

# Top Tips on Keeping Healthy in Lockdown

## KEEP ACTIVE!

Kids need to do at least 60 minutes of activity a day to help them stay happy and healthy. Playgrounds and parks remain open at present and you are free to leave your home for exercise locally. 10 minute bursts of activity are great to boost everyone's mood — check out the 10 Minute Shake Ups on the **Change4Life** website.



## EAT WELL

Being more confined to our homes increases the temptation for children to snack throughout the day. Be disciplined with 3 meals a day at regular times and cut down or swap unhealthy snacks for something like fruit. If you have a fussy eater now is a great time to get them helping with healthy meal planning and preparation, as this can help combat their dislikes. Look up the **NHS Eat Well Guide** for great recipes



## KEEP HYDRATED

Keeping our fluid levels up is so important to enable our bodies and minds to function at their best, and water is by far the best source! Children may not remember to drink water or fluids by themselves, so it is important to provide ways to encourage regular drinking. Sticker charts may help with reaching recommended targets —

**At least 1.2L or 6-8 glasses/day for primary aged kids.**

## STICK TO A ROUTINE

Despite being in lockdown it is important to create a routine and structure to the day. Children feel secure knowing what is coming next, and knowing they have time out to relax from home schooling or other expectations on them.

You could try making a 'storyboard' timetable of the day to refer to and keep on track, including important exercise slots!

## GET QUALITY SLEEP

Sleep plays a vital role in good health and wellbeing. Getting enough quality sleep helps protect mental health, physical health, quality of life and safety. In children, sleep helps support growth and development and a good night's sleep can improve learning. Ensure your children stick to a good bedtime routine in lockdown with a calm comfortable environment and it is important to establish a **screen-free** hour before bed.

## LOOK AFTER EMOTIONAL WELLBEING

Changing rules and routines can be confusing for children. Try to be a positive role model to help them learn how to manage in uncertain times. Take time out for regular play, cuddles, singing, dancing, or whatever makes you feel happy together! Try getting children to write down things they are grateful for, or things that have made them feel proud or happy recently. Make time to ask your children how they are feeling. Keeping channels of communication open is so important for children to know they can come to you if they are feeling down or scared.

## TAKE TIME TO SWITCH OFF

You might want to consider limiting the time you spend watching, reading, or listening to coverage of the outbreak, including on social media, and ensure children aren't hearing too much negative news. You could set yourself a specific time to read updates or limit yourself to a couple of checks a day. Try clearing your mind by heading to nature —listen to the birds, observe the cloud patterns in the sky or smell the scent of some flowers, kids will love doing these things too!



## SEEK SUPPORT



For many parents going into a stricter lockdown may feel overwhelming. If you are struggling, make sure you reach out to somebody and talk about how you are feeling. This could be a loved one, your GP, your employer or a mental health organisation.

**Positive Minds** is a free mental health drop-in service in Portsmouth that can offer great support for Adults. If you are worried about your child's mental wellbeing consider calling 111. For children age 11-18 who may be struggling at this time then look up the excellent free online counselling service called **KOOTH**.

## KEEP SOCIAL CONNECTIONS

It can be very difficult being apart from loved ones, especially for children. Try to keep in regular contact using phone or video calls if you can. Writing letters or sending cards might be a nice change if you're feeling tired of video calls, and a good excuse to walk to the postbox!

**Your new School Health Nurse (Zoe) is available mon-fri to discuss any health or wellbeing issue you have concerning your child — contact your school admin team and they can put her touch.**

There is also the free school nursing text messaging service for advice, **PULSE** — text number 07491163276.