

Warwickshire Family Health Newsletter

Supporting you and your family every step of the way

Welcome to our service

We're here to help children, young people, and families across Warwickshire stay happy and healthy. Our team brings together health visitors and school nurses to provide joined-up support from pregnancy through the school years and into young adulthood - up to age 25 for children and young people with special educational needs or disabilities (SEND).

We offer advice and support on everyday topics such as feeding, sleep, emotional wellbeing, healthy lifestyles, and important changes like starting school or growing up. Whether you need guidance, reassurance, or extra support, we're here to help.

You'll see our team in schools, Family Hubs, clinics, and community settings, and sometimes through home visits. We work closely with schools, GPs, and other local services to make sure families get the right support at the right time, focusing on early help and prevention.

Our School Age Health Service supports children from starting school through secondary education. School nurses and health professionals work with families and schools to promote good health, spot concerns early, and support children's wellbeing. We also deliver health programmes such as the National Child Measurement Programme (NCMP) and health needs assessments to help us understand and support children's health across Warwickshire in partnership with Healthy Futures (Compass). Most importantly, we aim to help children grow into confident, healthy young people - ready to learn and thrive.



Family Health Newsletter

Edition: September 2026

Introduction

Welcome to the September edition of our Family Health Newsletter, created by Warwickshire's Child and Family Wellbeing service for children, young people and their families.

This newsletter is designed to keep you informed and connected with our service. Each month we'll share health advice, service updates, and insights from our team as we work together to help children and families in Warwickshire lead healthier, and happier lives.

Your feedback and ideas will help us shape future editions to ensure we're providing you with information that truly matters.



We want your feedback

[Click here](#) to help us ensure our newsletters are filled with information which is relevant to you and your family.

What's in this month's newsletter?

As children and young people settle back into school, college, and nursery routines, September is the perfect time to focus on sleep - one of the most important foundations of good health and wellbeing.

In this month's newsletter, we explore how healthy sleep habits can support children's growth, learning, emotional wellbeing, and physical health. Whether you're caring for a baby, supporting a school-aged child, or helping a teenager navigate busy schedules, establishing consistent routines can make a real difference.

Practical Guidance

You'll find practical guidance on safe sleep for babies and young children, advice on creating effective bedtime routines for school-aged children, and tips to help teenagers develop positive sleep habits and reduce barriers to quality rest. We also focus on supporting children and young people with Special Educational Needs and Disabilities (SEND) to build healthy routines and maintain good sleep hygiene.



0-5 Years: Safe Sleep and Healthy Routines

Sleep plays a vital role in your baby's growth, learning, behaviour, and overall wellbeing. Establishing healthy sleep habits early can help children feel settled, secure, and ready to learn and play each day.

Safe Sleep Practices

Greater awareness of safer sleep practices has helped reduce the number of sudden infant deaths. That's why we're sharing baby sleep essentials and simple ways to make sure your baby's sleep space is as safe as possible.

The key message is simple: keep it safe by keeping it simple.

The safest place for a baby to sleep is in their own clear, flat sleep space, such as a cot or Moses basket. Choose a firm, flat mattress with a waterproof cover, and always place your baby on their back to sleep. Keeping your baby's sleep area clear of pillows, toys, loose bedding, and other items helps reduce the risk of Sudden Infant Death Syndrome (SIDS).

Products to Avoid

To help create a safe sleep environment, avoid products that are soft, padded, or designed to keep babies in an inclined position. **This includes soft-sided pods or nests, pillows, duvets, thick or heavy bedding, cot bumpers, bouncy chairs, baby hammocks, bean bags, baby swings, and sleep positioners.** These items can increase the risk of a baby's face becoming obstructed or their breathing becoming restricted.

Need Further Support?

Remember, if you need any advice, you can contact a Health Visitor on our advice line - **03002470072** and our text service CHAT HEALTH on **07520615293**.

The safest place for your baby to sleep is in their own clear, flat, separate sleep space, such as a cot or Moses basket.

Safe Sleep Essentials

You don't need lots of products or expensive equipment to create a safe sleep environment for your baby. A few key items are all that's needed:

- A cot or Moses basket for everyday sleep.
- A portable sleep space, such as a Moses basket, travel cot, or carry cot, for when you're away from home.
- A firm, flat mattress that fits the sleep space correctly.
- A baby sleeping bag or lightweight bedding, such as sheets and a light blanket.
- A room thermometer to help keep the room at a comfortable temperature.
- A suitable car seat for travel - Remember, car seats are designed for transport and should not be used as a sleep space.



Primary Aged Support: Sleep Health and Bedtime Routines

After the summer holidays, getting back into a regular sleep routine can help children feel rested, focus better during school, and support their physical and emotional wellbeing. Good-quality sleep is essential for learning, behaviour, growth, and their overall health.

How much sleep does my child need?

Primary school-aged children typically need 9 to 12 hours of sleep each night. While every child is different, regularly getting enough sleep helps children concentrate in class, manage their emotions, and stay active throughout the day.

Signs that your child may not be getting enough sleep can include:

- Difficulty waking up in the morning
- Trouble concentrating at school
- Irritability or mood changes
- Feeling tired during the day
- Falling asleep during quiet activities or car journeys

Building a healthy bedtime routine

A consistent bedtime routine helps children's bodies recognise when it's time to sleep. Try to keep bedtimes and wake-up times similar each day, including weekends where possible. A simple routine might include:

- Having a bath or shower
- Putting on pyjamas
- Brushing teeth
- Reading a story or enjoying some quiet reading time
- Turning lights down and settling for sleep

The hour before bed should be calm and relaxing. Avoid energetic play or screens such as tablets, phones, and televisions, as the blue light they emit can make it harder for children to fall asleep.



Create a sleep friendly bedroom

A comfortable sleep environment can make a big difference. Aim to keep your child's bedroom, quiet and calm, dark, cool, and free from distractions where possible.

If your child is worried about school, friendships, or other concerns, spending a few minutes talking through any worries before bedtime can help them feel more settled.

If bedtime routines became more relaxed over the summer break, start making small adjustments.

Moving bedtime earlier by just 10 to 15 minutes every few days can help children return to their school routine without feeling overtired.

Secondary Aged Support: Sleep Health and Removing Barriers

As young people move through secondary school, college, and adolescence, getting enough sleep becomes increasingly important.

Common Barriers to Sleep

One of the biggest challenges for teenagers is technology use before bed. Mobile phones, tablets, gaming consoles, and social media can delay bedtime and make it more difficult to switch off.

The blue light from screens can also affect the production of melatonin, the hormone that helps us feel sleepy. Other barriers can include:

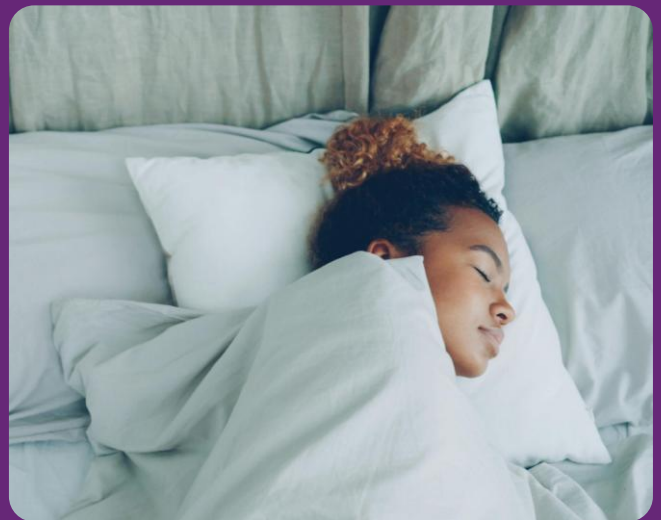
- Stress about school, exams, or friendships
- Irregular sleep schedules at weekends
- Consuming caffeinated drinks late in the day
- Spending too much time indoors and not enough time being physically active

Tips for Better Sleep

Small changes can make a big difference to sleep quality. Encourage your teenager to:

- Put phones and tablets away at least an hour before bedtime.
- Keep a regular sleep and wake-up time, even on weekends where possible.
- Use the hour before bed to relax with activities such as reading, listening to music, journalling, or taking a warm shower.
- Avoid energy drinks, coffee, tea, and fizzy drinks containing caffeine later in the day.
- Stay active and spend time outdoors during daylight hours.
- Create a bedroom environment that is cool, dark, quiet, and comfortable.

Teenagers need 8 to 10 hours of sleep each night, but many struggle to get the rest they need. Busy schedules, social activities, homework, and increased screen time can all make it harder to maintain healthy habits.



Circadian rhythm: the internal clock that regulates when we feel sleepy and when we feel awake.

During puberty, your child's circadian rhythm naturally shifts by 1-2 hours, meaning teenagers start feeling sleepy later at night, often around 11pm or later. But most school schedules still require early wake-ups, making it harder for teens to get the sleep they need.

SEND Spotlight: Building Healthy Sleep Routines

Getting a good night's sleep is important for every child, but children and young people with Special Educational Needs and Disabilities (SEND) may face additional challenges that can affect their sleep. Difficulties with communication, sensory processing, anxiety, routines, medications, or certain health conditions can all have an impact on sleep patterns. While there is no one-size-fits-all approach, establishing consistent routines and good sleep habits can help improve sleep and support overall wellbeing.

Creating a Predictable Routine

Many children and young people with SEND benefit from structure and predictability. A consistent bedtime routine can help them feel calm, secure, and ready for sleep. Try to:

- Follow the same bedtime and wake-up times each day.
- Use a simple, predictable sequence of activities before bed, such as bath time, pyjamas, brushing teeth, and a story.
- Give gentle reminders and countdowns before bedtime transitions.
- Use visual schedules or bedtime charts where helpful.

Every Child is Different

What works well for one child may not work for another. Be patient, introduce changes gradually, and celebrate small successes. Building healthy sleep habits can take time, but even small improvements in sleep can have a positive impact on a child's learning, behaviour, wellbeing, and family life.

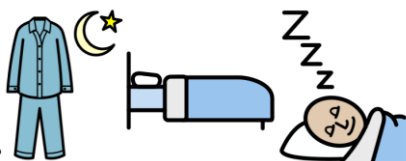
Supporting Sensory Needs

The sleep environment can make a big difference. Consider your child's individual sensory preferences and needs. You may wish to:

- Reduce noise and bright lights before bedtime.
- Use blackout curtains if light is disruptive.
- Ensure bedding and sleepwear are comfortable and suitable for your child's sensory needs.
- Create a calm, uncluttered sleep space.

Reducing Worries and Anxiety

Some children and young people may find it difficult to switch off at bedtime, particularly if they are worried or anxious. Consider setting aside time earlier in the evening to talk about any worries. You could include relaxation techniques such as calm breathing or soothing music in your child's bedtime routine. Always try to offer reassurance while maintaining clear and consistent boundaries around bedtime.



Sleep Hygiene Tips

Good sleep hygiene means developing healthy habits that support quality sleep. Encourage children and young people to:

- Avoid screens and electronic devices before bed where possible.
- Stay active during the day.
- Limit caffeinated drinks, especially in the afternoon and evening.
- Use the bedroom primarily for sleep and relaxation.

Service Position on Health Care Plans

Please review the following statement if your child is in need of a Health Care Plan.

Dear Service User,

The Warwickshire Child and Family Wellbeing Service does not develop or provide Health Care Plans for children and young people.

The development and management of Health Care Plans is not included within the commissioned service specification for the Warwickshire Child and Family Wellbeing Service. Consequently, staff employed within the service are neither commissioned nor trained to assess, formulate, or maintain Health Care Plans relating to a child's medical or health needs.

Where a Health Care Plan is required to support a child or young person, this should be requested from the clinician, team, or service responsible for the assessment, treatment, and ongoing management of the child's identified health condition.

If an accredited individual care plan has not been provided by the relevant specialist team, you can access accredited care plans here and use these to support the development of your own health care plans.

[Asthma](#)

[Severe Allergic Reaction](#)

[Epilepsy](#)

[Buccal midazolam](#)



Recommended Training Courses for Education Staff

The Warwickshire Child and Family Wellbeing Service do not deliver buccal midazolam training directly to education settings. If you require face-to-face or direct training, please contact the healthcare professional identified within the child's care plan.

Alternatively, please find below a list of recommended training courses that can be accessed by education and wellbeing support staff at a time convenient to them throughout the year.

The Warwickshire Child and Family Wellbeing Service do not specify how frequently training should be undertaken. Please refer to your setting's individual policies, procedures, and indemnity arrangements for guidance on training requirements and renewal periods.

Training Record	Time to Complete	Provider	Additional Information
Childhood Asthma Awareness	10 minutes	Professional Services Archive - Warwickshire Child and Family Wellbeing	Healthier Together Asthma (Children and young people) - elearning for healthcare (e-lfh.org.uk)
Anaphylaxis Awareness	11 minutes	Professional Services Archive - Warwickshire Child and Family Wellbeing	Allergic Reaction Recent Illness or Concern New Parent and Baby Healthier Together Allergy Training for Schools Anaphylaxis UK
Epilepsy Awareness	13 minutes	Professional Services Archive - Warwickshire Child and Family Wellbeing	Healthier Together Epilepsy for teachers Epilepsy Action Learning
Buccal Midazolam administration video	10 minutes	How to administer Buccolam.	

The Warwickshire Child and Family Wellbeing Service will continue to work collaboratively with partner agencies and healthcare providers; however, responsibility for the provision of Health Care Plans and training remains with the relevant healthcare service managing the child's health needs and/or education setting.

If you need further information or clarity on this matter, please contact the Head of Service, Kerry McCallum: Kerry.McCallum@hcrhcaregroup.com

Yours faithfully,

Warwickshire Child and Family Wellbeing Service

Thank You for Reading

Thank you for taking the time to read our family health newsletter. Each month we will share health and wellbeing advice around a chosen topic to help you and your family lead healthier and safer lives.

Need support, or have questions?

If you'd like to contact our service for support for your child or for any additional information about what we can offer to your family, please use the contact details below, or visit our website: warkschildandfamily.co.uk

 0300 247 0072

 wcfw.contact@hcrgroup.com

Health Visiting Text Messaging Service

If you need support or have questions relating to your child under 5 years old, you can contact the Health Visiting Team using our text messaging advice service: **07520615293**

Visit our LinkTrees for Further Support

Did you know that many of our Family Health and Wellbeing resources are available online through our Linktrees?

Our Linktrees bring together trusted information, local support services, advice, and useful resources all in one place, making it easier for parents and carers to find the help they need, when they need it.

<https://linktr.ee/WarwickshireHealthVisitingInfo>

