

Staying well at home

During this very uncertain time it's important to prioritise all aspects of health, both mental and physical. Here are some simple tips to try to make the most of the time spent indoors.

Make sure you stay up to date with the latest government advice through the NHS website regarding self-isolating and social distancing at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

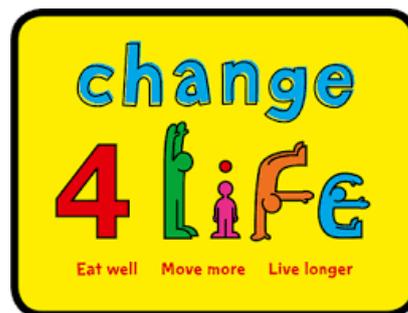
Hygiene:

- The best thing we can do to prevent the spread of Covid-19 virus is to follow good hygiene rules, take the time to teach your children correct handwashing technique and the importance of coughing/sneezing into a tissue or your elbow
- Visit <https://www.nhs.uk/video/pages/how-to-wash-hands.aspx> for guidance



Diet:

- Sometimes unhealthy eating can result from boredom. Ensure there are healthy snacks available
- Try to structure meals around Breakfast/Lunch/Dinner pattern with 2 snacks in between, avoid grazing throughout the day
- Understand that activity levels may decrease and therefore food intake may need to decrease along with it
- Get children to help prepare a healthy lunch or dinner. This can be a learning opportunity to teach your children a new skill in the kitchen



Exercise:

- Most activity for children takes place around school e.g. P.E. or playing at lunchtime. Focus on ways to make up for this whilst being at home
- Try to take frequent breaks to move around and get the blood flowing to your muscles and brain
- Utilise online resources such as Joe Wicks P.E. lessons on YouTube, and the Change4Life website <https://www.nhs.uk/10-minute-shake-up/shake-ups>
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- Create a game yourself based around bodyweight exercises such as star jumps/running on the spot, or anything that gets the heart rate up
- Get outside for a form of exercise once a day, but remember not to do so with any one other than members of your household
- Try to combine outdoor activities into a lesson, such as a nature walk with a list of things to find



Mental Health and wellbeing:

- Take the time to talk with your children about any worries they are having, they might have seen things on the TV or internet which they may not fully understand
- Try to stay positive and focus on the fact that this will eventually pass
- Talk with older children about the anxiety they may feel over having their exams cancelled
- Try to maximise outdoor time, visit the park or green spaces. Try to eat meals outside, or go for short walks to break up the day now the weather is better
- Try to keep a routine and structure to each day, such as wake up same time, then slots for lessons, outdoor time and exercise
- Visit <https://www.nhs.uk/oneyou/every-mind-matters/> for more support.

- You or your child can speak to a member of the School Nursing team to discuss any anxieties or worries you have via the contact methods below.

Get in touch:

- If you have any concerns or would like health promotion advice, you can contact the School Nursing team on 0208 102 3350 Monday and Friday 9am to 5pm or email clcht.schoolnursingmerton@nhs.net
- Continue to follow Government advice on Covid-19 (<https://www.gov.uk/coronavirus>)
- For any health concerns around covid-19 please refer to the online 111 tool (<https://111.nhs.uk/covid-19>) or contact 111 .