



Welcome to our eleventh edition of the School Health newsletter
The hot topic this issue is Healthy Body Image

School Nurses are experienced Qualified Registered Nurses who have undertaken further study at degree level for a Specialist Public Health Qualification, making them the most suitable professional to work with Children, families and young people in promoting and protecting health. There are a number of practitioners who can also prescribe from the Nurses Prescribing Formulary



We can help you with things such as
BODY WORRIES, ALCOHOL, RELATIONSHIPS, SEXUAL HEALTH, BULLYING, DRUGS, SMOKING, STRESS, ALCOHOL, HEALTHY EATING, SELF-HARM

School Nurses provide holistic assessment of the health and wellbeing needs of children and young people. Offering health advice and promotion, signposting and referral to other services. Providing a link between school, home and the community. The offer to schools from our 0-19 public health nursing service has two strands. The 5-11 age group are supported by our Health Visiting service, whilst the 11-19 age group are supported by Specialist Public Health School Nurses.

The 0-19 service also offers the NCMP (growth measurements for FS2 and year 6 children), Audiology assessments (hearing testing) and classroom based Personal, Social, Hygiene Education.

We can support children and young people aged 5-19 who need additional support around the following areas.

Enuresis (bed wetting),	Sexual health
Encoporesis (child pooing their pants)	Body image worries
Diet and nutrition	Physical health concerns
Behaviour	Eating disorders
Sleep	Drug and alcohol support
Emotional wellbeing	Relationship difficulties
Managing minor illness	Bullying
Weight management	Stress management
	Parenting

The 0-19 Integrated Public Health Nursing Service is available

8.30am-5.00pm Monday to Friday

Tel: 01482 336634/344301 Text: 'school nurse' to 61825

email: hull.cypcommunityservices@nhs.net

Hot Topic: Healthy Body Image

What is body image?

Body image is the way you feel about your body. Children who have a healthy body image feel good about their bodies

Having a good body image helps children feel confident

A healthy body image grows over time. It starts as babies and builds as children grow. It changes when children go through puberty. It gets shaped by what others say. At every stage, parents can do things to help support a child's healthy body image

What can parents do to help build a healthy body image?

Teach your child about their body

Help your child take care of their body

Say nice things about how your child looks

Let your child show you what they can do

Let your child know that you are proud of what they can do

Be active with your child

Encourage your child to be active every day

Allow your child to try new looks and styles

Avoid criticising your child's appearance

Encourage a healthy sleep routine and diet

Here are some ways you can help your child maintain a healthy weight:

Be a good role model

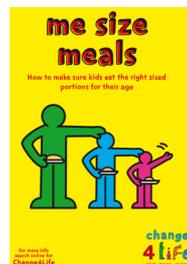
Encourage 60 minutes of physical activity a day

Keep to child-size portions

Eat together as a family

Eat healthy meals, drinks and snacks

Less screen time and more sleep



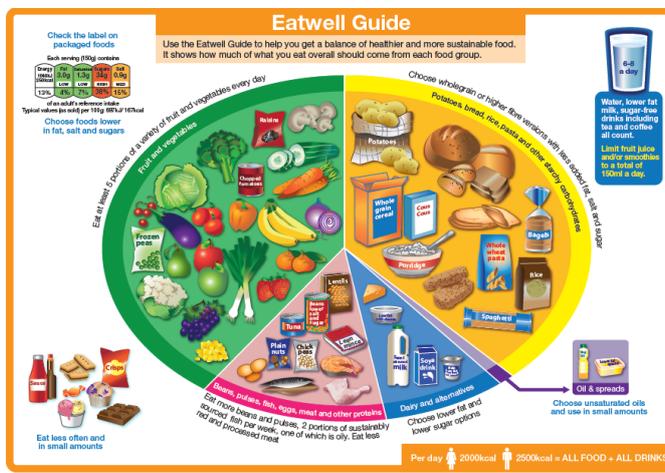
Try to keep a positive approach about food and keep to child-size portions

Serve right-sized portions. Parents often overestimate how much food a child should eat. Small portions are less overwhelming, while bigger portions may encourage over-eating.

A good rule of thumb is to start meals with small servings and let your child ask for more if they're still hungry.

The Eatwell Guide shows the different types of foods and drinks we should consume, and The Eatwell Guide shows the proportions of the main food groups that form a healthy, balanced diet, click below!

Click on pictures below for more information



<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

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