



Happy new year and welcome to your first digital update of 2019!

Find out below about new content on our three Healthy Together websites – [Health for Under 5s](#), [Health for Kids](#) and [Health for Teens](#), along with suggestions for how you can use and share the information not only with children, young people and families, but also with other professionals.

Look out for the next bulletin in March.

What's new on the Health for.... websites?



To support the teaching of sex and relationships education in schools, four short animated films have been created for Health for Teens, with supporting lesson plans aimed at Years 8 and 9 and linked to the PSHE Association's Programme of Study, available on request.

The four short videos cover the following themes:



- [Making friends](#)
- [Controlling behaviour](#)
- [Online bullying](#)
- [Consent](#)

The lessons plans and links to the animations have been sent to all secondary schools, and shared via the Headteachers' briefing and Leicestershire Healthy Schools website, but if school nurses could ensure that these have been received and encourage their use in school, that would be greatly appreciated.

If schools have specific feedback about lessons plans and videos, we'd also love to hear it.



We have worked alongside Leicester City Council and their '1000 Tweaks to Feeling Great' campaign to devise a [downloadable record chart](https://healthforunder5s.co.uk/sections/toddler/download-your-make-tweak-record-chart/) for Health for Under 5s.

Hopefully the record chart will support parents to make some positive, healthy changes to their toddler's lifestyle, and involve their little one in learning about healthy choices.



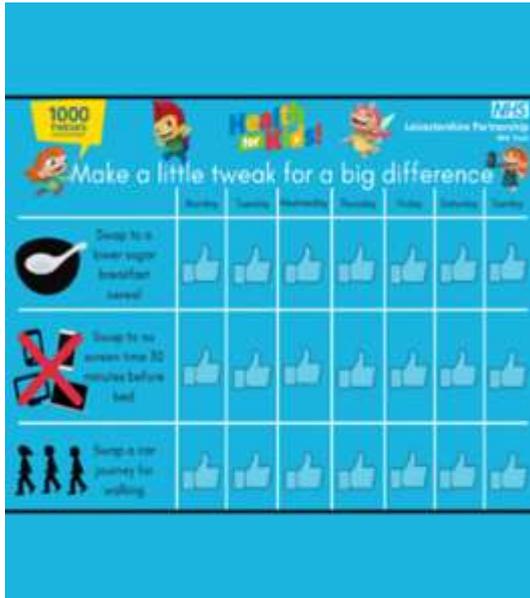
'[What is the newborn blood spot test?](#)' and '[Why does my baby need a hearing test just after birth?](#)' are articles that have been created to answer some of the common questions new parents may have just after giving birth.

Both articles run through what is involved in each testing process and why it is important that a baby has these tests done.



As with Health for Under 5s, we have also created a [downloadable record chart](#) within the parents section of Health for Kids to support parents to make some subtle tweaks to their child's lifestyle, making a difference now and for the future.

The record charts also reinforce the existing NCMP content available to view within the Health for Kids local area.



Parents and carers can download both a [pre-filled chart](#) with tweaks such as swapping a car journey for walking, and a [blank chart](#) which can be used to record a family's own tweaks and the progress made.

Please direct any parents/carers you visit to these charts, encouraging them to get involved in making positive, achievable tweaks that will benefit the whole family.



Do you have an idea for an article, quiz, survey, blog or short film that could be featured on Health for Teens, Health for Kids or Health for Under 5s? It's important that the websites reflect the advice and experience of our practitioners, and that we create content that fills any identified gaps, so please do get in touch. If your team is planning a particular event, we could publicise it via the local areas of the sites too.

Please drop an email to [Oliver Kyle](#), Digital Engagement Lead or contact [Rosie Huckle](#), Communications Manager for FYPC on 0116 2950802/ 0776 8538378.

Upcoming Campaigns



NCMP January/February 2019

With the National Child Measurement Programme (NCMP) running in January and February 2019, the parents section of Health for Kids has lots of information that you can signpost parents too. This will also be shared through our social media channels.

For example, this [article details exactly what the NCMP is](#) and explains its importance in identifying obesity levels in primary school age children.

The [downloadable 'Make a Tweak' record charts](#) (mentioned above) can be used to

promote how making changes to diet, lifestyle and exercise can be recorded in a fun and engaging way with children.

We also have suggestions for [healthy snack ideas](#), with easy to follow recipe videos that the whole family can get involved in, and an article about [exercise and physical activity](#), which explores why exercise is so important and some great ways of getting children active.

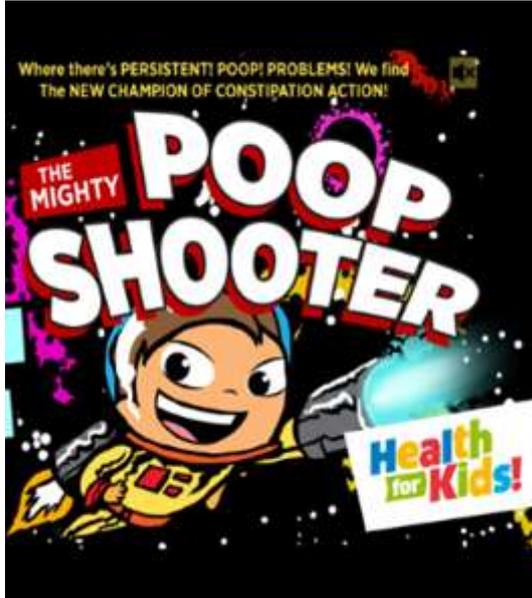
For further information or to get involved with any of our forthcoming public health campaigns, please contact [Rosie Huckle](#), Communications Manager for FYPC on 0116 2950802/ 0776 8538378.

Most popular articles



Throughout October, November and December, this Health for Teens [quiz about friendship and what kind of friend](#) you are received 2,384 views, with visitors spending an average of 2 mins 46 secs taking the quiz.

Can you think of any quiz ideas for Health for Teens? Quizzes are incredibly popular with our visitors so it would be great to think of some more we can upload in 2019.



During October, November and December, ['The Mighty Poop Shooter' game](#) was very popular with visitors to the website. The game was visited 5,996 times, with visitors spending an average of 2 mins, 19 secs playing it.

Making more of the games on Health for Kids is one of our priorities, with the creation of a dedicated games area on the website in the pipeline for the coming months!



An article offering tips and advice to parents when introducing solid food to their baby's diet was popular with visitors to Health for Under 5s during October, November and December.

'[Open wide! Baby's first foods](#)' received 147 page views, with visitors spending an average of 3 mins, 5 secs taking in the information provided.

Please remember to keep pointing parents and carers in the direction of Health for Under 5s, as well as to the Health for Under 5s [Twitter](#), [Facebook](#) and [Instagram](#) accounts, to help it grow and develop into a fantastic parenting resource.



We have created a number of social media accounts to help us publicise our Health for...

websites. Help us to boost our followers by sharing with friends and family as well as with service users.

The links to all of our Health for.... social profiles can be found below.

 [@HealthForTeens1](#)  [Health for Teens](#)  [Health for Teens](#)

 [LPTHealthyTogether](#)  [@HealthyTogethr](#)  [Health for Kids](#)

 [HealthforU5s](#)  [@HealthforU5s](#)  [@healthforu5s](#)  [Health for Under 5s](#)