

Families Health & Wellbeing Service
0-19 Newsletter - Issue 18
(Spring/Summer Edition)

Welcome to the 18th Edition of the 0-19 Service Newsletter for Staffordshire (County)!

In this edition, we have included articles on the following topics:

- Safer Sleep Advice**
- School Readiness**
- 0-19 Podcast Series**
- Emotions & Feelings**
- Screen time for under 5's**
- Social Media & Online Safety**
- Is Your Child's School Asthma Friendly**
- The Child Accident Prevention Trust Parents Pack 2026**
- Mental Health Support**
- Family Hubs**
- Service User Feedback**
- Useful Information**

We would like to thank everyone who has contributed to this newsletter with articles and service information. You can find our previous newsletters on the MPFT website at: [Newsletters :: Midlands Partnership University NHS Foundation Trust \(mpft.nhs.uk\)](https://www.mpft.nhs.uk/newsletters). You will find lots more information and advice on a range of topics to support the physical and emotional health and wellbeing of you and your family.

We hope you enjoy this newsletter and wish you a safe and healthy summer.
Thank you and take care,

**Zoe****Kathryn****Kate****Dawn****Gemma**

The basics of safer sleep

the lullaby trust



Always place your baby on their back to sleep



Keep their cot clear



Use a firm, flat, waterproof mattress



Safer Sleep Saves Lives!

You may have seen recent media coverage about baby sleep advice.

While we still don't fully understand what causes Sudden Infant Death Syndrome (SIDS), we do know that following safer sleep advice significantly reduces the risk.

This advice remains clear, consistent and evidence-based. For every sleep – day or night:

- ✓ Always place your baby on their back
- ✓ Use a firm, flat, waterproof sleep surface
- ✓ Keep the sleep space clear of loose items

If you come across advice that feels confusing or contradictory, seek reassurance from trusted, reliable sources such as your health visitor, midwife, or check out The Lullaby Trust website here [Safer sleep overview | The Lullaby Trust](#)

the lullaby trust



Keep your baby smoke-free



Avoid your baby getting too hot



Sleep your baby in the same room as you, for at least the first six months

READY, SET, SCHOOL!

Helping Your Child Feel Confident for Their First Day

Starting school is a big step, for your child and for you. It's an exciting time full of new friends, new routines and new experiences, but it can also feel a little overwhelming at first.

If your child is starting nursery or school in September, now is the perfect time to start practising everyday skills at home, as this can really boost their confidence.

Here are some simple skills to practice and useful links to check out:

- Using a knife and fork [How to Use a Knife and Fork - YouTube](#)
- Taking turns and sharing with others [Learning to Share | Bluey, Bing, Hey Duggee & Friends | Compilation | CBeebies](#)
- Using the toilet independently [The Potty Training Guide - Starting Reception](#)
- Getting dressed and looking after their belongings [How to Put Socks On](#)
- Brushing teeth twice a day [The Children's Toothbrushing Guide - Starting Reception](#)
- And lots more tips and activities for parents here [Skills for starting school - advice for parents](#)

You don't need to do everything at once, even practising one or two of these regularly can really help your child feel more confident and ready for their first day. Watch MC Grammar's 'Steps for School' song with your child for a fun way to start to practise everyday skills together <https://youtu.be/yfSNhfivgT8>

💡 **Top tip:** Turn practice into play! Role play school routines, make tidying up a game, or let your child "show you" how grown-up they can be.

Every child develops at their own pace, and that's absolutely okay. The most important thing is helping them feel safe, supported and excited about their new adventure.

For more helpful tips and resources, including advice for children with additional needs visit: [Home - Starting Reception](#)

If you're looking for specific support to help your child become more independent with toileting, parents and carers in Staffordshire can access free virtual sessions led by experienced Health Visitors. Just click here to find out more: www.mpft.live/cde

Giving your child a little support now can help make their start to school a happy and positive experience.

**Check out our new
podcast episodes!**

**Since our last
newsletter, we've
released two new
episodes in our 0-19
Podcast Series:**



Protecting Your Child Through Vaccination [Protecting Your Child Through Vaccination](#)

Health Visitors Stacey and Carol discuss how vaccinations protect children from serious illnesses such as measles, meningitis, polio and whooping cough. The episode covers how vaccines work, why the national schedule can change, common myths, and how to manage possible side effects.

Teenagers and Vaping [Teenagers & Vaping](#)

Caroline is joined by Paul from Everyone Health Staffordshire to explore the growing issue of vaping among teenagers. They share the facts, challenge common myths, offer practical advice on starting supportive conversations, and explain what parents, carers, schools and professionals need to know to help young people make safer choices.

<https://www.mpft.nhs.uk/services/health-visiting-and-school-nursing/staffordshire-clinics/what-we-offer/podcasts>

Emotions and Feelings



Strong emotions like anger, sadness, fear, and frustration can influence our behaviour and decision-making, often before we're even aware of them. When this happens, it can lead to unhelpful reactions and leave us feeling worse.

Below are links to short videos to explore how emotions can shape our behaviour and where this cycle can lead

Young people 11-19 https://youtu.be/MViZ_BLKqhk

Children 5-11 <https://youtu.be/-9e-z0gP8k0>

If you or your child find it difficult to understand and manage emotions, the Where Will It End? guide offers practical support. Included within the guide are parent/carer resources to help guide conversations and alternative ways for children to communicate how they are feeling.

Download it here:

<https://violencereductionalliance.co.uk/wp-content/uploads/WWIE-Guide-1-1.pdf>

**NSPCC**

Social media and Keeping your Child Safe Online

Children and young people use social media to connect, learn, and express themselves. While these platforms can support creativity and communication, they also carry risks that can affect emotional wellbeing and safety.

Constant exposure to opinions, comparisons, and online content can lead to stress, anxiety, or feeling overwhelmed. Negative comments, misinformation, and unrealistic portrayals of life can further increase these pressures.

Key risks include:

- **Unwanted contact from people children don't know**
- **Exposure to inappropriate content through messages, groups, or algorithms**
- **Unrealistic body image and standards created by filters and edited posts**
- **Pressure from likes and comments, affecting self-worth and confidence**

Encouraging open conversations, healthy boundaries, and regular breaks can help children use social media safely.

For more advice, visit the NSPCC:

 [**https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/**](https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/)



Child's School Asthma Friendly?

Asthma is common in children, and schools play an important role in keeping pupils safe and well.

The Asthma Friendly Schools Programme brings together the NHS, schools, and Local Authorities to improve how asthma is managed in primary and secondary schools. The programme helps schools put simple, effective policies in place so staff can recognise symptoms, respond quickly, and support pupils to manage their asthma confidently.

If you're unsure whether your child's school is asthma friendly, ask them about it. Schools that would like to register for the programme can contact their local Asthma Friendly Schools Programme team for more information.

asthmafriendlyschools@staffsstoke.icb.nhs.uk

If your child has asthma, please make sure their inhalers are working correctly, are in date, and have enough doses remaining on the dose counter. This helps keep them safe and well at home, at school, and when out in the community.

Don't forget you can also listen to the **FREE MPFT Asthma Podcast from the 0–19 Service. In this episode, Caroline talks with Sadie, a children's respiratory consultant nurse, about what asthma is, common symptoms, treatment, the importance of Personal Asthma Action Plans, and the 'Count It Out' method.**

Sounds interesting? Tune in to find out more. Listen now: <https://ow.ly/26I550TMHTU>

Asthma Friendly Schools Programme

Is your child's school asthma friendly?

The Asthma Friendly Schools Programme brings together NHS, schools and Local Authorities to manage children and young people with asthma at primary and secondary schools.

Through training, schools can ensure children and young people with asthma are safe within an asthma friendly environment. It will also:

- Increase confidence among school staff in asthma management
- Improve the quality of life for children with asthma in school
- Reduce absences due to asthma
- Improve partnership working between schools and the NHS



Together we can work to reduce harm and improve the quality of life for children and young people.

By completing the programme, the school will have the following in place:



A register of children with asthma



A care plan for each child with asthma



An asthma policy



Emergency inhaler kits in school



Whole staff training

To find out more about the Asthma Friendly Schools Programme, visit www.transformationpartners.nhs.uk/resource/london-asthma-toolkit/schools/asthma-friendly-schools

If your child's school would like to register on the programme, they can contact asthmafriendlyschools@staffsstoke.icb.nhs.uk

Keep your child safe and check out the updated Parent's Pack for 2026!

The Child Accident Prevention Trust has released their updated Parent's Pack for 2026. It's full of bite-sized facts and practical safety tips on the most common accident risks for children, helping families make small, simple changes that fit easily into busy everyday routines.

👉 Get your copy here:

<https://capt.org.uk/resources/parents-pack/>





Mental Health Support

Pregnancy and becoming a parent can be a joyful time, but it's also common to feel overwhelmed. These feelings are completely normal and can sometimes be difficult to manage.

Perinatal mental health refers to your mental wellbeing during pregnancy and up to two years after your baby is born. These experiences are more common than people often realise, but they're not always talked about openly. Support is available. You can speak to your Health Visitor, contact our Hub on 0808 178 0611 to talk with a friendly Health Visitor, or reach out to your GP.

Being aware of common symptoms of perinatal mental illness will give you the best chance of spotting it in yourself or someone you know

Young people and adults concerned about their mental health, or someone they care for can talk to someone to receive telephone support, advice or triage. If you live in North Staffordshire and Stoke-on-Trent, call 0800 0328 728 and press option 1.

If you live anywhere else in Staffordshire, call 0808 196 3002, alternatively call 111 and select the mental health option to speak to a trained professional. Support is available 24 hours a day, 7 days a week.

You are not alone, and help is there when you need it.

Perinatal mental health symptom checker

Signs you might need support for your mental health during or after pregnancy

Speak to your GP, midwife, or health visitor as soon as possible if you're experiencing any of the following:



Sudden, big, or constant changes in your mood or emotions



Thoughts or images about harming yourself or harm to your baby, especially if they are intense or violent



Feeling overwhelmed by guilt, shame or hopelessness



Struggling to bond with your baby or feeling detached from them



Finding it impossible to sleep or relax, even when your baby is sleeping

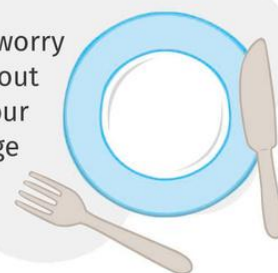


Thinking that you're not a good parent or your baby is better off without you



Seeing, hearing, or believing things that others don't

Frequent worry or fear about food or your body image



Remember: You know what's normal for you. If you don't feel right, speak to someone without delay. **Don't dismiss it as "baby blues".**



At least 1 in 5 will experience mental health problems around pregnancy. You are not alone. **Don't be afraid to ask for help.**

If you feel distressed or suicidal, visit your nearest A&E now



To read more about perinatal mental health scan this QR code or visit maternalmentalhealthalliance.org



Maternal Mental Health Alliance

Discover Everything Your Local Family Hub Has to Offer!

Do you know how to access all the fantastic activities and support available at your local Family Hub?

Family Hubs provide friendly, face-to-face support for families in a safe and welcoming space. They bring together help with health, parenting, money worries, and much more, all in one easy-to-access place.

To get started, find your nearest Family Hub using the links below and see how they can support you and your family.

Staffordshire

<https://www.staffordshire.gov.uk/children-young-people-and-families/family-hubs/find-family-hub>



Stoke on Trent

https://www.stoke.gov.uk/directory/5/family_hubs

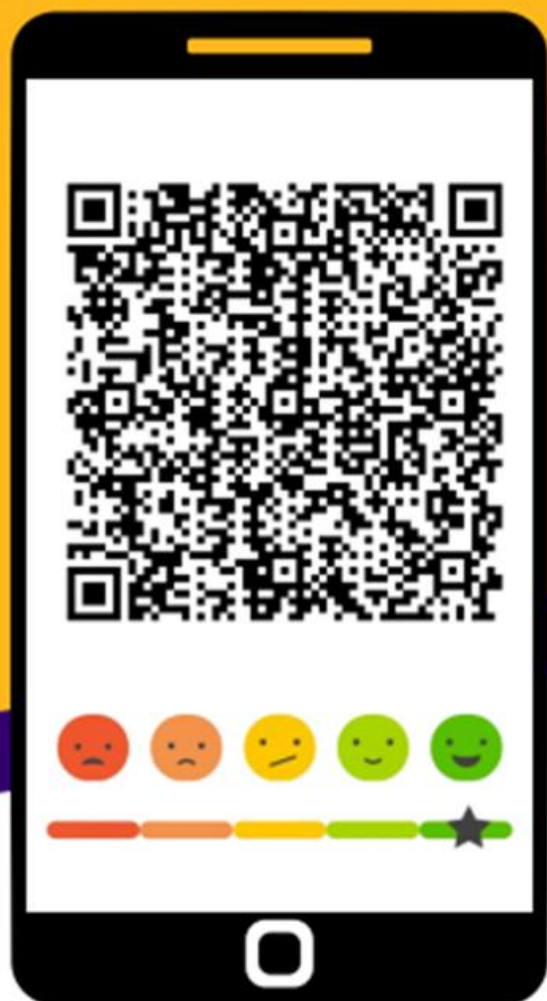


Customer Services

TELL US ABOUT YOUR

EXPERIENCE

Scan the code to complete
the feedback survey



Care Opinion is a place
where you can share your
experience of your care,
and help make it better for
everyone. Share your story.



If you are unable to scan the codes, please ask staff for other options

WELL BABY CLINIC GUIDANCE

FHWS 0-19 CaFSPA

0808 178 0611

Option 1



If you have a child aged 0-5 years, you are welcome to attend well-baby clinics. You may wish to discuss concerns around feeding, growth, development, behaviour, or well-being concerns for yourself or your child. We may offer advice, signpost you to our virtual groups/podcasts or to other services



If your child is ill please **DO NOT COME** to a WELL BABY clinic. If you are unsure whether to attend, you could speak with a Health Visitor by telephone on the CaFSPA number



Alternatively, you could consult your local pharmacist, use the Lullaby Trust Baby Check App, contact your GP surgery or telephone NHS 111



In an emergency **ALWAYS** dial 999

Scan
the QR code
to see details for
well baby clinics in
Staffordshire



Staffordshire County

<https://www.mpft.nhs.uk/services/health-visiting-and-school-nursing/staffordshire-clinics/well-baby-clinics>

Please do not bring your baby or child to a well-baby clinic if they are unwell

If your child is ill, you can try your local pharmacy first. They'll tell you if your child needs to see a GP. If your child has signs of serious illness, contact your GP surgery directly or take them straight to the A&E department of your local hospital. In an emergency always dial 999.

Pharmacies <https://www.nhs.uk/nhs-services/pharmacies/how-pharmacies-can-help/>

Baby Check App <https://www.lullabytrust.org.uk/safer-sleep-advice/infection-and-illness/baby-check-app/>

Free Virtual Sessions



NHS
Midlands Partnership University
NHS Foundation Trust

Families Health & Wellbeing Service (0-19)

Our friendly,
informal
sessions are
open to parents
and carers living
in Staffordshire



Getting Ready To Breastfeed

Amazing Babies, Amazing Brains



Safer Sleep

Moving Onto Solid Foods



Babbling Babies, Talking Tots



Toilet Training

You are welcome
to keep your
camera on or off
and just listen/
watch the
presentation if
you'd prefer,
there's no
pressure!

The sessions will be facilitated
by Health Visitors, who will
share information and aim to
answer any questions you may
have.



**Scan the QR code for more details
or visit mpft.live/cde to book**

Families Health and Wellbeing Service

NHS
Midlands Partnership University
NHS Foundation Trust



SCHOOL NURSE VIRTUAL DROP IN CLINIC



Hosted by School Nurses this is open to parents/carers and young people of Staffordshire. Takes place every Thursday between 3.30pm and 4.30pm, even during the school holidays.

The School Nurse is here to help children and young people, aged 5-19, feel healthy, happy and safe during their school years and get the best from their education.

- Scan the QR code, or type in the link <https://mpft.live/schoolnurse>
- Enter your contact details
- Wait in the private virtual waiting room (no one else will know you are waiting)
- Your School Nurse will let you in to the virtual room where your conversation can begin



If you need to speak to a School Nurse outside of these times please call the freephone number: 0808 178 0611 & press option 1

School Health Nurses are here to support children/ young people with any health or wellbeing concerns they may have. In addition to the virtual School Nurse Drop-in sessions there are a number of community Drop in sessions you can access too, see details in the link:

<https://www.mpft.nhs.uk/services/health-visiting-and-school-nursing/staffordshire-clinics/drop-schedule-5-19>

USEFUL INFORMATION

School Nurses and Health Visitors work with babies, children and their families to help improve their physical and / or emotional health and Wellbeing. Our Teams are able to help with a wide range of issues including health queries, emotional health and wellbeing concerns and can offer advice on parenting and behaviour strategies.

Young people in High School can also see their school nurse privately in school during term time (the school reception staff will be able to let you know what day a member of the team will be in) or check our schedule of drop ins on our website [schedule for drop-ins](#).

Our Website also has lots more information... why don't you take a look:
[Health Visiting and School Nursing: Midlands Partnership University NHS Foundation Trust \(mpft.nhs.uk\)](#)

Even when schools are closed, School Nurses can be contacted by young people or parents/ carers by getting in touch with them in our hubs:

CAFSPA Staffordshire (County) Hub

(covering East Staffs, Cannock, Lichfield, Rugeley, Tamworth, Moorlands, Newcastle, South Staffordshire, Stafford, Stone)

Freephone: 0808 178 0611

lines are available Monday to Friday 9am-5pm all year round excluding Bank holidays

Chat Health Text Messaging Service

Parents/Carers text: 07520 615722

For young people living in Staffordshire, **text 07520 615721**

Stoke-on-Trent (City) Hub

(covering all localities in Stoke-on-Trent)

Freephone: 0808 178 3374

lines are available Monday to Friday 9am-5pm all year round excluding Bank holidays

Chat Health Text Messaging Service

Parents/Carers text: 07312 277161

For young people living in Stoke-on-Trent, **text: 07520 615723**

Professionals can make referrals by telephoning the Hub or completing and emailing a referral form to: CaFSPA@mpft.nhs.uk

[Staffordshire Referral Forms](#)

THANK
you
😊

Thank you for reading our newsletter.

Next time we will showcase another part of our service and bring you lots more articles which we hope you will enjoy.

To help us do this, we would love to get your feedback so please let us know what you would like to see in our next issue by answering a few questions, which should take less than two minutes.

Scan this QR code to access the link, or contact one of our Hubs on:

0808 178 0611 CAFSPA Staffordshire (County)

or

0808 178 3374 Stoke-on-Trent (City)

Scan this QR code to access the link

