

Your Growing Healthy Team are here for all children and young people, providing support, encouraging healthy lifestyles and protecting those who are most vulnerable.

TOP TIPS AND USEFUL RESOURCES

From previous years questionnaires we have identified a number of common issues affecting children of this age.

ISSUE	TOP TIPS / RESOURCES
Concerns about puberty	The Busy Bodies website has child friendly information to answer many of your child's questions and is the resource used by most schools currently. www.healthpromotion.ie/health/inner/busybodies
Headaches	Children should not frequently suffer with headaches. The main reason children get headaches is not having enough to drink. Children of this age should be drinking at least 1400mls of fluid per day (approximately 6-8 glasses) Headaches can be linked to problems with eyesight. If you have any concerns about your child's vision book an appointment with an optician. Reduce or limit the time children spends on consoles, laptops, tablets and mobile phones as these devices can cause problems with headaches and sleeping patterns. If your child has persistent headaches and the above advice has been followed it is advisable to take them to see your doctor.
Sleep problems	The psychology tools website has a useful guide on helping to address common sleep issues. http://media.psychology.tools/worksheets/english_us/guidelines_for_better_sleep_en-us.pdf
Emotional Issues	There are a number of excellent self help websites relating to emotional health issues e.g.: anger, fears, managing emotions, grief. <ul style="list-style-type: none"> http://www.therapistaid.com/therapyworksheets/emotions/children www.getselfhelp.co.uk http://www.moodjuice.scot.nhs.uk/
Mental Health	Young Minds are an excellent resource that provides parents and young people support regarding any mental health issues. http://www.youngminds.org.uk
Young Carers	Children who are providing a caring role for a parent, sibling or other relative can get support from: <ul style="list-style-type: none"> http://www.carersuk.org http://www.childrenssociety.org.uk/ www.carersresource.net (Scarborough and Ryedale only)





General Health Issues	NHS choices provides a wide variety of information, advice and support around many health related conditions, including the importance of dental health. www.nhs.uk
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