







Keeping Our Children & Young People Healthy and Well in North Yorkshire Information for Parents and Carers

Primary























Younger Primary School Children

Every two years since 2006 North Yorkshire Council has done the Growing Up in North Yorkshire survey with children and young people in schools across North Yorkshire to find out what they think about various aspects of health, wellbeing and learning/education.

This flyer aims to share the main findings from our last survey and to direct families to information, support and services that may be helpful.

The below facts are about 6–7-year-olds

Online Safety

4 in 5 said they know how to keep themselves safe online.



1 in 4 said that they have friends online that they don't know in real life.

Talking about internet use and safety helps to protect children from risks.

Oral Health

4 in 5 said that they cleaned their teeth at least twice on the day before the survey.



Sleep

2 in 5 said they have a TV in their bedroom, and most of them are allowed to watch it after they go to bed.



Managing screen use and technology-free bedrooms and bedtimes can help your child get a good night's sleep.

Helping children to understand

their feelings and ways that they

can manage them can be helpful

for the future.

Good oral health can keep

children free from toothache,

infection and cavities.

Emotional Health and Wellbeing

1 in 3 said they worry about their family and 1 in 5 worry about how they look.



But this is much less than in 2022!

Physical Activity

1 in 5 children said they have not had swimming lessons yet.





Staying active has been shown to improve physical and mental health. Help your child to find ways to stay active that they

























Older Primary School Children

The below facts are about 10–11-year-olds

Healthy Eating

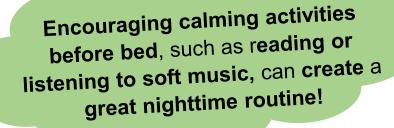
1 in 4 said they ate at least 5 portions of fruit and veg on the day before the survey.



Help your child to add more fruit and vegetables into their diet through snacks, drinks and meals!

Sleep

1 in 5 said that they go to bed after 10pm, with 3 in 5 saying they felt tired at school the day before the survey.



Online Safety

3 in 10 said they were never supervised when online at home. This has gone down since 2022.



It can be helpful to set clear rules about which websites and apps are allowed, and how much time can be spent online.

Emotional Health and Wellbeing

4 in 5 boys and 1 in 2 girls are not worrying about growing up. Of those who are, 4 in 5 said they worry most days.



Other concerns include family death, transitioning to secondary school and appearance.

More girls than boys said they worry about how they look.

Encouraging children to do activities away from screens such as being active and/or outdoors, music, art, and books can reduce worry and help them to develop socially and emotionally.

Online Bullying

1 in 10 said they had been bullied online. This is the same as in 2022.



Getting your child involved in activities that boost their confidence and self-esteem can be helpful, especially when life gets challenging.

























Resources and Services for Parents and Carers

The NSPCC Website

The NSPCC website has resources and information on several topics including bullying, safety online, and healthy relationships.

NSPCC

https://www.nspcc.org.uk/



https://www.nhs.uk/healthier-families/

Better Health Healthier Families

The Better Health website contains resources and information to help families eat better and move more.

The Sleep Charity

The Sleep Charity, provides advice and support to empower the nation to sleep better. Covering topics like; sleep problems, bedtime routines and night terrors.



https://thesleepcharity.org.uk/info
rmation-support/children/

Mental Health Support

The Go-To website contains resources, links and information to support parents, carers, and young people in North Yorkshire to find the right help and support to stay well.

The Go-To

For healthy minds in North Yorkshire

https://thegoto.org.uk/



https://healthyschoolsnorthyorks.org/
parents/

North Yorkshire Healthy Schools

More resources and information for families can be found at the Healthy Schools website.























Youngminds

The Youngminds website is a resource for both young people and adults. It aims to help young people understand how they're feeling, find ways to feel better, and ways to support someone who is struggling.

YOUNGMINDS

https://www.youngminds.org.uk/

The UK Safer Internet Centre (UKSIC)

UKSIC is a resource that offers advice and support on how to stay safe online and what to do when something happens.



https://saferinternet.org.uk/

Solihull Approach

The Solihull Approach offers free resources and information on supporting the emotional health and wellbeing for children and families, who live or go to school in North Yorkshire.



https://solihullapproachparenting.com/

Growing Healthy

Growing Healthy is a local NHS service designed to support the health and wellbeing of children and their families from birth to 19 years old. The site has information and support on a wide range of areas.



https://hdftchildrenshealthservice.co.uk/ourservice/growing-healthy-0-19-north-yorkshire/

North Yorkshire Safeguarding Children Partnership (NYSCP)

NYSCP is a service that offers resources and information to ensure that children and young people are kept safe.



https://safeguardingchildren.co.uk

Leaflet produced by Public Health and the North Yorkshire Safeguarding Partnership at North Yorkshire Council





















