

Staying well at home

During this uncertain time it's important to prioritise all aspects of health, both mental and physical. Here are some simple tips to guide you through your child's day whilst being indoors

Your School Nursing Team is working hard to ensure that you and your family are aware of how to access support around your health; expanding their service to include a duty line 7 days a week to answer your questions. Please find details of the school nursing team in your borough at the bottom of this pack.



Make sure you stay up to date with the latest government advice through the NHS website regarding self-isolating and social distancing at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

07:00 Waking up

Washing Hands:

The best thing we can do to **prevent** the spread of Covid-19 virus is to follow **good hygiene** rules, take the time to teach your children correct handwashing technique and the importance of coughing/sneezing into a tissue or your elbow. Wash hands thoroughly throughout the day, especially before eating, after using the toilet and after going outside. Visit <https://www.nhs.uk/video/pages/how-to-wash-hands.aspx> for guidance



Plan your day

- We are all adjusting to a new, rather strange, way of life. This can be a risk to our mental wellbeing. As tempting as it might be to stay in pyjamas all day, **regular routines** are essential for our identity, self-confidence and purpose. Try to start your day at roughly the same time you usually would and aim to set aside time each day for movement, relaxation, connection and reflection

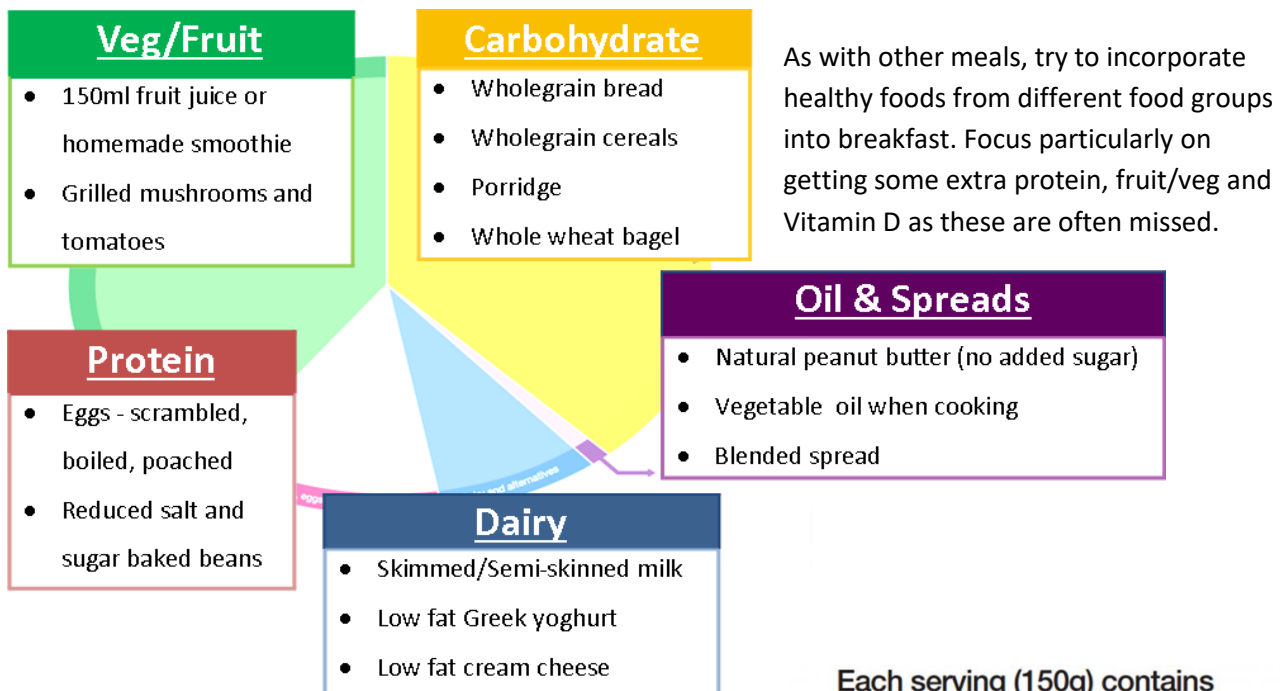


- Try drawing out a timetable for your children so that they know what activities are coming when. Add TV and screen time to the timetable to help keep these to a minimum
- Make creating the timetable into a game by writing activities on pieces of paper and putting them in a hat/bag/bowl, take turns at picking the next activity out
- Aim for your child to have **regular eating times** with 3 meals and 2-3 snacks to avoid grazing throughout the day. Sometimes unhealthy eating can result from boredom; ensure there are healthy snacks available

07:30 Healthy Breakfast

Breakfast is an important meal of the day to get in many essential nutrients such as calcium and iron, and also a chance to get one of your **5-a-day**.

A healthy breakfast is important to keep you full up for longer, helping you to concentrate on learning, and avoid feeling hungry mid-morning. Opt for high fibre breakfast choices, as fibre fills you up and helps you go to the toilet regularly. Choose wholegrain cereals/bread or porridge. You can also get fibre from fruit. Why not try adding some to your porridge or with yoghurt.



Skipping breakfast can have an effect on what you eat the rest of the day, making you feel hungrier and more likely to eat treats high in fat and sugar. This can result in missing out on key nutrients.

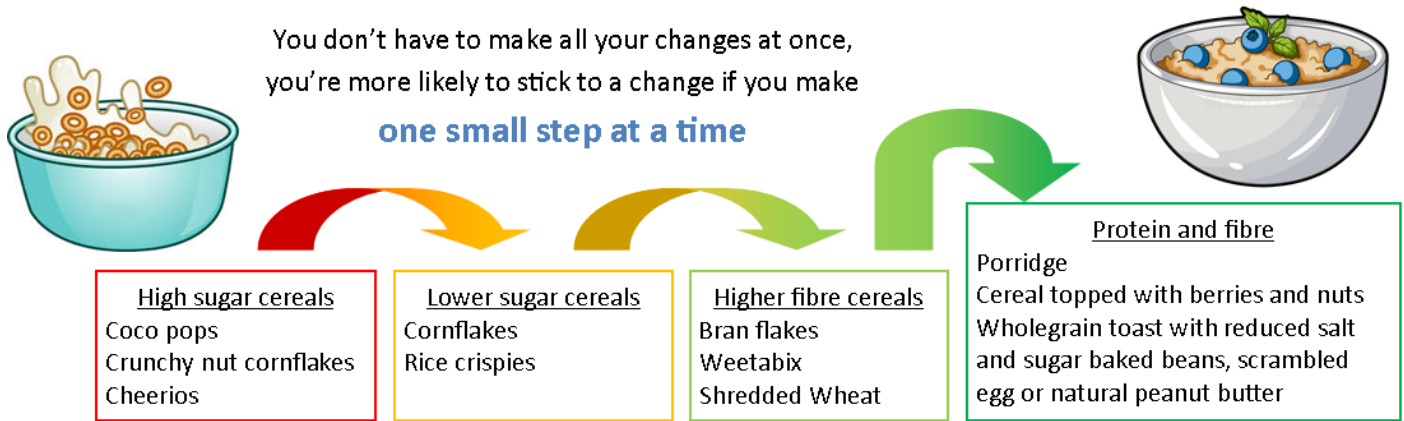
Try making extra time for breakfast in your schedule by getting up earlier, and build up an appetite each day by starting with something small like a piece of fruit or one slice of toast.

Each serving (150g) contains

| Energy | Fat | Saturates | Sugars | Salt |
|-------------------|--------------------|--------------------|--------------------|--------------------|
| 1046kJ 250kcal | 3.0g LOW | 1.3g LOW | 34g HIGH | 0.9g MED |
| 13% | 4% | 7% | 38% | 15% |

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Use **traffic lights** when choosing breakfast cereals. Try to pick ones that are lower in sugar and salt. Watch out for cereal bars or biscuits, which are marketed as being healthy but can be very high in sugar.



10:00 Daily exercise

- Being active reduces stress, **increases energy levels**, can make us more alert and help us sleep better. Most physical activity for children takes place around school e.g. P.E. or playing at lunchtime. Explore different ways to make up for this whilst being at home. Understand that activity levels may decrease and therefore food intake may need to decrease along with it
- Get outside for a form of exercise once a day, but remember only do it with the people you live with, and stay 2m away from others at all times. Try to combine outdoor activities into a lesson, such as a nature walk with a list of things to find
- Take a **vitamin D** supplement each day. Although we can get some vitamin D from foods such as salmon and fortified breakfast cereals, our main source is the **sun**. As we are inside more than usual at the moment it is recommended to take a 10 microgram supplement of vitamin D every day. You can get this from a chemist or the supermarket
- Have **exercise snacks** – short burst of activity throughout the day all add up. Try 10 minutes of dancing, 5 minutes of skipping or anything that gets your heart rate up. Have a look at Change4Life [10 minute shake up](#) for ideas



- Start a daily fitness challenge. Note down how many star jumps/burpees/tuck jump/etc you and your child can do in a minute, try and beat your personal best every day
- Create a **treasure hunt** around the house. Hide clues for your children to decipher, this keeps their minds and bodies active



- Utilise apps on your phone to keep track of your steps and increase each week. Or take advantage of yoga/fitness/dance videos online, find something you and your family enjoy doing that gets your heart rate up: [Cosmic Kids Yoga](#), [P.E with Joe](#), [CBeebies Andy's Wild Workouts](#), [KidzBop](#), [Dance with Oti Mabuse](#)
- Try **virtual play dates**. If you have the facilities to, arrange a video call play date for your children and their friends
- Or visit the [CLCH School Nursing website](#) to try out a full exercise routine suitable for young children (select from the primary school resource drop down)



10:30 Connect with others

- Staying at home, especially if you live on your own, can feel lonely. Find creative ways to keep your children engaged with their friends, family, and others to help you (and them) feel more **connected** and **supported**
- Explore ways of connecting from your own home such as over the phone, social media, or video-chat. Young children love to use technology to develop their understanding of the world so why not also use it to reach out to the wider community so that your children feel their friends are still around and that family members are also safe and well at their homes. Any contact from sharing a cup of tea over video, playing an online game together, or simply sending a supportive text-message
- Remembering to **stay safe online** is important – talking only to those you know. For some useful tips on internet safety access the [NSPCC website](#)



11:00 Trip to the supermarket:



- Remember to practice social distancing rules at all times when out and follow rules currently implemented by supermarkets such as standing 2m apart in queues
- Be **flexible**, if you can't find fresh fruit or vegetables, try frozen or tinned. Make sure fruit is tinned in fruit juice and not syrup, to cut out excess sugar
- If there is no meat, try **vegetarian** sources of protein such as lentils and beans. These can be bought tinned or dried
- Whilst the usual staples of pasta, bread, eggs etc. may not be there, **challenge yourself** to cook a new recipe with some of the more unusual items left behind
- Try the world foods aisle. You may find alternative versions of your favourite items e.g. rice, curry sauce, noodles
- Don't panic if the shelves are empty. Retailers are now responding to the increased demand and beginning to stock the products at a faster rate; whilst also placing limits on the total amount people can buy, to ensure there is enough for everybody





12:00 Lunchtime

Under the current restrictions of the Covid-19 pandemic it can be difficult to maintain a healthy diet, below are some tips to help you through this difficult time. For some more recipe ideas, visit the [CLCH School Nursing website](#) (select Primary School Resource from the drop down).

The EatWell Guide



1. Fruit and vegetables

Good source of vitamins, minerals and dietary fibre. Aim for 1/3 of your plate to be fruits and vegetables.

2. Potatoes, bread, rice, pasta and other starchy carbohydrates

Good source of nutrients, energy and fibre. Some people think starchy food is fattening, but gram for gram it contains less than half the calories of fat.

Why choose wholegrain?

Wholegrain food contains more fibre than white or refined starchy food, and often more of other nutrients. We also digest wholegrain food more slowly so it can help us feel full for longer. Wholegrain food includes: wholemeal and wholegrain bread, pitta and chapatti, whole-wheat pasta, brown rice, wholegrain breakfast cereals and whole oats.

3. Beans, pulses, fish, eggs, meat and other proteins

Source of protein, vitamins and minerals; therefore, it's important to include some foods from this group. Protein is used by the body for growth and repair. Aim to have 2 portions of fish a week. Try having some meat free days each week – check out our recipes for examples.

4. Dairy and alternatives

Dairy includes milk, cheese, yoghurt, and cream cheese as well as non-dairy alternatives to these foods (for example - soya and nut milks). Good source of protein, vitamins and calcium — essential for strong teeth and bones. When buying dairy alternatives, go for unsweetened, calcium-fortified with added vitamin B12, iodine and vitamin D versions.

Aim to eat a variety of dairy foods. Some dairy products like cheese and flavoured yoghurts can be high in fat, sugar, or salt. Choose lower fat, salt and sugar options wherever possible. Semi-skimmed, skimmed, or 1% milk are lower in fat than full fat milk, but still contain the same amount of calcium and protein.

5. Oils and spreads

Use these products sparingly as they're high in fat. Although some fat is essential in the diet, generally we consume too much and need to reduce our consumption of certain types of fat

Saturated fats - Saturated and trans fats can increase the amount of cholesterol in your blood. Too much cholesterol can have a serious effect on your health as it increases your risk of having a heart attack or stroke. Saturated fats are usually found in animal products such as chicken skin and butter; but they are also found in palm and coconut oil, cakes and biscuits. Wherever possible replace saturated fats with small amounts of unsaturated fats.

Unsaturated fats - Unsaturated fats are usually found in plants and provide essential fatty acids and can help you maintain healthy cholesterol levels. Examples include: olive oil, nuts and avocados.

6. Foods high in fat, salt or sugar

Foods and drinks that are high in fat, salt or sugar and low in nutritional value aren't required for a healthy balanced diet. This includes chocolate and sweets, cakes, biscuits and pastries, sugary drinks, savoury snacks. These types of foods can be enjoyed occasionally in small portions as part of a healthy diet, however, most people eat too much of these too often. This can lead to an increased risk of obesity, high blood pressure and tooth decay.

7. Water and other drinks

Drinking plenty of fluid is essential to keep our bodies hydrated and working properly. Water should always be your first choice of drink. Limit juice, smoothies, squash, fizzy drinks and other high sugar drinks.

Me size portions

It is important to give your child the right amount of food for their age. Give them smaller portions than you would for yourself, and try using a smaller plate. As a rough guide you can use hands to measure portion sizes. Use the hand of the person eating to measure: as many vegetables as can be picked up in both hands, a palm sized portion of protein, and two fists of starchy carbohydrate for each meal.

13:00 Afternoon activities



Cooking

- As many cafes, restaurants and takeaways are closed, it allows an opportunity to cook healthy meals at home. Get children to help prepare a healthy lunch or dinner. This can be a learning opportunity to teach them a new skill in the kitchen
- Get **creative** with recipes, try something new like baking your own bread and get the children involved. [Cbeebies My World Kitchen](#) features some child friendly international recipes
- Find recipes based upon the ingredients you have at hand: [BBC Good food](#), [Supercook](#), [Epicurious](#)
- Try making your own pasta sauces, dips or spreads such as hummus instead of buying ready made
- Utilise alternative grains, e.g. barley can be used in a risotto instead of rice; quinoa can be used instead of couscous; have a wrap instead of a sandwich
- Try versatile recipes such as stews, casseroles, soups and stir fries using whatever you have in hand at the time
- Try not to waste food, heat up leftovers the next day for lunch, and reuse foods into new recipes such as omelettes, fishcakes or bubble and squeak
- If you are working from home, take advantage of the extra time in the morning to prepare a hot breakfast: porridge, baked beans on whole wheat toast; a vegetable omelette
- Visit [Change4Life](#) and [Veg Power](#) for recipes ideas, information on healthy eating, games and activities. Or apps such as [Veggie Run](#)



Planting

- Planting seeds and watching them sprout and grow is always a rewarding activity to do with your children. You don't need a garden; a few simple supplies, available in supermarkets, are all you need to get you started. Pop some multi-purpose compost in a plant pot, plastic cup or old yogurt pot, sprinkle the seeds in and cover with compost. Or [get creative](#) using whatever you have available
- Encourage your child to take responsibility for making sure the plant has enough water and sunlight, and challenge them to record what happens to the seed each day. They could take photos, measure the height to record in a graph, draw pictures or write updates.



Encourage your child's interests

One of the best parts about educating your child at home is that you can **harness** their natural **enthusiasm** for a given subject.



Are they crazy about LEGO? Challenge them to find out when LEGO was invented, by whom and how it became so popular

Do they love singing and dancing? Challenge them to write and perform their own songs, or even create a music video.

Are they crazy about science? Challenge them to put together a demonstration or presentation about their favourite scientist

Computer Coding

- This may sound complicated but there are lots of free websites out there for children to help them understand how coding works. One of our favourites is [Scratch](#). Children can program their own interactive stories, games and animations, whilst learning a bunch of key skills along the way
- If you're interested in practical computing and want to get your children doing something a bit more hands-on, you can't go far wrong ordering a [BBC micro:bit](#). These cheap, compact, programmable devices include LED lights, buttons and sensors, all of which can be programmed with Scratch, or via the micro:bit online programming app. The website has loads of brilliant programming projects for children, too





17:00 Dinnertime

Meal times are an important part of the day, providing children with the nutrients and energy needed to grow strong and healthy. It's also a time when they can learn to socialise and communicate, while parents can role model healthy habits.

Healthy habits for happy meal times

1. Have meals at similar times each day to get into a routine
2. Sit at the table and eat together. This is a chance to role model healthy eating as well as socialising as a family
3. Remove distractions such as TV, electronic devices and books
4. Slow down. Take your time (around 30mins) when eating meals and snacks and chew well
5. Involve your child in food preparation such as chopping, grating, mixing or setting the table
6. Offer your child a healthy varied diet with appropriate portion sizes
7. Children's food preferences can change daily so keep offering new foods as well as family favourites



Fussy Eating

Children have a great ability to know when they are hungry or full. Forcing your child to eat or expecting them to eat when they are not hungry is not recommended.

As a parent, you choose: What foods are offered, When food is offered, Where food is offered (no distractions).

As the child they choose: How much to eat, If they will eat by listening to their bodies.

Using bribes such as 'If you finish all of your vegetables you can have an ice cream' are not recommended as this will teach children that ice cream is 'better' than vegetables. Offer your children a varied diet and accept that their hunger will vary from day to day. Children may need to try some foods around 20 times before they begin to like them. Try preparing certain foods with different flavours and cooking techniques, the same vegetable will taste very different roasted, mashed or steamed. Lead by example and follow the same healthy diet yourself.

If your child won't eat the food that you have offered do not make more food! Allow them to eat as much or as little as they want and then remove the plate. To reduce food waste you can save leftovers. If your children keep asking for foods outside of meal times phrases such as 'the kitchen is now closed' can be useful to help create a meal time routine.



18:00 Evening

Relaxation

- Relaxing and focusing on the present can help improve your mental health and lighten negative feelings. Try meditation, prayer, or breathing exercises to see what helps
- Sometimes we can be so tense that we do not even remember what being relaxed feels like. Progressive muscle relaxation teaches you to recognise when you are starting to get tense and how to relax.
- Try out some relaxation techniques at: [CBeebies](#), [Parents with confidence](#), [Mom Junction](#)



- Take the time to **talk** with your children about any worries they are having, they might have seen things on the TV or internet which they may not fully understand
- Try to **stay positive** and focus on the fact that this will eventually pass
- Talk with older children about the anxiety they may feel over having their exams cancelled
- Try to maximise **outdoor time**, visit the park or green spaces. Try to eat meals outside, or go for short walks to break up the day now the weather is better
- Visit [Every Mind Matters](#) for more support

20:00 Bedtime



Reading Stories

- Daily reading is a key part of your child's education and something that you should continue to do if they are home learning. Both reading to your child and having your child read to you is something that should be done on a regular basis
- Wind down before bed by limiting using your phone, tablet, computer or TV for an hour before bedtime. You can also switch devices to night mode. Here are some links to bedtime stories to support a healthy calm sleep: [CBeebies](#), [Student UK](#), [Sooper Books](#)



- You could encourage your child to act out the story once it is finished, or create a puppet show (shadow puppets are great for this) to retell the story they have just read

Improve your sleep

- Feelings of uncertainty and changes to daily life may mean you have more difficulty sleeping
- There is a lot you can do to improve your sleep. Aim to go to bed and get up at the same time each day, even at the weekend if you can, and try to get some natural sunlight (by opening your curtains and windows) where possible. This helps to regulate your body clock which can help you sleep better

GENERAL TIPS FOR HAVING HEALTHY SLEEP HYGIENE¹⁴²

| | |
|--|--|
|  <p>Go to bed and wake up at the same time every day (even on the weekends!)</p> |  <p>Don't go to bed feeling hungry, but also don't eat a heavy meal right before bed</p> |
|  <p>Avoid caffeine consumption (e.g., coffee, soft drinks, chocolate) starting in the late afternoon</p> |  <p>Develop a relaxing routine before bedtime – ideas include bathing, music, and reading</p> |
|  <p>Expose yourself to bright light in the morning – sunlight helps the biological clock to reset itself each day</p> |  <p>Reserve your bedroom for sleeping only – keep cell phones, computers, televisions and video games out of your bedroom</p> |
|  <p>Make sure your bedroom is conducive to sleep – it should be dark, quiet, comfortable, and cool</p> |  <p>Exercise regularly during the day</p> |
|  <p>Sleep on a comfortable mattress and pillow</p> |  <p>Don't have pets in your bedroom</p> |

Getting help



If you are struggling to get enough food for yourself and your family, there are a number of foodbanks in London who can provide a 3 day emergency food parcel and extra assistance. Referrals can be made by doctors, health visitors, social workers, Citizens Advice Bureau, police and some charities. The first step is to get in touch with a foodbank and they can start the process of support.



[Find a foodbank near you](#)

Free helplines and online support groups:

Young Minds - The UK's leading charity fighting for children and young people's mental health

ChildLine - Childline is the UK's free helpline for children and young people. It provides confidential telephone counselling service for any child with a problem. 0800 1111 (24 hours)

Samaritans - 116 123 (24 hrs 7 days a week)

Papyrus - UK Charity for the prevention of young suicide. 0800 068 4141 (open 10am-10pm weekdays, 2pm-10pm weekends and bank holidays)

NHS Anxiety in children

OCD support during Covid-19

Other Mental Health and Coronavirus Resources:

Mind - Coronavirus and your wellbeing

Mental Health Foundation - Looking after your mental health during coronavirus outbreak

Get in touch:

If you have any concerns or would like health promotion advice, you can contact the School Nursing team in your borough Mon-Sun 9am to 5pm by telephone or email

Barnet - 020 8200 2500 option 1 Clcht.childhealthInformationhub@nhs.net

Brent - 020 8102 4900 Clcht.brent0-19Admin@nhs.net

Ealing - 020 8102 5888 Clcht.ealingadminhub@nhs.net

Hammersmith and Fulham - 020 8200 2500 press option 2 Clcht.childhealthinformationhubkcwf@nhs.net

Merton - 0208 102 3350 Clcht.hcpadminmerton@nhs.net

Richmond - 0330 058 1679 Clcht.0-19wandsworthandrichmondadmin@nhs.net

Wandsworth - 0330 058 1679 Clcht.0-19wandsworthandrichmondadmin@nhs.net

Continue to follow Government advice on Covid-19 (<https://www.gov.uk/coronavirus>)

For any health concerns around covid-19 please refer to the online 111 tool (<https://111.nhs.uk/covid-19>) or contact 111