

# Eating Well, Being Active and Taking Care of Teeth

## A guide for parents, carers and families in North Somerset

Better Health

North Somerset

The Better Health North Somerset team are here to support parents, carers and families in North Somerset. Further information can be found on the Better Health website to help you.

We have also given some key information below that you may find useful when supporting your children or young people to live healthy, happy lives. Scan the QR code to access the Better Health Website or follow the web link to access all of these resources:

<https://www.betterhealthnhs.co.uk/healthy-families/healthy-child-5-11yrs/>



## Eating Well



**Healthy steps - step this way.** Advice on meal planning, getting your 5 a day, cutting down on sugar.



**The Eatwell guide.** Know your food groups.



**Eatwell - Better Health North Somerset.** Why eating well is important for all ages and access to free healthy lifestyle advisors.

**Families - Eat Them to Defeat Them.** Try the tips and tricks from Veg Power to encourage children to eat veg.



**British Nutrition Foundation.** This webpage gives simple tips and tools to help you serve the right **portion sizes** for different ages.



**Budget recipes, lunchbox, and snack ideas.** Better Health North Somerset.



### Key messages

- 5 a day in your way** - A mix of fruit and veg supports your child's health. Frozen, canned (in water or juice), and dried all count and are budget-friendly. Small swaps, like adding frozen peas to meals or offering fruit as a snack, can help over time.
- Fibre** - Choose fibre-rich foods like whole grains to stay fuller for longer. Easy swaps: brown bread, potato skins and whole grain cereals.
- Protein** - Include a variety of protein sources. Beans, peas and lentils are great meat alternatives with added nutrients. Choose lean, unprocessed meats.
- Healthy fats** - Go for unsaturated fats and oils (liquid at room temperature).
- Dairy & alternatives** - Include milk, yoghurt, cheese, or alternatives with added vitamins and minerals.
- Limit fat, salt & sugar** - Cut back on processed foods, which tend to be high in these. Check out quick, healthy lunchbox ideas above.



## Looking after Teeth

### Key messages

- Teeth brushing** - two minutes, twice a day, spit don't rinse.
- Fluoride toothpaste** - Everyone in your household needs between 1,350-1,500ppm of fluoride in their toothpaste.
- Visit a dentist regularly if you can.**
- Reduce sugary drinks and foods.**
- Healthy oral health is vital for all aspects of children's development.**



**Tooth Brushing - Better Health North Somerset.** Information about all important aspects of dental and oral health that you might not be aware of, including brushing guides for children in different age ranges and children with Special Educational Needs or Disabilities / additional needs.



## Being Active

### Key messages

- Children need to be active for at least an hour a day and should try to sit less and move more throughout the day.
- It is a good idea to mix moderate activity like brisk walking with vigorous activity like running or fast cycling.
- Being physically active is good for physical and mental wellbeing.



**Active Under 18's - Better Health North Somerset.** A range of local schemes and activities for under 18s.



**Get Active - Better Health North Somerset.** Tools, tips and special offers to move more every day.



**Activities for Kids - Healthier Families - NHS.** Lots of ideas to get the family moving.

**ParkPlay - Better Health North Somerset.** Free community play, every Saturday - Weston and Portishead.



**Get running with Couch to 5k - Better Health - NHS.** Free NHS Couch to 5K programme guiding you from the couch to running 5Km.



**Go4Free.** Available to those who live in North Somerset and take part in less than 30 minutes of physical activity per week.



**Parkrun.** Parkrun and Junior Parkrun events take place every weekend - in Cheddar, Clevedon, Golden Valley, Portishead, Weston, Yatton and many more.



## Talking to Children About Their Body

Below are some resources which might help you to have conversations with your child around their body and health.



**Children's Weight - Healthier Families - NHS.** Info about weight categories and ways to help your child with their weight.



**Healthier Families - NHS.** Easy ways to eat well and move more, plus mental wellbeing tips.



**University of Bath -** A guide for parents/ carers of children aged 4-11 to help to talk to their children about weight in a positive way.

## Additional Resources



### Holiday, Activity & Food Programme (HAF)

- Free for eligible children (receiving benefits-related free school meals).
- School holiday activity days with food provided.



### Sirona School Nurses

If you would like to find out how else your School Nursing Service can support you and your child please access the Sirona website.