

Have a healthy holiday season!



HEALTHY START

HS1134YRS

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

Everyone needs regular physical activity to keep healthy. Make sure your children get at least three hours a day. Hopping, running, playing, skipping, ball games and climbing frames are all good ways for kids to stay active. Try and reduce the amount of time they spend sitting still watching TV or sitting in a buggy.



Top tip

Don't forget to give your child Healthy Start children's vitamin drops from six months old (or when 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: The eatwell plate doesn't apply to children under two, because they have different nutritional needs. Between the ages of two and five your kids can start eating from the eatwell plate.

Caring for a sick baby or child

If your 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 often lose their appetite and refuse solid foods for a few days when they are sick. Encourage your child to eat when they're hungry and make sure they keep up their fluid intake. Encourage them to have nutritious drinks like milk, and tempt them with small bits of food.

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 aspirin to children under 16.

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

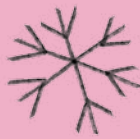
www.nhs.uk

Scotland:

NHS 24 – 08454 24 24 24

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
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.