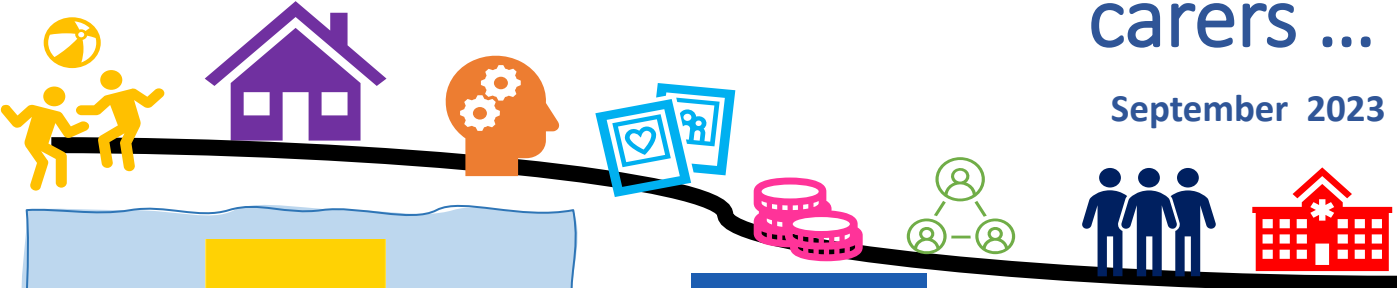


Healthy School News for parents &

carers ...

September 2023



As you may be aware from the news there have been a rise in dog attacks and potential future law changes which may have caused concern for parents and dog owners.

Dogs Trust are providing [free online masterclasses](#) about 'Living Safely with Dogs' and being 'Dog Smart' throughout October and November



We are aware that the COVID-19 pandemic may have caused some parents to feel less confident with assessing whether their child is well enough to be in school so we have laid out some information which we hope you will find help [Is My Child Too Ill For School?](#) School attendance is vital to the life chances of children and young people, being in school improves health, wellbeing and socialisation throughout the life course. The greatest benefits come from children and young people attending school regularly.



Better Health Start for Life **NHS**

Here to answer your breastfeeding questions, 24/7

For breastfeeding support, search **Start for Life** or scan the QR code

National Breastfeeding Week will be taking place from 18th - 24th September. This year will continue and build on last year's theme, 'Everyone has a part to play in helping mums to breastfeed'.

Schedule an asthma review for your child every year and after every attack

Speak to your GP or asthma nurse to schedule a review.

#AskAboutAsthma
11-17 September 2023

Free Courses for Parents!

All Parents in Wigan can access three free online courses provided by One Plus One aimed at reducing the harmful effects of Parental Conflict on Children. The courses can be found by following the link www.oneplusone.org.uk/parents Parents then simply need to select Wigan.



[Stoptober](#) is back this October with a new national campaign designed to encourage and support smokers to quit for good.

The theme for this year's campaign is 'When you stop smoking, good things start to happen' reminding smokers of the many benefits of quitting and providing useful tips to help them on their quitting journey. Smoking remains the single biggest cause of preventable illness and death. Since its inception in 2012, Stoptober has successfully helped 2.5 million smokers to make a [quit attempt](#)