

THE LITTLE ORANGE BOOK

The little orange book contains advice & tips on how to manage common illnesses & problems that babies & young children often experience in the first 5 years of their lives. It also has information on more serious conditions & what to look out for & how to get help.



CATCH App is a free NHS health app for parents or carers of children aged 0-5. Download from the app store or google play.

Starting well is a service run by Health visitors who can sometime offer prescribing services. Please see website or Facebook for more information & session times/location across Northwich /Winsford.



Young minds offers free & confidential online & telephone support to anyone worried about the emotional & mental wellbeing of a child or young person up to the age of 25. Free parents helpline on 0808 802 5544 9.30am-4pm Mon-Fri.

PHARMACY – MINOR AILMENTS

Do you know pharmacies can give treatment advice about a range of common conditions & minor injuries such as, aches & pains, sore throat, coughs, colds, flu, earache, cystitis, skin rashes, teething, red eye & various other issues, speak to your local pharmacist for advice.

**Self Care well stocked
 medicine cabinet**

What does it cost to get your medicines cabinet in good shape to self-care?

All of the recommended items can be bought at your local pharmacy or on the high street. Take a look at our medicines cabinet – we bought all of these for under £10!



MINDFULNESS FOR CHILDREN—ACTIVITIES TO TRY

Busy

Go somewhere busy and look around you. This can be your school, your football club or your local shop. Notice people around you. Do they look happy? Is someone on their own? What would you say to them to encourage to join others?

Green

Go somewhere green (a garden, the woods, a community garden, for example) and discover the name of a plant, flower, tree or something green.

Make Peace

Bring to mind someone who has upset you lately, someone who is a little difficult. Send this last person a kind wish - something nice for them in their life. Check in with your mind and body as you conclude this practice. How are you feeling?

Quiet

Go somewhere quiet. describe different emotions. How does it feel when you are angry, happy or worried? Try visualising your emotions as colours, or types of weather.

Hot

Lie down somewhere comfortable. Practise mindful breathing. Count off on one hand as you breathe in and the other hand as you breathe out or putting your hand on your tummy to feel it moving in and out.

Heart

Before you start count your pulse for 10 seconds.

1. Walk up the stairs - then measure your heartbeat.
2. Hop on the spot and count to 15 - then measure your heartbeat.
3. run as fast as you can doe 10 second - then measure your heartbeat.

What do you notice?
Can you describe it?

The Clouds

You need partial cloud cover and a good breeze. Lie down outside and look up at the clouds (taking care not to look directly at the sun). Look out for shapes and notice how the clouds change as they move along.