small sips of water between feeds. • Eat when able to, start slowly. • Take paracetamol if needed for pain.	• Signs of dehydration: dry lips or mouth, and pee less than normal. • Cannot keep fluids down or stops drinking or feeding. • Bloody diarrhoea. • Diarrhoea for more than 7 days. • Sick that has blood in it, looks like ground coffee, or is bright green. • Stiff neck. • Pain when looking at bright lights. • Sudden, severe headache or stomach ache.

Rashes

What it is	What to do at home	Worrying signs
Many things can cause a rash in babies and children. They are often nothing to worry about.	Look at NHS guidance on common causes of rashes in babies and children. You can see what some look like and know what danger signs to look for.	Signs of meningitis: a stiff neck, bothered by light, confused, fits, fever you can't control, unusually cold hands and feet, rash that does not fade when you press a glass against it. The NHS website has more information about meningitis. Meningitis Now also has useful information.

Vaccinations

Vaccines are the best way to prevent infectious diseases. They teach your immune system how to create antibodies that protect you from diseases. It's much safer for your immune system to learn how to make antibodies by being given a vaccination, compared with catching the disease.

Since vaccines were introduced in the UK, diseases like smallpox, polio and tetanus are either gone completely or have become very rare. However, if people stop having vaccines, it's possible that these diseases will quickly spread again.

Vaccines	What they protect against
6-in-1 vaccine	Diphtheria, hepatitis B, Hib (haemophilus influenzae type b), polio, tetanus, and whooping cough (pertussis).
4-in-1 pre-school booster vaccine	Boosts your child's immunity against diphtheria, tetanus, whooping cough, and polio.
3-in-1 teenage booster vaccine	Provides more protection against tetanus, diphtheria, and polio.
Men B vaccine	Infection by meningococcal group B bacteria, which causes serious, sometimes fatal, meningitis and sepsis (blood poisoning).
Hib/MenC vaccine	A single injection given to 1-year-old babies to boost their protection against haemophilus influenzae type b (Hib) and meningitis C. Hib and meningitis C infections are serious and potentially fatal. They can both cause meningitis and blood poisoning (sepsis).

Vaccines	What they protect against (continued)
Pneumococcal vaccine	Serious and potentially-fatal pneumococcal infections. It's also known as the pneumonia vaccine. Pneumococcal infections are caused by the bacterium streptococcus pneumoniae and can lead to pneumonia, blood poisoning (sepsis) and meningitis.
Rotavirus vaccine	Rotavirus infection. Rotavirus is a highly infectious stomach bug that typically affects babies and young children, causing diarrhoea, vomiting, tummy ache and fever.
MMR vaccine	Measles, mumps and rubella (German measles). These are highly infectious conditions that can have serious, potentially fatal complications, including meningitis, swelling of the brain (encephalitis), and deafness.
HPV vaccine	Genital warts, cervical cancer, some mouth and throat cancers, and some cancers of the anal and genital areas caused by the human papillomavirus (HPV).
Men ACWY vaccine	4 extra strains (A, C, W and Y) of the meningococcal bacteria that cause meningitis and blood poisoning (sepsis).
BCG vaccine	Tuberculosis (TB). Is recommended for all babies soon after birth up to 1 year old, across Southwark and Lambeth.

Are vaccines safe?

Vaccines are much safer than the diseases they prevent. All vaccines are carefully tested. Side effects are mild and do not last long. For example, the injection site might look red and feel a bit sore for 2 or 3 days. Or your child might feel a bit unwell or have a fever for 1 or 2 days. Some children might cry and be upset immediately after the injection. This is normal, and they should feel better after a cuddle. **It's very rare for anyone to have a serious reaction to a vaccination**.

When your child should have vaccines

Below is a table of the UK vaccination schedule. It's very important that vaccines are given on time for the best protection. If you or your child missed a vaccine, contact your GP to catch up.

For more information, you can visit the NHS vaccinations webpage.

NHS vaccination schedule for your child				
Age	**Vaccines**			
Soon after birth	BCG			
8 weeks	6-in-1 (1st)	Rotavirus (1st)	Men B (1st)	
12 weeks	6-in-1 (2nd)	Rotavirus (2nd)	Pneumococcal (1st)	
16 weeks	6-in-1 (3rd)	Men B (2nd)		
1 year	Hib/Men C (1st)	Men B (3rd)	Pneumococcal (2nd)	MMR (1st)
3 years & 4 months	4-in-1 booster	MMR (2nd)		
12 to 13 years	HPV			
14 years	3-in-1 booster	Men ACWY		
2 to 15 years	Flu vaccine (every year)			

Children's mental wellbeing

Growing up

Going through the different stages of growing up, and normal physical and mental development, can affect your child's emotions and behaviour.

When a child also has an illness, it can bring new challenges and can affect your child's life and relationships with family and friends. Below are some common issues, and suggestions to help.

Building self confidence

It's normal for your child's confidence to go up and down depending on the situation they are in. Some children can be outgoing when they're away from school but be shy in class. Children can also feel shy and not confident in many situations.

Building up a child's confidence can take time. Here are a few tips:

"I am great"	Help your child focus on what they like about themselves. Make a list, to help them develop positive attitude.
Get adventurous	Encourage your child to try something new, such as listening to new music, styling hair differently, joining a team. This can help them step out of their comfort zone and enjoy the excitement of making a fresh start.
Be a helper	Encourage them to be kind and help others. This can make them feel appreciated and valued. Try getting them to help a friend without being asked, phone someone they haven't spoken to in a while, or bake a cake.
Confident voice	To sound clearer and more confident, encourage them to use words like 'yes' and 'no,' instead of 'sort of' and 'not really.'
Praise and love	Praise, support, consistency, and love help children to thrive and become confident. Praise them when they do well, celebrate their successes, and help them do better when they struggle. Reassure them that they're loved no matter what.

Useful websites for more information

- Coram Family Lives has positive parenting advice.
- BBC Tiny Happy People has ideas to develop your child's communication skills.
- Parenting support and courses are also provided by Southwark and Lambeth.

Managing bullying

Many children get teased or bullied, which can be very stressful. They might become quieter, withdrawn or struggle to go to school. If this happens, you might help by:

- Encouraging your child to tell you what is happening and how they are feeling.
- Ask them, be patient and let them talk when they're ready. Listen, and be supportive.
- Parents and schools should always think about how the child feels, when addressing issues with teasing or bullying.

Schools are usually experienced in helping and should have anti-bullying policies. Talk with your child's school about what's happening, and what's being done to help.

Depression, and feeling down

Some studies show that almost 1 in 4 young people will have depression before they are 19 years old.

It's important to get help early if you think your child may be depressed. The longer it goes on, the more likely it is to disrupt your child's life and turn into a long-term problem.

Symptoms of depression in children

- Sadness, or a low mood that doesn't go away
- Being irritable or grumpy all the time
- Not being interested in things they used to enjoy
- Feeling tired and exhausted a lot of the time

If you think your child may be depressed

- It's important to talk to them. Try to find out what's troubling them, and how they are feeling.
- Whatever is causing the problem, take it seriously. It might not seem like a big deal to you, but it could be a major problem for your child.
- If your child does not want to talk to you, let them know that you are worried about them, and that you are there if they need you. Encourage them to talk to someone else they trust, such as another family member, a friend, or someone at school.

When to seek medical help

Make an appointment with your GP if you have tried the above, and:

- your child still has symptoms of depression or they're getting worse
- if you are worried your child is at risk of harming themselves.

Anxiety and worries

Just like adults, children and young people feel worried and anxious at times. Children can feel anxious about different things at different ages. Many of these worries are a normal part of growing up, such as separating from parents when starting nursery, or pre-schoolers being scared of the dark.

What parents or carers can do to help

- Talk to your child about their anxiety or worries. Support them and show them you understand how they are feeling.
- If your child is old enough, it may help to explain what anxiety is, and how it affects our bodies. It might be helpful to describe anxiety as being like a wave, where it builds up and then goes away again.
- After recognising and understanding their anxiety, try help them find solutions.

When to seek medical help

Anxiety becomes a problem when it starts to get in the way of everyday life and impacts on a child's wellbeing. For example, most children feel anxious during exams, but some may be so anxious that they don't go to school that morning. Severe anxiety like this can harm a child's mental and emotional wellbeing, affecting their self-esteem and confidence. They may become less involved in things and go to great lengths to avoid activities or situations that make them feel anxious.

Useful websites

Parents

MindEd is a free education resource for parents and carers
Family lives provides advice to parents and families

Parents, Children & Young People

Childline: or call 0800 1111 to speak to a counsellor.
Kooth: Online counselling for children and young people up to the age of 11 - 25
YoungMinds: for urgent help text YM to 85258 or call 0808 802 5544 for a parent helpline.
annafreud.org – health and wellbeing resources for families
every mind matters – support for mental wellbeing
Hub of Hope – mental health support directory

School and education

Going to school is a huge part of your child's life. Most children find school difficult at some time. This can be because they fall out with friends, find schoolwork too hard, or other children are mean. Children who are stressed, worried, or unhappy will struggle to engage with schoolwork. Tackling these issues early can make a big difference

How to help your child with friends and school

- Listen to your child and let them know that you care and want to help.
- Ask your child if there is anything helpful that you could do.
- Encourage your child to join after-school clubs or activities.
- Take things slowly, 1 step at a time.
- Talk with their teacher and ask what the school could do to help. Ideas include:
  - **Introducing a book.** It gives you the opportunity to communicate with your child's teacher each day. Both of you could write updates, successes, or issues that happen at home and at school. This can help to share information and more effectively provide support for your child.
  - **Parents' evening.** A great opportunity to speak to the teacher about how your child is getting on, and what support you can provide at home.

School nurses

School nurses are helpful for any school-age related health needs. You can ask about long-term health conditions like asthma or diabetes, mental health, bullying, sexual health, relationships, immunisations, safety concerns.

They can be contacted in Southwark and Lambeth via:

Parentline

Text message school nurses for confidential health advice.

Phone 07520 631 130 or **web** www.evelinalondon.nhs.uk/parentline

ChatHealth

Young people aged 11 to 19 can contact a school nurse via text for confidential advice and support, or to make appointments.

Phone 07507 332 150 or **web** www.evelinalondon.nhs.uk/chathealth

Special educational needs

If your child has special educational needs (SEN), you might find it useful to contact your local SEN service.

Lambeth SEN advice:

Website https://www.lambethiass.org.uk/
Phone 020 7926 1831 or 020 7926 9805, **email** lambethiass@lambeth.gov.uk

Southwark SEN advice:

Website Southwark IAS service
Phone 020 7525 3104, **email** sias@southwark.gov.uk

Special educational needs coordinators

An SEN coordinator is the school teacher who is responsible for assessing, planning and monitoring the progress of children with special educational needs and disabilities (SEND). They should be your first point of contact with the school if you think your child has special needs. They will liaise with you, the teachers and the local authority about your child's needs, as needed.

Local Offer

The 'Local Offer' gives children and young people with SEND and their families information about what support services are available in their local area. There is information about the Local Offer on your council's website:
Lambeth
Southwark

Looking after yourself as a parent or carer

Being a parent is wonderful, but sometimes it can be hectic and exhausting. Family life is non-stop. It can be hard to stop and think about your own wellbeing when you are caring for your children 24/7. However, it is really important to look after yourself.

This includes making sure you have the support and rest you need for your own physical and mental health. Here are a few tips that can help you strike a healthy balance between looking after your children and yourself.

- **Set aside time to exercise.** Try to walk, jog or cycle. Get some fresh air, and time for yourself
- **Get a good night's sleep.** Going to bed earlier will help you feel more refreshed and ready to take on the challenges of the next day.
- **Do not be afraid to ask for help.** We all need support at some time.
- **Give up smoking.** Good advice and support to stop smoking is available on the NHS website.
- **Eating healthily is important for you too.** Stay hydrated. Do not skip breakfast and eat plenty of fruit and vegetables. You will teach your child the benefits of healthy eating by setting a good example.

Helpful resources for parents and carers

Support is available in Lambeth and Southwark if you are concerned about your own wellbeing:
Southwark Wellbeing Hub
Lambeth living well network

Talking therapies services for adults are also available in both boroughs, and parents and carers can refer themselves if they are concerned about having a range of mental health issues.
Talking therapies services for adults in Lambeth
Talking therapies services for adults in Southwark

Rethink provides mental health information and support, or **phone** 0808 801 0525, Monday to Friday, 1pm to 4pm
Sane or contact **SANEline** 0300 124 7900 and leave a message giving your first name and a contact number, **email** support@sane.org.uk

Looking after your family

Here are some resources to help your family. They include support with access to essentials (food, healthy eating, housing), finances (money and debt), and enjoying local activities.

Early Help

If you are having difficulties and need support, please self-refer to **Early Help**, which is part of social services. They provide support to children, young people and families at times of need, to resolve issues quickly and effectively before the problem gets worse.

Early Help Services in Lambeth
Phone 020 7926 3100, Monday to Friday, 9am to 5pm,
phone 020 7926 5555, Monday to Friday, 5pm to 9am, weekends and public holidays, **email** helpandprotection@lambeth.gov.uk

Early Help Services in Southwark
Contact the Family Early Help duty manager, **phone** 020 7525 1922.

Having enough food for your family

Sometimes, professionals seeing your child or working with your family can refer you to food banks in Lambeth and Southwark through a voucher scheme. This can depend on your circumstances, such as the age of your children.
Lambeth Foodbank
Southwark Foodbank

Other options include:
Albrighton Community Fridge
Healthy Start provide free fruit and vegetables, and items such as milk and vitamins.
Alexandra Rose provide vouchers for fruit and vegetables via children's centres to people eligible for the Healthy Start voucher scheme.

Other essentials

PACT Baby Bank (Southwark) provides support with practical items, including baby clothing, cots, buggies, blankets
Phone 07506 602254, Tuesday and Thursday, 10am to 12 noon

Childcare

Information about local childminders, nurseries, breakfast and after school clubs: Southwark and Lambeth

Heating your home

The Seasonal Health Intervention Network Initiative (SHINE), is EU-backed, led by Islington Council and is delivered in Lambeth. Referrals are made by NHS and social care staff and other professionals.

Some of the interventions include:

- advice on saving energy and grants that are available for heating and insulation
- support with bills and energy debt
- benefit checks by the Welfare Rights Team
- fire safety checks (from London Fire Brigade)
- home security checks (from the Police)

The Southwark Council website has advice on saving energy in your home.

More general advice on energy saving can be found at the Energy Saving Trust.



Finding employment

There is a Lambeth Council initiative called Opportunity Lambeth that seeks to support local access to employment and opportunities, working with employers in the borough:
Lambeth help getting a job
Lambeth Children's Centres also offer support for parents in acquiring skills and finding employment:

Advice on finding employment is also available from Southwark Council Employment Advice

Southwark Works provides employment support, including access to training and help with CV writing, filling in job applications and interview techniques.

Housing issues

The Southwark and Lambeth Council websites provide a range of information about housing.
Lambeth housing advice
Southwark housing advice



Difficulties with paying bills

Free and impartial advice about improving your finances is available at Money Helper. It has been set up by the Government to help prevent debt and provides advice on financial options if you are in debt.

Support through a range of difficult financial situations is available through these Council websites:
Lambeth support services
Southwark support services

Other sources of support

Citizens Advice. Advice on benefits, money, housing and more, **phone** 0800 144 8848
Every Pound Counts. Benefits advice in Lambeth, **phone** 0800 254 0298
National Debtline. Debt advice and support, **phone** 0808 808 4000
Step Change Debt Charity. Free debt advice, **phone** 0800 138 1111

Join in, and thrive in your community
The Mix
Free life advice, including money, housing, health and relationships, for those under 25, or **text** 85258 for urgent mental health support.

Home Start
Support and friendship for families from 3rd trimester of pregnancy to 5 years old.
Home Start Lambeth, **phone** 020 7924 9299
Home Start Southwark, **phone** 020 7737 7720

Children's centres
Services include family support, support to get back to work, courses, stay and play, and child development information.
Southwark – Best Start Family Hub's
Lambeth - Better Start Children's Centres

Local Offer
For parents and young people, aged up to 25 years, with special educational needs and disabilities. Information about education, health, transport, leisure, housing, and wellbeing.
Southwark
Lambeth

Refer a friend in need

If you have found this information useful and know someone else who could benefit, please direct them to https://childsframework.org/family-support-packs where they can view or download this Family health and wellbeing support pack.

Other health support packs are available for: asthma, eczema, and constipation. More information at http://www.evelinalondon.nhs.uk/PatchCCN

Bridging gaps to help children and young people be healthy, happy, and well.