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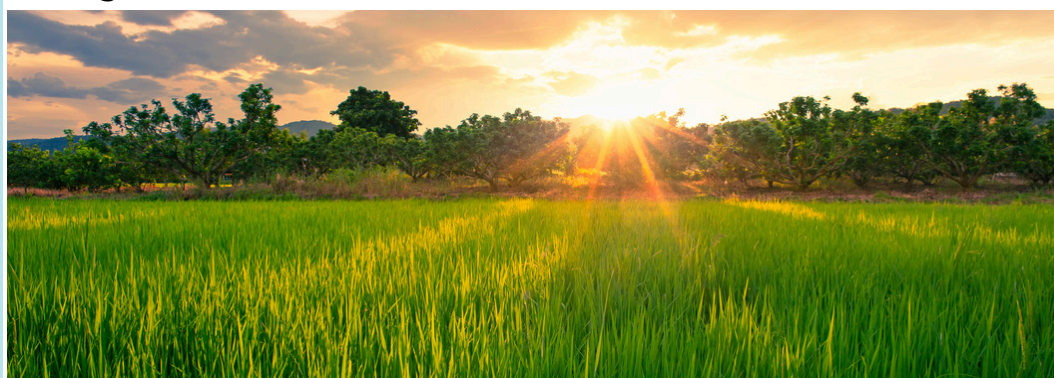
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Welcome to our Spring/Summer newsletter.

This edition contains information that professionals and parents/carers will find useful as we approach that time of year where allergies are re-emerging, young people may be experiencing exam stress, and families are enjoying being outdoors a bit more.



NEW AND UPDATED PAGES

Cows milk protein allergy (CMPA)

Our ICS Dietitians have reviewed our CMPA pages on the website, both advice for families and professionals. This contains information on types of cows milk protein allergy, symptoms, and where to seek help.

Infant feeding

Visit our new and improved infant feeding page that has been refreshed by our ICS specialist infant feeding and midwife colleagues. There is advice on breastfeeding and bottle feeding, how much to feed and when, what healthy growth looks like, when to start solids and advice for mothers who are returning to work.

New baby - What to expect

This page gives advice to new parents on what they should expect in the first few months after birth from their baby on certain topics, such as temperature, breathing, eyes and seeing, dry skin, the umbilical cord, and more. Please visit our page.

Scan the QR Code
to access the

**Healthier Together
Promotional Video**



Health resources and guidance

Practical information to help support children and families this *Summer*

Managing allergies and hay fever



Our page on allergies includes information on the most common causes and symptoms of allergic reactions, as well information on where families can get help.



Hay fever is a common allergy that affects people in the spring and summer months. We have produced a page specifically to advise parents on common symptoms, tips to help manage hay fever, and medicines that can help to control it.

Pharmacy first

Your local community pharmacy can provide confidential, expert advice and treatment for a range of common illnesses and conditions such as colds, tummy trouble, allergies and aches and pains.

In some cases, a pharmacist will also be able to carry out medication reviews for medicine you take.

Patients are also now able to access a local pharmacy for treatment of seven (7) conditions by attending or contacting the pharmacy. The table on the right shows the seven (7) conditions you can speak to your Pharmacist about.



CONDITIONS	AGE RANGES
Acute Otitis Media* (Earache)	1 to 17 years
Impetigo	1 year and over
Infected insect bites	1 year and over
Shingles	18 years and over
Sinusitis	12 years and over
Sore throat	5 years and over
Uncomplicated urinary tract infections	Women 16-64 years



Healthier Together

Health resources and guidance



Practical information to help support
children and families

Keeping your child healthy



Staying safe over the summer

Our staying safe over the summer page includes advice on travel vaccinations, dehydration and heat stroke, bug and insect bites. It also has information on staying safe in playgrounds and around water, road safety and teaching children about strangers, and staying safe at home and out and about.

Looking after your child's teeth

Our page contains information on how to help children brush their teeth properly, taking your child to the dentist, as well as preventative treatment for tooth decay. The page also has a handy 'find a dentist near you' link.



Healthy weight

It is very important that children have a healthy diet and maintain physical activity. Our healthy weight page explains some of the ways in which families can encourage this, including how to involve children in meal preparation and involving the whole family in fun activities.



Check out our [keeping your child healthy pages](#) for a range of advice and tips.

www.hwehealthiertogether.nhs.uk

Health for Young People



Exam pressure

This is the time of year when many young people are taking exams. Although it is common to feel a little nervous, the pressures of exams can leave some young people feeling anxious and stressed. Our **Exam Pressure page** offers advice on how to spot signs of stress, and steps young people can take to help them reduce their feelings of stress as well as advice on where to get help and support.

Teens need sleep

Sleep is so important for all of us, and especially teenagers whose bodies and brains are still growing and developing. Lots of young people find getting to sleep, staying asleep, or waking up a real problem.

Our **sleep page** provides information for young people on what they can do to get to sleep and stay asleep, including advice on their sleep environment, avoiding tech, avoid eating close to bedtime and setting routines.



Help with friendships



Friends and friendships are an important part of growing up. Friendships are great when things are going well but life can feel pretty miserable and stressful when things are not going so well. Knowing how to maintain a friendship is important and the tips on our **friendships page** will be useful. They include building friendships, qualities of good friendships, and what to do if you are worried about a friend.





Healthier Together

Improving the health of babies, children and
young people throughout Hertfordshire
and West Essex



**Hertfordshire and
West Essex**

Scan the **QR code** for
health advice this **Summer**

**Travel
vaccination**



**Looking after your
child's teeth**



**Managing
allergies**



Nose bleeds



Measles



Rashes



Summer safety



Hay fever



**Health Advice
for Families**

Help on hand for parents and carers at
www.hwehealthiertogether.nhs.uk