

For Families  
with Children in  
Early Years



# HEALTH FOR KIDS 2025



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Guten Tag

Geia

Bonjour

Muraho

Olà

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Support and advice

Halo

Hello

Hej

Hei

Ciao

Konnichiwa



## My reward chart

Use this chart to set yourself a little task everyday. Remember to tick it off when you have completed it. good luck!

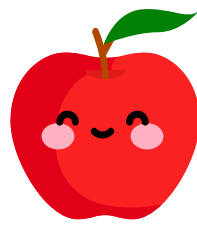


Task	Mon	Tues	Weds	Thurs	Fri

You Did It!

2

# All about me:



This magazine is designed to help you look after your health and wellbeing!

My first name is

I am

years old

My favourite food is

My favourite drink is

*This is me*



Draw yourself here:






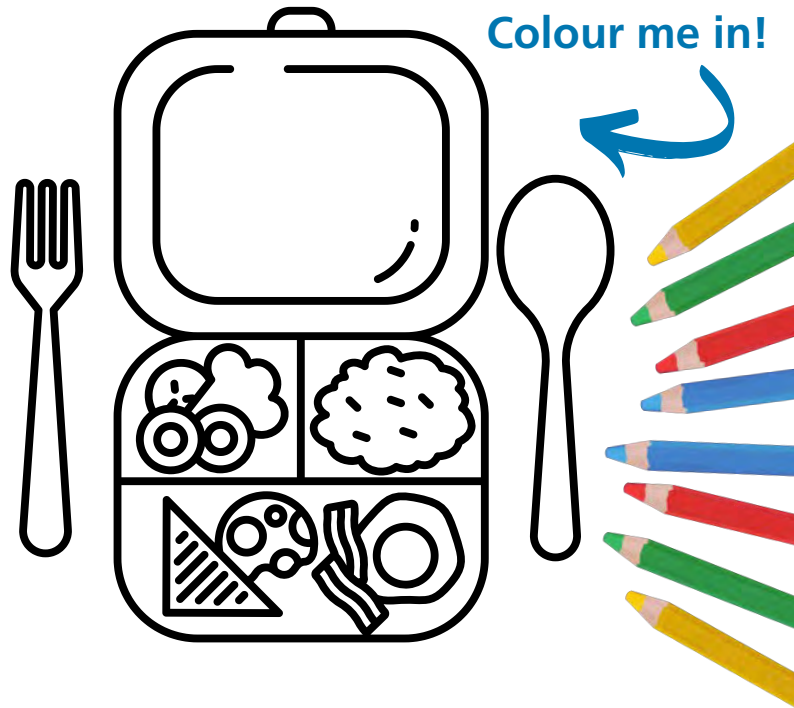
**Fun Fact:** A baby's body has about 300 bones when it is born!



# Healthy Eating

Complete the spellings:

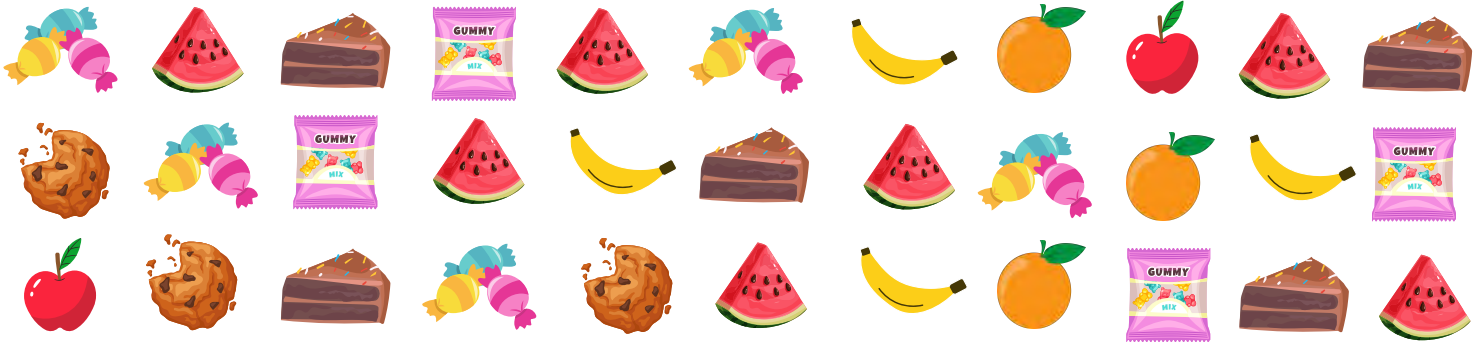
	a				
			a		e
		a		a	



## Healthy Counting

- How many bananas are there?
- How many apples are there?
- How many pieces of melon are there?

Answers: a. 4, b. 2, c. 7



## Dot to Dot

Connect the dots and colour in the picture



### Fun Fact:

It is important that we eat a variety of different foods, but we must be very careful if they contain sugar. Foods and drinks that contain sugar should be kept to mealtimes only to help protect our teeth.



# H2O is the way to go!

It is very important to drink plenty of water throughout the day. Drinking water will keep you hydrated which will make you feel better.

**FILL IN THE  
MISSING WORDS**

Drinking water is healthy

Drink lots of water daily

Drinking water is important

I should drink 5 cups a day



**Draw your own water bottle label, cut  
it out and stick it on your bottle.**



Cut the label out and stick it around your drink bottle!



Did you know that over half of our body is mostly made up of water, which means we need to keep it hydrated. Make sure you drink lots of water throughout the day, especially if you have been running around and playing!





# Keeping our Bodies Healthy

## Hair



Brush your hair at least once a day. Wash your hair regularly. Ask your friends to share hair styling tips.

## Face



Wash your hands and face in the morning and at night before you go to bed.

## Hands



Wash your hands often to get rid of germs. Especially after you have been to the toilet and before eating a meal! It is important to look after your nails, keep them clean. (A nail brush will help.)

## Teeth



Brush your teeth for two minutes twice a day, especially at night.

## Body



You should be having a bath or shower with soap regularly. Remember to clean under your armpits to get rid of those sweaty smells!

## Clothes



Remember to change your clothes regularly, especially in the summer as we sweat more.

## Feet



Remember to change your socks every day. Keep your feet and toe nails clean.



## Fun fact



Eating healthily can lead to a better mood, better sleep and can help you feel more awake throughout the day!

Friends are important, but a friend would not encourage you to do or try something that you don't want to. Be brave and say NO if you do not want to take part. Find someone to talk to and they can help you be strong.

# Friendships

FRIENDSHIP



Thank you  
Please Pardon  
Sorry You're welcome  
Excuse me May I...

## Word Search

Find and circle the words from the list:

Share

Care

Grateful

Nice

Friend

Play

Fun

Trust

Kind

k	g	r	a	t	e	f	u	l	h	a	y
x	z	j	e	m	q	r	g	z	m	x	r
p	s	v	h	i	z	i	m	j	e	t	p
l	h	k	c	u	l	e	i	x	h	r	n
a	a	x	a	k	i	n	d	z	g	u	i
y	r	h	r	f	a	d	p	c	a	s	c
j	e	v	e	c	r	h	l	d	m	t	e
h	v	l	j	q	c	h	f	u	n	i	s

Colour in the picture above and add some friendly words in the thought bubbles.







# Healthy Smile



1



Tickle those teeth twice a day for two minutes, especially at night



2



Limit sugary food and drinks to mealtimes only



3



Visit a dentist regularly. You can find a dentist at [www.nhs.uk](http://www.nhs.uk)



Fun fact: The average person will spend 38.5 days brushing their teeth over their lifetime.



Spot the 5 differences:



## How to find a dentist

You can find an NHS dentist near you by searching 'find a dentist' on the NHS website!

Scan me to find a dentist

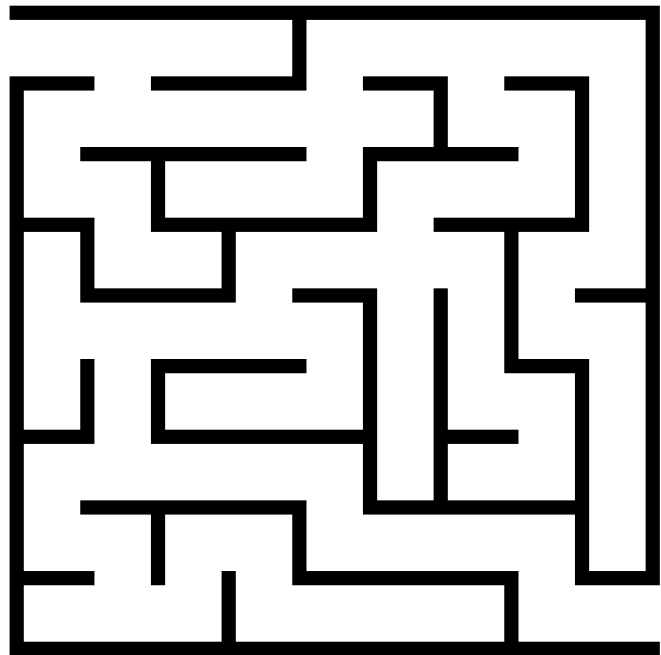


Remember to spit out your toothpaste after brushing your teeth!



START

Toothy tooth has lost his toothpaste!



END



Warning!

It is the fizz that does the bizz. Remember the fizziness hurts your tooth enamel even if it is a diet fizzy drink.

# Top Tips for Families

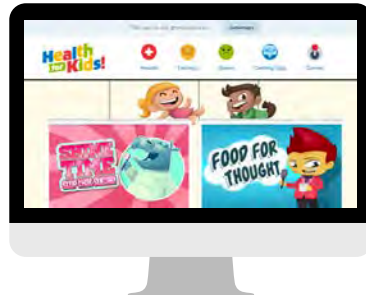
Here are some contacts you may find useful:

## Health for Kids website:

A website that hosts information for adults and fun activities for children.



[www.healthforkids.co.uk](http://www.healthforkids.co.uk)



## Find your local library:



[www.nottinghamshire.gov.uk/culture-leisure/libraries](http://www.nottinghamshire.gov.uk/culture-leisure/libraries)



## Find your local children centre:



[www.nottinghamshire.gov.uk/early-years-and-childcare/childrens-centre-service](http://www.nottinghamshire.gov.uk/early-years-and-childcare/childrens-centre-service)



0300 500 80 80



## Advice line:

Contact your Healthy Family Team for support, advice and guidance.



0300 123 5436

## Parentline:

A text messaging service for parents and carers of children aged 0-19.



07520 619919



# YOUR CHILD'S **FAB** HEALTH!

**FOOD, ACTIVITY, BALANCE**

**FREE SUPPORT & ADVICE FROM  
NUTRITIONISTS & PERSONAL TRAINERS**

**HELPING FAMILIES TO EAT WELL AND MOVE MORE**

**Parent/Carer Virtual Group  
1:1 Telephone Support  
Physical Activity Groups**

To find out more:  
Call us on 0115 7722515  
or scan the QR code



**Your Health  
Notts**







**Thank you to all the families, teachers and children that have helped make our magazine so informative and filled with fun.  
An extra special thank you to our editors below.**

**Editor: Julia Wilkinson, Senior Health Promotion Specialist  
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**Health for under fives:**



<https://healthforunder5s.co.uk>

**Health for kids:**



[www.healthforkids.co.uk](http://www.healthforkids.co.uk)

**Health for teens:**



[www.healthforteens.co.uk](http://www.healthforteens.co.uk)

