

This half term's newsletter will be focusing on Childhood Illnesses and Emotional Wellbeing

## Childhood Illnesses

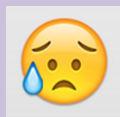
### Emotional Wellbeing

We can all occasionally feel low but sometimes the feeling may get worse and impact on our day to day lives.

"Just as people's bodies can become unwell, people's minds can become unwell too. Mental health problems are more common than you might think - three children in every classroom has a mental health problem" Young Minds 2012

Sometimes when a child or young person is worried or has a problem it can be difficult to know what to do. They may find it hard to know why they feel sad, worried or confused, or to know where to turn to.

The Peterborough School Nurses are able to provide Emotional Wellbeing support to children in school should a need be identified. Alternatively we are able to offer guidance to Parents on how to support their children, and if deemed appropriate we are able to make referrals to the Child and Adolescence Mental Health Team (CAMHS), for additional support and assessment.



School Nurses Peterborough

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### Coughs and Colds

Most colds get better in five to seven days, but can last up to two weeks.

Here are some suggestions on how to ease the symptoms for your child:

- ✓ Increase the amount of fluids you child normally drinks.
- ✓ Saline nose drops can help loosen a blocked nose.
- ✓ If your child has a fever, pain or discomfort, paracetamol or ibuprofen can help.

If your child is eating ,drinking and breathing normally, and there's no wheezing, a cough isn't usually anything to worry about. Nasal congestion and coughs can last an additional two weeks. Your child should still be able to go to school.

If your child has a bad cough that won't go away or a high temperature and is breathless then see your GP. The GP may prescribe anti-biotics but only if a chest infection is bacterial. It's important to remember that a cough helps clear away phlegm and mucus from airways. Try a warm drink of lemon and honey to alleviate discomfort.

If your child seems to be having trouble breathing seek medical help immediately.



### LOOKING AFTER A CHILD WITH DIARRHOEA AND VOMITING (gastroenteritis)

You can look after your child at home if they have diarrhoea and vomiting. There's not usually any specific treatment and your child should start feeling better in a few days. You don't normally need to get medical advice unless their symptoms don't improve or there's a risk of a more serious problem (see Getting medical advice for your child).

To help ease your child's symptoms:

- ✓ Encourage them to drink plenty of fluids. Water is generally best. Avoid giving them fizzy drinks or fruit juice, as they can make their diarrhoea worse.
- ✓ Make sure they get plenty of rest.
- ✓ Let your child eat if they're eating solids and feel hungry. Try small amounts of plain foods, such as soup, rice, pasta and bread.
- ✓ Give them paracetamol if they have an uncomfortable fever or aches and pains..
- ✓ Use special rehydration drinks made from sachets bought from pharmacies if they're dehydrated.
- ✓ Make sure you and your child wash your hands regularly while your child is ill and keep them away from school until at least 48 hours.

Getting medical advice for your child:

- ✓ Call NHS 111 or your GP if you're concerned about your child, or they:
- ✓ Have symptoms of dehydration, such as passing less urine than normal, being unusually irritable or unresponsive, pale or mottled skin, or cold hands and feet
- ✓ Have blood in their poo or green vomit
- ✓ Vomiting constantly and are unable to keep down any fluids or food
- ✓ Have had diarrhoea for more than a week or have been vomiting for three days or more
- ✓ Have signs of a more serious illness, such as a high fever (over 38C or 100.4F), shortness of breath, rapid breathing, a stiff neck, a rash that doesn't fade when you roll a glass over it
- ✓ Have a serious underlying condition



## Your local NHS has a whole range of services which can help you and your family.



### Treat at home

- headaches
- sore throat
- chicken pox
- cuts and grazes
- stomach aches
- coughs and colds
- bumps and bruises.



### Call 111

Call NHS 111 when it's less urgent than 999 – for immediate, life-threatening emergencies, you should continue to call 999.



### See your local pharmacist

- aches
- pains
- allergies
- hay fever
- skin conditions
- coughs and colds
- medicines advice.



### See your local GP

- flu jabs
- earache
- persistent vomiting and diarrhoea
- any illness or injury that won't go away.



### Visit your nearest Walk-in Centre or Minor Illness & Injury Unit

- cuts
- sprains
- itches
- strains
- animal bites
- wound infection
- minor burns and scalds.



### Dial 999 or go to your nearest Emergency Department

- choking
- loss of consciousness
- serious or life threatening conditions
- open wound blood loss.



### Self help and useful links

- <http://www.cambsandpeterboroughchoosewell.co.uk/>
- <http://www.cambsandpeterboroughchoosewell.co.uk/downloads/self-care-factsheets/>
- <http://www.cambsandpeterboroughchoosewell.co.uk/extended-pharmacy-opening-times/>
- [http://www.youngminds.org.uk/?gclid=Cjf1y6B8dACFc617Qod\\_awkzw](http://www.youngminds.org.uk/?gclid=Cjf1y6B8dACFc617Qod_awkzw)
- <https://www.kooth.com/>