



Somerset Health Visiting Newsletter

Welcome to the Second issue of the Health Visiting Newsletter!

We hope you enjoyed our first newsletter and found it useful.

We felt it would be beneficial to both our service and yours, to send out a termly newsletter to keep you up-to-date on all the things 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

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.

Development Reviews

We invite all children across our area for a 9-12 month and 2-2.5 year developmental review. With parental consent we can work with you, as an Early Years Setting, to offer support for families and to encourage development in all areas of their child's milestones, both physically, socially and emotionally.

If you think that a child has missed their developmental review then please do not hesitate to contact the team.

Dental Hygiene:- Please remember that it is important that children are registered with a dentist and having six monthly check-ups. Contact your local dentist for further advice and information.

Children and Young Person's Therapy

Service.

Referrals to the Children and Young People Therapy Service (CYPTS) do not need to be made by a health professional.

Did you know the CYPTS also have an advice line that parents and professionals can call for advice? It is open Monday - Thursday 9-12 and is manned by a Speech, Occupational & Physio therapist. The number is 0303 033 3002. **Please note this is an advice line only, they will not take referrals on this number.**

Parents can also complete a self-referral.

[Children and Young People's Therapy Service](http://www.childrenandyoungpeopletherapy.com)
([somerset.gov.uk](http://www.somerset.gov.uk))

Please contact your HV team if you require support or



SUN SAFETY

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 15 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.

SOCIAL MEDIA

Does your local area have a Facebook or Instagram page?

Please do like and follow our pages for up to date information and health advice.

We often post useful links to topics and groups.

Ask your Health Visitor or Assistant practitioner if they have a page in your area.

SUN SAFETY WEBSITE LINKS

Useful website links:

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

<https://www.sunsafenurseries.co.uk/>

<https://www.nutrition.org.uk/healthyliving/hydration/hydration-for-children.html>

SCHOOL READINESS

As the summer term comes to an end some children will be moving on to school.

We know this can be a worrying and anxious time for Parent's/carers.

Please contact your local HV team if you require support with toilet training, behaviours, diet, sleep and we will be happy to help support you and give advice.

You can also access further information [Starting school toolkit | PACEY](#)

These are useful links for Toilet training <https://www.eric.org.uk/Pages/Category/potty-training>



<https://www.nhs.uk/conditions/baby/babys-development/potty-training-and-bedwetting/how-to-potty-train/>