

Looked After Children's Health Team Newsletter

Hi

Message from Kim Henson, Named Nurse

Hope everybody is enjoying the summer holidays and the lovely weather that we are having. The team newsletter is here again so that you know we are thinking of you and your health and wellbeing during the summer. We are looking at the services that we provide for you and would like you to send any ideas that you have into the team so we can try to provide the services that you would like to see.

Foster Carers are also invited to let us know what you feel would help our children and young people. Please email, telephone or write into us. Enjoy your holidays, but please stay safe.

In July the team took part in the Community Services Roadshow to celebrate the good practice that is carried out by the following services - Looked After Children, Learning Disability Nursing Team, School Nursing and CoAST. *Kim*



TAKE CARE IN THE SUN



- **Always wear sunscreen.**
- **Take frequent breaks from the sun by going indoors or sitting in the shade.**
- **Protect your eyes by wearing sunglasses.**
- **Drink plenty of water! Drinking before you feel thirsty helps keep the water level in your body from dropping too low (dehydration) when it's hot or you're sweating a lot with exercise.**
- **Encourage children to play in the shade - for example, under trees- especially between 11 a.m. and 3 p.m.**
- **Keep babies under the age of six months out of direct sunlight, especially around midday.**
- **Cover exposed parts of children's skin with sunscreen, even on cloudy or overcast days. Use one that has a sun protection factor (SPF) of 15 or above and is effective against UVA and UVB. Don't forget to apply it to their shoulders, nose, ears, cheeks, and the top of their feet. Reapply often throughout the day. Be especially careful to protect your child's shoulders and the back of their neck when they're playing, as these are the most common areas for sunburn.**
- **Cover children in loose cotton clothes, such as an oversized T-shirt with sleeves.**
- **Get children to wear a floppy hat with a wide brim that shades their face and neck.**
- **Protect children's eyes with sunglasses that meet the British Standard (BSEN 1836:2005) and carry the CE mark- check the label.**
- **If children are swimming, use a waterproof sunblock of factor 15 or above,. Reapply after towel drying (NHS Choices).**



