

# Healthy Together Newsletter

ISSUE 10



## Welcome to your latest Healthy Together newsletter

Hello and welcome to the latest edition of your newsletter for parents/carers and school staff from the school nursing team at Healthy Together.

In this update, you can find advice around reducing screen time, information about free online parenting pathways and details of our Lanterns game, encouraging children to write down their worries and watch them float away .

## Reducing the amount of screen time for children

To help you explain the importance of looking away from and spending less time on their screens, we have produced 5 easy to understand reasons for you to share with your child.

### Riddle me this!

When should you turn off your screen before bed time?

- 1 1 hour before
- 2 1 second before
- 3 1 minute before



[Click here to view our 5 reasons why you need to look up from a screen](#)

## Free online parenting pathways to support your journey

Togetherness courses cover concerns that parents often face with all children, from before they are born to early adulthood, including physical and mental health, understanding their feelings and how to build better relationships.

Issues that affect children with additional needs including learning disabilities and autism – are also covered.



[Click here to find out more about all of the available courses](#)

**TOGETHERNESS** NHS

Online learning pathways for your parenting journey and important relationships.

For healthier relationships and happier lives

- Antenatal and postnatal learning pathways for the foundations of emotional health
- Children's early development and behaviour
- Special educational needs and disabilities (SEND)
- Adolescence and young people's mental health
- Adult emotional health including trauma

Residents of LEICESTER, LEICESTERSHIRE and RUTLAND in partnership with:

Leicester City Council Leicestershire Partnership NHS Trust Leicestershire Partnership NHS Trust

For free access, use access code: **CURVE**

## In the Spotlight

### Lanterns: Helping to let go of worries

For some children, feelings can be difficult to understand, share and let go of.

To help with this, the [Lanterns game](#) on Health for Kids encourages children to note down their feelings on one of our lanterns and watch as they float away, rather than 'bottling up' how they are feeling.



 [Click here to play our Lanterns game](#)

### Contact a school nurse by text message

Leicestershire Partnership NHS Trust runs a dedicated, confidential and secure text messaging service called ChatHealth for parents/carers of children aged 0-11 in Leicestershire and Rutland, which enables you to get professional health advice and support.

Text a Public Health Nurse (School Nurse) on:

**07520 615 382**



### Contact a health professional via the Healthy Together Helpline

You can also call to speak to the Helpline's qualified health and administrative professionals who offer easy to access, safe and free advice, support and signposting.



**Call 0300 300 3001**

Calls are answered from 9am – 4.30pm on weekdays, excluding bank holidays.

### Free local support for managing parental conflict

There is strong evidence that conflict between parents, whether they live together or are separated, can have a significant negative impact on children's mental health, well-being, and long-term life chances

Not all conflict is harmful. Children can cope well with disagreements that are calm, short-lived and resolved. However, when conflict is frequent, intense, or poorly resolved, it can affect how safe children feel, how they manage their emotions, and how they behave at home and in school.

[The East Mids Relationships website](#) offers more information as well as non-judgmental support and guidance for managing parental conflict.

 [Click here to visit the East Mids Relationships website](#)

**EastMidsRelationships**