

# Families Health & Wellbeing

## 0-19 Service

Winter Newsletter - Issue 12

### Welcome to the 12<sup>th</sup> Edition of the Families' Health and Wellbeing 0-19 Service Newsletter!

In this edition, we have included articles on the following topics:

- Why are button batteries dangerous?
- Better Health 'Healthy Steps' Campaign
- Internet Safety - Parent Resources
- The Start for Life "Little Moments Together" Campaign
- Funded Early Year's Places
- Childhood Vaccinations
- Talking to Children and Young People about Mental Health
- Feedback and compliments received for the Families' Health and Wellbeing 0 – 19 Service

We would like to thank everyone who has contributed to this newsletter with articles and service information. You can find our previous newsletters on the MPFT website at: [Newsletters :: Midlands Partnership University NHS Foundation Trust \(mpft.nhs.uk\)](http://Newsletters::MidlandsPartnershipUniversityNHSFoundationTrust(mpft.nhs.uk)). You will find lots more information and advice on a range of topics to support the physical and emotional health and wellbeing of you and your family.

We hope you enjoy this newsletter and wish you a safe and healthy new year.

Thank you and take care,



Zoe



Janine



Kate



Heidi

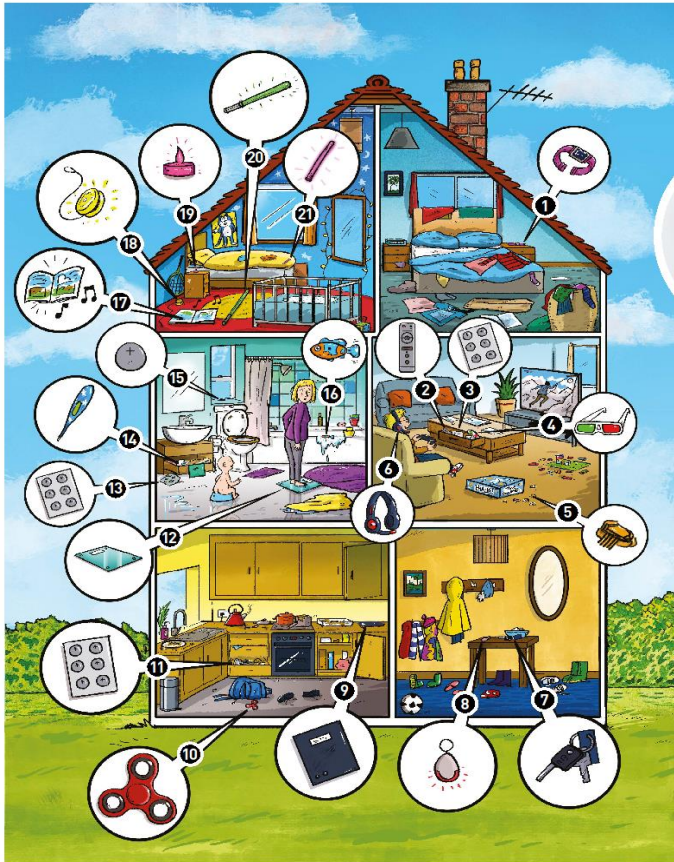


Gemma



# Why are button batteries dangerous?

Button batteries are small, round, silver-coloured batteries that come in many different sizes and types. They aren't just found in children's toys and games, they also power many of our devices at home to make our lives more convenient.



## Button batteries – where are yours?



Button batteries, particularly big, powerful lithium coin cell batteries, can badly hurt or kill a small child within two hours, if they get stuck in the food pipe. Know where yours are, so you can keep your children safe.

### Five top tips

- Hunt around your home for button batteries – in products as well as spare and 'flat' batteries.
- Keep products well out of children's reach if the battery compartment isn't secured.
- Store spare button batteries in sealed containers in a high cupboard.
- Remember that 'flat' or 'dead' batteries still hold enough power to badly hurt a child. So put them out of children's reach straight away and recycle them safely and as quickly as possible.
- If you think your child has swallowed one, don't delay. Trust your instincts and take them to A&E straight away or call 999 for an ambulance. Don't let them eat or drink and don't make them sick.

- |                             |                           |
|-----------------------------|---------------------------|
| 1. Fitness tracker          | 12. Bathroom scales       |
| 2. Remote control           | 13. Spare batteries       |
| 3. Spare batteries          | 14. Thermometer           |
| 4. 3D glasses               | 15. Flat battery          |
| 5. Robot bug toy            | 16. Robo fish             |
| 6. Gaming headset           | 17. Musical greeting card |
| 7. Car key                  | 18. Light-up yo-yo        |
| 8. Key finder               | 19. Tea light             |
| 9. Kitchen scales           | 20. Light saber           |
| 10. Light up fidget spinner | 21. Flashing wand         |
| 11. Spare batteries         |                           |

### For more help



[capt.org.uk/button-batteries](https://capt.org.uk/button-batteries)  
[@ChildAccidentPreventionTrust](https://www.facebook.com/ChildAccidentPreventionTrust)

English Factsheet <https://capt.org.uk/wp-content/uploads/2022/05/bba4factsheetenglish.pdf>

The Factsheet is also available in 17 other languages to share with families as required via think link <https://capt.org.uk/button-battery-a4-fact-sheets-translated-into-16-community-languages/>

Button batteries, in particular, big, powerful lithium coin cell batteries (like a 5 pence piece), can badly hurt or kill a small child if they swallow one and it gets stuck in their food pipe. But how can a 'flat' battery cause harm?

## This video shows the harm a button battery can cause



## 'Flat' batteries aren't 'flat'!

Most of us think that, when a product stops working, the battery has no power left and is 'flat'.

However, many 'flat' lithium coin cell batteries still hold enough charge to burn a small child's food pipe, if they swallow one and it gets stuck there.



Many batteries are swallowed without the adults knowing and with the child too young to be able to tell them. We know of cases where the lithium coin cell battery has been lodged in the child's food pipe for weeks before discovery.

The symptoms can be vague and mimic common ailments, so it's not always clear how dangerous the situation is.

Thankfully, while the potential consequences may be dire, the solution couldn't be simpler:



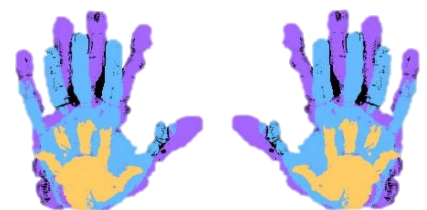
- **Keep your used 'flat' batteries well out of children's reach, high up in a sealed container.**

- **Take them to recycling as soon as you can. Find out where you can take yours here [www.recyclenow.com/what-to-do-with/batteries-1](http://www.recyclenow.com/what-to-do-with/batteries-1).**

- **Many shops that sell batteries are required to offering recycling – so when you grab your bags for the shops, grab your old batteries too.**

## **IF YOU SUSPECT YOUR CHILD HAS SWALLOWED A BUTTON BATTERY, ACT FAST**

- **Take them straight to the A&E department at your local hospital or dial 999 for an ambulance.**
- **Tell the doctor** there that you think your child has swallowed a button battery.
- **If you have the battery packaging or the product powered by the battery, take it with you.** This will help the doctor identify the type of battery and make treatment easier.
- **Do not let your child eat or drink.**
- **Do not make them sick.**



## What about Honey?

Studies in animals have shown that coating a button battery in honey can slow down the reaction of the battery inside the animal's food pipe. This raises the question of whether to give a child honey if they accidentally swallow a button battery.



The answer isn't straightforward. Here's why:

- It takes a lot of honey to slow the reaction – 2 spoons full every 10 minutes. Which may not be possible if your child is not willing to eat anything or is being sick.
- Giving this much honey may make your child sick – which wouldn't be helpful in this situation.
- If your child needs general anaesthetic to remove the battery, it's not ideal if they've had anything to eat or drink.
- Honey shouldn't be given to children under 1.
- If you don't have runny honey to hand, a few minutes delay trying to find honey and get your child to take it means delay getting to emergency doctors who can help.
- So, the advice from doctors in the UK is, unless you have a long distance to the nearest A&E, **getting to hospital as quickly as possible is the number one priority.**

**The Community Development Team have produced a podcast episode regarding the dangers of button batteries.**



<https://podcasters.spotify.com/pod/show/mpft/episodes/0-19-Service-The-Dangers-of-Button-Batteries-e1vcdj3/a-a9cjlqp>

Also Available on



**Article By: Kathryn Cope, Community Development Practitioner 0-19**

**Information and images from CAPT - [FAQs | Child Accident Prevention Trust \(capt.org.uk\)](https://www.capt.org.uk)**

**[Button Battery Safety | Child Accident Prevention Trust \(capt.org.uk\)](https://www.capt.org.uk)**



As we welcome the start of a new year, it's the perfect time to reflect on the past and plan for our future. Many of us will be looking at changes we can make to improve our health, but we don't always know where to start.

There's so much information available to us now that it can feel quite overwhelming and confusing, with lots of conflicting advice and often unrealistic goals. Better Health now offers an 8-week email service to help families to make small, manageable steps to improve their health. You can sign up to the service, which is called 'Healthy Steps', here: [Healthy Steps - Step this way. \(betterhealth-healthierfamilies.co.uk\)](https://www.betterhealth-healthierfamilies.co.uk). You will be invited to take a short quiz to find out which one of their 8-week email journeys is right for you.

Whether it's healthier snacking, cutting back on sugar, meal planning, or upping your 5 A Day, you'll get easy tips from nutrition experts and other parents, Disney themed games, fun challenges and budget-friendly recipes delivered to your inbox.

You can also sign up to their newsletter here: [Registration - Better Health \(betterhealth-healthierfamilies.co.uk\)](https://www.betterhealth-healthierfamilies.co.uk). You will receive regular information on healthy eating, quick and easy family recipes, fun activities, and more.



Images and information from - Healthier Families - Home - NHS ([www.nhs.uk](http://www.nhs.uk))





In support of Safer Internet Day 2024 which takes place in February, we wanted to share some useful links to information which will help you to keep children/ young people safe online.

It's never too early to start talking to children about safety online. These top tips and resources aim to provide the information you will need to start conversations with children and young people of all ages.

### TOP TIPS

1. Try keeping devices in a communal area.
2. Help your child to create secure passwords.
3. Tell children not to share any of their personal information online – i.e., their address, school, telephone number.
4. Encourage them to let you know if they have seen any inappropriate images/ pop-ups and praise them for telling you.
5. Speak to your broadband/ mobile data provider about blocking inappropriate content on your child's devices.
6. Talk to your child about the risks of sending pictures to others – let them know that they will not be able to take back a picture once it's been sent. (See CEOP resource below for more information).
7. Teach your child to be wary of 'friends' made online and make sure they know that they are not always who they say they are.
8. Make sure your child knows never to meet anyone they have met online.
9. Take an interest in their online activities and have regular conversations so that it becomes a normal part of life.

#### Online Safety Resources for Parents:

- [Parents and Carers - UK Safer Internet Centre](#)
- [Keeping children safe online | NSPCC](#)
- [Online and mobile safety | Childline](#)
- [Technology - Support for Parents from Action For Children](#)
- [Parents and carers | CEOP Education \(thinkuknow.co.uk\)](#)
- [My Family's Digital Toolkit - tailored online safety advice | Internet Matters](#)
- [Pre-school \(0-5\) online safety advice | Internet Matters](#)
- [Online safety advice for 6-10 year olds | Internet Matters](#)
- [Pre-teens \(11-13\) online safety advice | Internet Matters](#)
- [Teens 14+ online safety advice and expert tips | Internet Matters](#)
- [Help & advice | Childnet \(4 - 11 Year Olds\)](#)
- [Help & advice | Childnet \(11 – 18 Year Olds\)](#)
- [Parents' and Carers' Guide: Let's talk about life online | Childnet](#)
- [IM-Open-Up-Infographic-V8-4Aug \(internetmatters.org\)](#)



*Health Visiting and School Nursing Service - Online Safety (youtube.com)*

*Information and image from:*

***Keep Children Safe Online: Information, Advice, Support - Internet Matters***  
***Safer Internet Day 2024 - UK Safer Internet Centre***

## The Start for Life “Little Moments Together” Campaign

The Department for Education (DfE), in partnership with the Department for Health and Social Care (DHSC) has launched its Start for Life ‘Little Moments Together’ campaign. The campaign aims to educate parents and carers about the importance of brain development in the first five years of a child’s life, and the crucial role they play, with advice and tips from Start for Life.



The more we chat, play, and read with our kids, the more we help to build their brains. Anytime, anywhere, whether at home or out and about, it all adds up. There’s no need to buy lots of toys or have big days out. Wherever you are, simply chatting back and forth, answering your child’s questions, and sharing special moments together all help their brain to grow and develop secure and strong connections.

This is just what they need to get off to the right start at school!

The Start for Life website is packed with simple ideas from other parents on how to build these little moments into each day. It includes lots of examples of tips and activities for you to do together with your child at different ages, as well as links to find further support in your local area.

[Early learning and development - Start for Life - NHS - NHS \(www.nhs.uk\)](https://www.nhs.uk)

A new film has also been released to explain how children’s brains develop during the early years, and the crucial role parents play through all the little moments they spend together with their child.

Watch it here: [Help build our amazing brains together | Start for Life | NHS \(youtube.com\)](https://www.youtube.com)



**Here are some other useful links to help support your child’s early development:**

**BBC Tiny Happy People** - [Children's language development and parenting advice - BBC Tiny Happy People](https://www.bbc.com/health/childrens-language-development)

Tips and activities for language learning through play, plus films that show babies’ brains development and why parents are so important to that development.

**Book Trust** - [Reading tips and advice for families and schools | BookTrust](https://www.booktrust.org.uk)

Reading tips, activities, story-time videos, book recommendations and more:

**National Literacy Trust** - [Words for Life | National Literacy Trust | Words for Life](https://www.national-literacy-trust.org.uk)

Milestones, tips, resources and advice for parents to support their child’s literacy development:

**Institute of Wellbeing** - [Wellbeing Kits - The Institute of Wellbeing | Your Wellbeing Partner](https://www.instituteofwellbeing.org.uk)

Advice to support literacy development and wellbeing kits to help parents take care of their family and their mind:

**Speech and Language UK** - [Parents \(speechandlanguage.org.uk\)](https://www.speechandlanguage.org.uk)

Support for parents who are worried about their child’s language development:

**Early Years Alliance** - [Family Time Tips - free children's activities to try | early years alliance \(eyalliance.org.uk\)](https://www.eyalliance.org.uk)



Images and information from:

[Partner Activation Pack | Better Health Start for Life Home Learning Environment 2024 | Campaign Resource Centre \(dhsc.gov.uk\)](https://www.dhsc.gov.uk)

Practical tips for parents to support their child to learn through play:



## Funded Early Year's Education for 2- 3- and 4-year-olds, and Support with Childcare Costs



Early year's education can positively impact your child's physical, social, and emotional development. It helps to prepare children for starting school, develop their language and communication skills, develop their personal independence and social skills, and adapt to routines.

Currently, parents and carers of **3 and 4-year-olds in England** are entitled to 15 hours a week childcare support with registered childcare providers. This may sometimes be increased up to 30 hours a week for some eligible families. Also, some families of 2-year-old children are entitled to 15 hours childcare support if they are receiving certain benefits (in Staffordshire, this is called Think2). [Funded 2 year places - For Families receiving additional government support - Staffordshire County Council](#)

Starting from April 2024, changes will start to be made to the existing childcare support offer. This means that by September 2025, many working families with children under 5 will be entitled to 30 hours of childcare support. This will be a gradual process to make sure that providers can meet the needs of more families.

From **April 2024**, eligible working parents of 2-year-olds will be able to access 15 hours childcare support.

From **September 2024**, 15 hours childcare support will be extended to eligible working parents of children from the age of 9 months to 3-year-olds.

From **September 2025**, eligible working parents of children under the age of 5 will be entitled to 30 hours of childcare a week.

Eligible parents/ carers must apply the term before they wish the childcare to start.

To find out your eligibility, get more information, and to make an application, please see the Childcare Choices website: [Childcare Choices | 30 Hours Childcare, Tax-Free Childcare and More | Help with Costs | GOV.UK](#)

Childcare  
Choices



For information about childcare providers in your area:  
[Staffordshire Connects | Listings in Childcare and funded places](#)



Information and images from:  
[Funded 2 year places - for families receiving additional government support - Staffordshire County Council](#)

[Staffordshire Connects | Listings in For 2 year olds](#)

[Childcare Choices | 30 Hours Childcare, Tax-Free Childcare and More | Help with Costs | GOV.UK](#)

**NHS**  
Midlands Partnership University  
NHS Foundation Trust



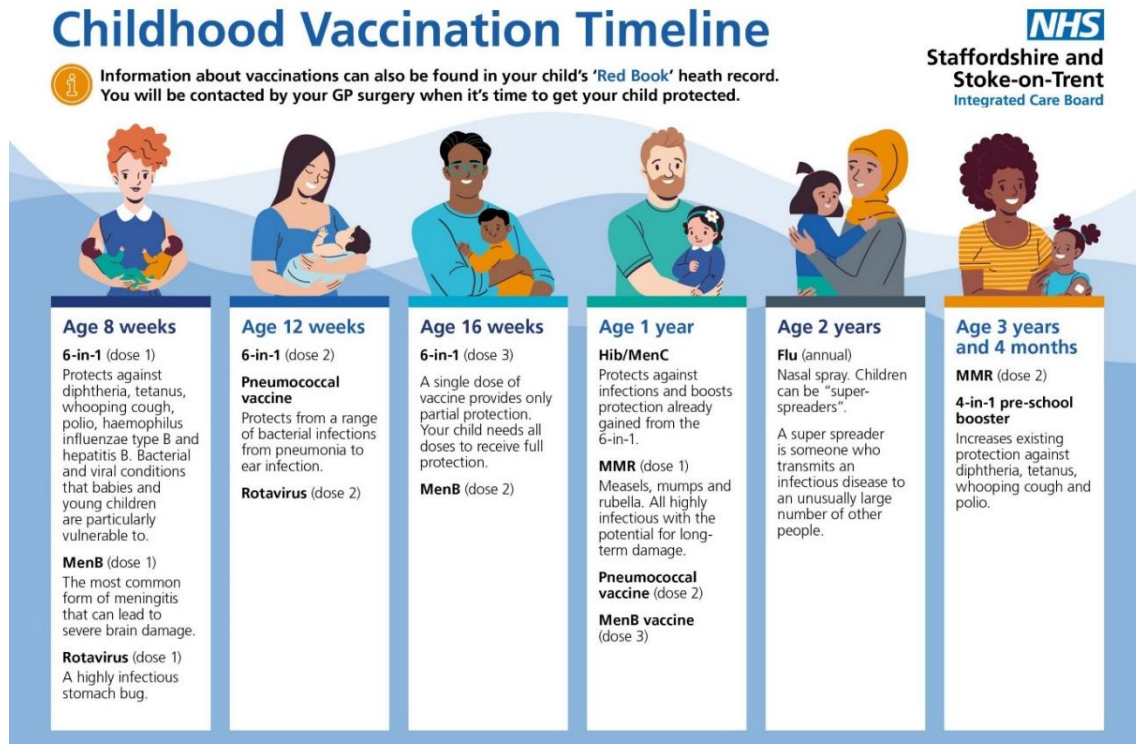


# Childhood Vaccinations

One of the best ways to protect children from illness is through immunisation.

This infographic shows parents and carers which immunisations their children will be offered and when.

This information is also available in your child's 'Red Book' and your GP surgery will be in touch when your child's vaccinations are due.



Recently, the UKHSA has reported an increase in measles across the country and is encouraging people to check that they and their children have had two doses of the MMR vaccine.

The free MMR vaccine is a safe and effective way of protecting against measles, as well as mumps and rubella. It's important for parents to take up the offer of MMR vaccination for their children when offered at 1 year of age and as a pre-school booster at three years, four months of age. If children and young adults have missed these vaccinations in the past, it's important to take up the vaccine now from GPs, particularly in light of the recent cases.

Check your child's Red Book to see if they've received MMR vaccinations as scheduled or check with your GP surgery if you're unsure. Most healthy adults will have developed some immunity to measles but can still receive two doses of the vaccine from their GP too.

For more information about measles, see the nhs.uk website here:

- [Measles - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- [Complete routine immunisation schedule from 1 September 2023 - GOV.UK \(www.gov.uk\)](https://www.gov.uk)
- [A guide to immunisations at one year of age \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)
- [A guide to immunisation for for pre-shool \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)
- [MMR \(measles, mumps and rubella\) vaccine - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- [A guide to immunisation for for young people \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)
- [NHS vaccinations for children - YouTube](https://www.youtube.com)
- [Why vaccination is important and the safest way to protect yourself - NHS \(www.nhs.uk\)](https://www.nhs.uk)



Information from –  
**National measles guidelines - GOV.UK (www.gov.uk)**

**UKHSA MMR and Measles Toolkit 2023 FINAL .docx (live.com)**

**Childhood Immunisations - Staffordshire and Stoke-on-Trent, Integrated Care Board (icb.nhs.uk)**



**Midlands Partnership University**  
NHS Foundation Trust



Time to Talk Day and Children’s Mental Health Week are both hosted in February each year. These national campaigns are great opportunities to talk to children and young people about mental health. Children and young people who feel that their voices are heard have higher levels of self-esteem and self-confidence. Regular conversations about how things are going and how they are feeling helps them to learn how to talk about their feelings.

As adults, we don’t always know the right way to start a conversation about mental health with children and young people but reassuring them that you want to listen is a great place to start. A lot of children and young people find it easier to talk if they are busy doing something else, so they don’t feel that they are being ‘put on the spot.’ Activities such as going for a walk or drive, baking, colouring, doing puzzles, playing a ball game or all good times to talk!

Here are some links to information and advice about talking to children and young people about mental health and strategies to support positive mental health:

- [How to Talk to Your Child about Mental Health | YoungMinds](#)
- [Parents Mental Health Support | Advice for Your Child | YoungMinds](#)
- [Mindfulness Activities | Mental Health Resources | YoungMinds](#)
- [Seven ways to support children and young people who are worried | Anna Freud](#)
- [Parenting Tips & Tricks - Families Under Pressure - Maudsley Charity](#)
- [Relaxation Tips - The Sleep Charity](#)
- [Mental health support | Action For Children](#)
- [Looking After Yourself | Self-Care | Mental Health | The Mix](#)
- [Children's mental health - Every Mind Matters - NHS \(www.nhs.uk\)](#)
- [Mindfulness Hub - BBC Children in Need](#)
- [Talking to your child about feelings - NHS \(www.nhs.uk\)](#)



Information and images from:  
***Time To Talk Day - Time To Talk Day***

***Children's Mental Health Week***  
***(childrensmentalhealthweek.org.uk)***





# Feedback Time!



It's time again to celebrate all the wonderful work going on within the Families' Health and Wellbeing 0-19 Service!

Here are some of the things that parents/ carers, young people, and colleagues have said about....



## Our 0-19 Health Visiting and School Nursing Teams



Very informative appointment. Gave me plenty of things to think about to better help my child develop.

Very reassuring when I asked questions and double checked everything was okay with myself and baby.  
Listening to any queries and worries I had.

She has helped me a lot and my confidence and self-esteem has improved a lot.

I got given a lot of advice and I felt comfortable and safe. I wish she came in more often.

She really understood me, and I didn't feel judged at all by her and she was really kind towards me. I also didn't feel ashamed to say anything.

Very friendly. Didn't feel judged at all. Very helpful with our questions and pointed in the right directions accordingly.

We felt at ease with our conversations and no question was a silly one.





## Our 0-19 Hub and ChatHealth Text Messaging Service

Professional, polite and I felt the call was a positive outcome.

The lady I spoke to was very lovely, understanding, and polite. She listened to my worries and gave some great advice, as well as pointing me in the right direction for help.

Listened to what I was saying and gave me tips and advice on what to do. Really helped to put my mind at ease.

Fantastic supportive member of staff who offered great advice and reassurance when I called about my worries today.

Took the time to really listen to me and explained everything in detail. Can't thank her enough for how comfortable she made me feel.

Quick and efficient answering, then the wonderful lady I spoke to offered such great advice.

She asked me a lot of questions to ensure she offered thorough advice.



If you have had an appointment or been in touch with us, we'd love to hear your views – just follow the relevant survey link:

<https://surveys.mpft.nhs.uk/Survey526/Create?channel=15181>  
(0-19 Hub Services – Parent/Carer Survey)

<https://surveys.mpft.nhs.uk/Survey527/Create?channel=15181>  
(0-19 Hub Services – Young Person Survey)

<https://surveys.mpft.nhs.uk/Survey471/Create?channel=15181>  
(0-19 Services - Health Visitor, School Nurse – Parent/Carer Survey)

<https://surveys.mpft.nhs.uk/Survey492/Create?channel=15181>  
(0-19 Services -Health Visitor/ School Nurse – Young Person Survey)



# Useful Information



We have included some images here for all our services so that you can keep them for your own use or, for organisations, add them to your social media pages, waiting room/ reception TVs or newsletters, for example.



## Children and Families' Health and Wellbeing Single Point of Access (CaFSPA)

Our CaFSPA (sometimes referred to as the Hub) is staffed by a full team of highly skilled Health Visitors, School Nurses, Nursery Nurses and Administrators. They will be able to support you with any queries or concerns you may have about a child's health and development. They can also arrange appointments for families with their locality School Nurses or make referrals to other services or professionals as needed.

**Telephone (freephone) 0808 178 0611** 09:00 - 17:00, Monday to Friday (excluding bank holidays)



**NHS**  
Midlands Partnership  
NHS Foundation Trust  
A Keele University Teaching Trust

**Families' Health and Wellbeing Service (0-19)**

We now have a text messaging service for parents/carers of children aged 0-19 who live in Staffordshire.  
Get advice from our Public Health nurses (Health Visitors and School Nurses).

**TEXT: 07520 615722**



Feeding and nutrition



Child development



Parenting advice and support



Emotional health and wellbeing



Behaviour difficulties



Family health





# 0-19 Health and Wellbeing Services

**NHS**  
Midlands Partnership  
NHS Foundation Trust  
A Keele University Teaching Trust



# 0-19 Health and Wellbeing Services

**NHS**  
Midlands Partnership  
NHS Foundation Trust  
A Keele University Teaching Trust

## 0-5 Children's Health Information

## 5-19 Children's Health Information

East Hub (East Staffs, Cannock, Lichfield, Rugeley, Tamworth), West Hub (Moorlands, Newcastle, Seisdon, Stafford, Stone) 0808 172 0611

Feedback



SCAN ME

Stoke Hub (all localities in Stoke) 0808 178 3374

Chat Health Parent Text Line Stoke: Coming Soon

Chat Health Parent Text Line County: Text: 07520 615722

East Hub (East Staffs, Cannock, Lichfield, Rugeley, Tamworth), West Hub (Moorlands, Newcastle, Seisdon, Stafford, Stone) 0808 172 0611



Chat Health County: Text: 07520 615722  
Chat Health Parent Text Line County: Text: 07520 615722

Stoke Hub (all localities in Stoke) 0808 178 3374

Chat HealthText Line Stoke: 07520 615 723

Chat Health Parent Text Line Stoke: Coming Soon

For young people living in Staffordshire Text: 07520 615721

**Your child 0-5** **Child Safety** **Immunisations** **Positive Parenting**

**Toileting** **Coping with crying** **Breastfeeding** **Start4life**

**Weaning** **Dental Hygiene** **Safer sleep** **Speech & Language**

**Health for Teens** **Sexual Health** **Sexual Health Clinics** **Drugs & Alcohol Advice** **Quit Smoking**

**Gender identity** **Growth & Weight** **Exam Stress** **Online Safety** **Emotional Health**

**Continence** **FHWS 0-19** **To give us Feedback:** **Parent guide 12-19 years** **Parent guide 5-11 years**

SCAN ME

The Families' Health and Wellbeing service has active social media sites - why not give us a like/follow to keep up to date with latest health advice, locality information and much more?



@fhws0



@fhws\_0\_19

Locality pages:

- Cannock: @cannockandrugeleyhvs
- East Staffs: @BurtonHV
- Lichfield: @LichfieldHV
- Newcastle: @NewcastleFHWS
- South Staffs: @seisdon0to19
- Stafford: @StaffordDistrictFHWS0to19
- Staffs Moorlands: @StaffMoorlandsFHWS
- Tamworth: @tamworthHV



# Thank you for reading our newsletter.

Next time we will showcase another part of our service and bring you lots more articles which we hope you will enjoy.

To help us do this, we would love to get your feedback so please let us know what you would like to see in our next issue by answering a few questions, which should take less than two minutes.

Scan this QR code to access the link, or contact one of our CaFSPA hub on 0808 1780611

