



School Nursing Weekly Newsletter: Covid19 edition

If your child lives or attends school in London Borough of Hounslow and you would like to speak to the School Nursing Team during the **COVID-19 outbreak**, please phone 020 3691 1012 or email hrch.hounslow.schoolnurses@nhs.net for free confidential health advice and support between Monday – Friday 9am – 5pm.

School Nurses can offer health advice on Diet & Nutrition, Growth & Development, Physical activity, Toileting, Sleep, Managing Behaviour, Keeping a Routine, Allergies, Stress & Anxiety, Relationships and More!

This week's health message;

★ **Routine & Boredom Busters**

Routines help family life run smoothly and can help with children's behaviour. Talking about routines or involving children in creating them can help children understand and follow routines.



Top tips for routines:

- Plan routines for demanding times in the family day – e.g. mornings and bedtimes.
- Add some free time into your child's routine. This gives your child time for a sleep or rest, which can help with behaviour. It also gives them time to learn to entertain themselves.
- If you want to put time limits on some activities, like screen use, make this part of the routine.
- Link two or more activities together. This can help your child get through boring activities faster.
- Talk about routines with your child. Even toddlers can understand simple, consistent explanations.

Helping children stick to a routine:

- Put up an illustrated poster of your routine where everyone can see it. Making the poster with your child could be fun and give you the chance to talk about the routine.
- Think about whether parts of the routine can be your child's responsibility.
- Praise your child when (s)he follows the routine without help.





★ Find out more and visit;

- [Boredom Busters](#)
- [National Smile Month](#)

★ Try this at home;

Boredom Buster Activities

1. DIY jewellery
2. Modelling clay
3. Scavenger hunt
4. Movie night
5. Have a Lego building contest
6. Make ice cream
7. Fly a kite
8. Make handmade pizzas
9. Cinema party
10. Movie night
11. Visit your local parks
12. Themed day - Pirates, princesses, superheroes or cartoon favourites:
whatever your theme is, try not to step out of character.
13. Make gloop!
14. Paint rocks
15. Museums - virtual tours
16. Waterparks- make one with a paddling pool in the garden
17. Teddybear's picnic
18. Camping out in the garden
19. Stargazing
20. Make your own instruments
21. Water fight
22. Puppet theatre
23. Bread making
24. Obstacle course
25. Play Dress up
26. Paint plant pots
27. Rainbow rice - Put some rice into a food bag and then add to it
a teaspoon of food colouring and a teaspoon of vinegar.
Leave to dry.
28. Make your own playdough
29. Board game party
30. Make a den



★ Remember: Maintain a routine!

