

# Have a healthy holiday season!



Let's get some fresh air  
playing at the park

Yay! I love  
the park!



## HEALTHY START

HS11312MNTHS



Department of  
Health, Social Services  
and Public Safety  
[www.dhsspsni.gov.uk](http://www.dhsspsni.gov.uk)



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# Make sure you get a healthy start for the holidays

It can be difficult to avoid getting colds or flu over the winter months – and it's no fun feeling ill when everyone is having a good time during the holiday season.

Although there is no cure for the common cold, eating a healthy balanced diet and getting regular physical activity can help keep your immune system healthy. Also, make sure your child's immunisations are up-to-date. This includes the flu jab for some children with long term conditions.

## Physical activity helps

You and your baby both need exercise to help you stay healthy. You should try and get at least 150 minutes a week of moderate activity like brisk walking or cycling. If you aren't used to physical activity start with 10 minutes at a time and build up.

Young babies stay active by lying on the ground and kicking and stretching their arms and legs to reach and grab for things. Once they start to crawl they'll get their physical activity that way, but make sure the space they are crawling in is safe.



## Top tip

Don't forget to give your baby Healthy Start children's vitamin drops from six months old (formula fed babies should be given them if they are having less than 500ml of infant formula a day).

## A healthy balanced diet should contain:

- plenty of fruit and vegetables
- plenty of potatoes, bread, rice, pasta and other starchy foods
- some milk and dairy foods
- some meat, fish, eggs, beans and other non-dairy sources of protein
- a small amount of foods and drinks that are high in fat and/or sugar.

**Remember:** Children under two should not be given reduced fat foods as they need the extra energy.

# Caring for a sick baby or child

If your baby or child gets ill, you can help them feel more comfortable by following these simple tips.

- Make sure they drink plenty of fluids to replace any lost due to sweating or a runny nose.
- See that they rest up. Resting will give their body a chance to recover so encourage them to sleep whenever they feel like it.
- Paracetamol liquid or ibuprofen liquid can help ease a fever and pain. Check the dosage instructions on the packaging. Don't give children both paracetamol and ibuprofen – just

choose one and ALWAYS follow the instructions on the pack.

- Keep their room airy, without getting it too cold or too warm. A too warm room might make them feel worse.
- It's perfectly normal for young children to lose their appetite and refuse solid foods for a few days when they are sick. Encourage your child to eat when they're hungry BUT make sure they keep up their fluid intake by giving them their usual milk (whether breast milk or infant formula).

## Remember!

Don't give your children any over the counter medicines without checking with a pharmacist that these are completely safe. Never give them more than it says on the pack and never give children aspirin.



## Seek medical advice

If you are concerned about your child's health, trust your instincts and seek medical advice from your GP surgery, or call:

**England and Wales:**

**NHS Direct – 0845 4647**

**[www.nhs.uk](http://www.nhs.uk)**

**Scotland:**

**NHS 24 – 08454 24 24 24**

**[www.nhs24.com](http://www.nhs24.com)**



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## What's good to buy now and what's coming into season next?

### December/January

Parsnips, leeks, cabbage, Brussels sprouts, onions

### February/March

Carrots, cauliflower, spring onions, rhubarb



**Next issue: Have you ever been puzzled by vitamins and why children need them to stay healthy? We'll tell you all you need to know.**



[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)  
0845 607 6823 (local call rate from BT landlines)

If your circumstances change (for example, if you move home), remember to tell HMRC Tax Credits and Jobcentre Plus straight away. That way, you'll keep getting the right amount of Healthy Start vouchers.