

## Where to go for more information

Leeds City Council have a range of services for children, young people and parents. The websites have a range of advice, support, and information on local services.



**NHS**  
Providing NHS services

We can help you with **seven common conditions** without needing a GP appointment

- **Sinusitis** (adults and children aged 12 years and over)
- **Sore throat** (adults and children aged 5 years and over)
- **Earache** (children and young adults aged 1 year to 17 years)
- **Infected insect bite** (adults and children aged 1 year and over)
- **Impetigo** (adults and children aged 1 year and over)
- **Shingles** (adults aged 18 years and over)
- **Urinary tract infection** (women, aged 16 to 64 years)

Ask us for more information about this free NHS service

**Visit your Pharmacy First!**

### Children's Social Services - New to Leeds

<https://newtoleeds.org/childrens-social-services/>

### Home | Family Information Service Leeds

<https://familyinformation.leeds.gov.uk/>

### Children and families (leeds.gov.uk)

<https://www.leeds.gov.uk/children-and-families>



## A Parents Stay Well Guide

A Parent's Guide to:  
**Self-care at home for children aged 0-9 years**



## Did you know that you can use NHS 111 for children too?

NHS 111 can help if you have an urgent medical problem and you're not sure what to do.

### **For Under 5's**

Use the telephone service 24/7 by dialling 111.

### **For Over 5's**

You can call 111 or go online to <https://111.nhs.uk>



Depending on the situation you will: -

- Find out what local service can help you or get self-care advice.
- Be connected to a nurse, emergency dentist, pharmacist or GP.
- Get a face-to-face appointment if needed at an urgent care centre, GP or our emergency department.
- Be told to get any medicine that your child might need.

## Your Self-Care Essentials Checklist



- Thermometer
- Plasters
- Children's Paracetamol
- Antiseptic Cream
- Olive Oil
- Antihistamines

## A Parents Guide to **WELLBEING**



Around 1 in 8 children and young people experience behavioural or emotional problems growing up.



You know your child better than anyone so, if you're worried, first think if there has been a significant, lasting change in their behaviour.



It can be difficult to know if there is something upsetting a child or young person, but there are ways to spot when something is wrong.

NHS Online Advice: <https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

### Things to look out for

- ✓ Ongoing difficulty sleeping.
- ✓ Withdrawing from social situations.
- ✓ Not wanting to do things they usually enjoy.
- ✓ Self-harm or neglecting themselves.

Remember that everyone feels low, angry, or anxious at times. But when these changes last for a long time or are significantly affecting them, it might be worth seeking professional help.



## A Parents Guide to **BREATHING ISSUES**



Across the Winter months, many children can experience rapid or noisy breathing as winter viruses circulate.



If your baby is still having at least half of their normal feeds and making wet nappies, or your child isn't running a persistent high temperature, the symptoms will normally resolve on their own in 2-3 weeks.



Call your GP or NHS 111 if you are worried that your child is not being themselves, is feeding less than half of usual amounts, or has a persistent high temperature.

NHS Online Advice: <https://www.nhs.uk/conditions/bronchiolitis/>

### **When to go to the Emergency Department at Leeds General Infirmary**

You only need to go to the emergency department in the very rare event that your child has one of these problems, with breathing issues: -

- ✓ Goes blue on their tongue or lips.
- ✓ Has long pauses in their breathing, and/or has a fit.
- ✓ Is having severe breathing difficulty, gasping for long periods.



## A Parents Guide to **FEVER**



Fever is a natural immune response. If your child is still happy and playing, there is no reason to be concerned.



If they are distressed give them the recommended dose of paracetamol and see how they are in 1-hour. Most of the time this will be enough to avoid you having to see the GP.



If your child is under 3-months old, or the fever has lasted 5+ days, call your GP for advice.

NHS Online Advice: <https://www.nhs.uk/conditions/fever-in-children/>

### **When to go to the Emergency Department at Leeds General Infirmary**

You only need to go to the emergency department in the very rare event that your child has one of these problems, with a fever: -

- ✓ Blue or mottled skin.
- ✓ Very fast breathing.
- ✓ A rash that doesn't disappear when pressed.
- ✓ Has had a fit.
- ✓ Cannot be woken.

## A Parents Guide to **VOMITTING/DIARRHOEA**



Vomiting is very common and will normally stop within 1-2 days, as is diarrhoea which can last 5-7 days.



Children should stay at home and continue to eat when able and take sips of drink throughout the day. If your baby vomits a large amount post-feeding, try smaller feeds, more often, in a different feeding



If your child is making fewer wet nappies, has blood in their diarrhoea, has been vomiting for more than 2+days, or had diarrhoea for 7+ days call NHS 111 for advice.

NHS Online Advice: <https://www.nhs.uk/conditions/diarrhoea-and-vomiting/>

### **When to go to the Emergency Department at Leeds General Infirmary**

You only need to go to the emergency department in the very rare event that your child has one of these problems, with a vomiting/diarrhoea: -

- ✓ Vomit looks like coffee, is bright green, or there is blood in vomit.
- ✓ Has swallowed something poisonous.
- ✓ Has a stiff neck and pain when looking at bright light or has a sudden severe headache/or stomach pain.

## A Parents Guide to **HEAD INJURIES**



We all know that children get bumps and bruises, but head injuries are often more concerning.



Most minor injuries can be treated at home with an icepack held to the area for short periods of time, rest and paracetamol. It's normal to have a slight headache, feel sick for a couple of days, or be a bit sleepy. They can rest, but children should be supervised for 24-hours and avoid rough play and sports, in case of any change in symptoms.



If symptoms last more than 2-weeks see your GP or call NHS 111.

NHS Online Advice: <https://www.nhs.uk/conditions/head-injury-and-concussion/>

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