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WINTER ISSUE - 8 | DECEMBER 2025

Our **winter newsletter** contains information selected from the **Hertfordshire and West Essex Healthier Together** website that will help system partners to support families this winter on health-related topics.



Latest news!



Children's flu vaccinations for 2 and 3 year olds now available in pharmacies

This year, seasonal flu vaccinations for 2 and 3 year old's can now be carried out by local pharmacies. They can offer the nasal spray vaccine, so it is quick and easy to protect little ones. We have updated the flu (influenza) vaccine section of the [childhood vaccination page](#) to reflect this change.

And remember, unpaid carers are also eligible for a free flu vaccine. If someone receives a carers allowance, or are the main carer for someone who is registered disabled, they should ask for a free flu jab.

Safer sleeping page - new page added!

We've just launched a new [Safer sleeping for babies page](#) on the Healthier Together website, designed to support families with clear, practical guidance on how to reduce the risk of sudden infant death syndrome (SIDS).



This content mirrors trusted advice from The Lullaby Trust and signposts to their resources for further information. Whether you're at home, travelling, or facing unexpected challenges, the page offers tips on:

- Creating a safe sleep space for your baby
- Co-sleeping guidance and when to avoid it
- Planning for sleep away from home
- Emergency sleep situations and what to do

Explore the new page and find links to The Lullaby Trust for more detailed support and answers to frequently asked questions.

Winter reminders and managing winter illnesses

What to keep in your medicine cabinet

It's easy to overlook restocking medicine cabinets when juggling the demands of a busy family. But when a child needs care and the right medicine isn't on hand, it can lead to delays in treatment and added stress —especially if it means rushing out to the shops at short notice. Please remind parents and carers to re-stock their medicine cabinets. They can review our [‘what to keep in your medicine cabinet’](#) page to remind them of all the essential items. Remember, keep medicines out of sight and reach of children.



When to keep a child home from school/nursery



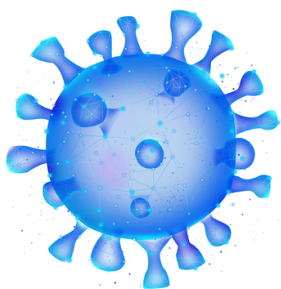
It's not always easy for parents to decide whether to send their child to school or nursery when they're feeling unwell. Conflicting messages about the importance of good attendance versus preventing the spread of illness can make the decision even harder. To help, parents can visit our [‘should my child go to school/nursery today?’](#) page—a practical guide outlining which symptoms are safe to send a child in with, and when it's best to keep them home.

Fever/high temperature

Fever is very common in children and usually suggests your child has an infection. Parents/carers should ensure they measure their child's temperature accurately, know how to keep their child comfortable and when and where to seek help. Visit our [fever/high temperature page](#) for more information.



Diarrhoea and vomiting



Tummy bugs are very common in young children and are usually caused by viruses. Because they spread so easily, they often lead to outbreaks in nurseries and schools—especially during the winter months, when cases of diarrhoea and vomiting tend to rise. Our [‘Diarrhoea and Vomiting’](#) page offers clear guidance for parents and carers on when to manage symptoms at home, how to keep children comfortable, and when it's time to seek medical advice.

Coughs, colds, and winter support

Coughs and colds are on the increase



The system is seeing increasing numbers of children presenting with coughs and colds currently.

Parents/carers should keep their child cosy, hydrated and rested to help them fight off these seasonal bugs. Most winter bugs are caused by viruses so do not require antibiotics for treatment. For more information please visit our [coughs and colds page](#).

Winter reflections: joy and challenges

Winter often brings a sense of celebration—twinkling lights, festive gatherings, and cozy traditions that warm the heart. But behind the sparkle, it can also be a season of quiet stress and emotional strain. Parents may feel the pressure to create joyful memories and provide gifts, even when finances are tight. And for families separated by distance or circumstance, the absence of loved ones can make the season feel lonelier than expected. It's a time of warmth, but also one where many families need extra support and understanding.

Our website has a number of pages that some might find useful during this time:

- [Maternal mental health](#)
- [Mental Health and Wellbeing section for young people](#)
- [Cost of living support for parents, carers, young people and families](#)
- [Keeping your home warm](#)
- [Living with damp and mould](#)

