

oN the S.P.O.T!



The newsletter from the:

Children's Community Nurses, Speech, Physio and Occupational Therapies team

Who are we?

Nursing	Speech and Language Therapy	Physiotherapy	Occupational Therapy
We help children with long term conditions so that their medical needs can be managed in the community and they can spend as much time out of hospital as possible.	We can help children who have difficulties with communication and those with feeding and/or swallowing difficulties.	We can help to develop and restore movement and function when a person is affected by disability or illness.	We work with children who have a physical disability which affects their participation in everyday activities.

Autumn 2017



Contact us

FASTA line - To make a new referral: 0121 612 2010

Therapies office: **0121 612 2345**

Nurses Office: **0121 507 2633**

Other useful numbers:

Sandwell Information & Support Service (SIAS) formerly Sandwell Parent Partnership:
0121 565 1821

Sandwell wheelchairs (assessments):
0121 565 7950

Woodisses (wheelchair repairs):
01902 494336

Sandwell orthotics (footwear, AFO's, etc.):
0121 507 2784

Sandwell Council ASSIST:
0121 5692266



Hello again!

Welcome to the autumn edition of our newsletter. We hope your child has settled in well to the new academic year.

★ A big congratulations to our teams for being shortlisted for 3 of the 2017 Sandwell Trust Star Awards. We have been shortlisted for Integrated Care Pioneer and Children's Community Physiotherapy and Children's Continuing Care have been shortlisted for Clinical Team of the year.

Welcome to the new members of our team:

-Amanda Jones, support worker CCNS

-Hilary Mawdesley, Speech and Language Therapist

-Sharrell Price, Speech and Language Therapist

- Kelly Rostron, Physiotherapist

T.V and language development



A child's brain develops the most during the first 3 years of a child's life. During this time, children need to interact with their parents, face to face, so they can learn all the skills that they need.

Studies have shown that too much exposure to T.V and other electronic devices can make a child 6 times more likely to develop a language delay, as they are hearing less language from parents.

If you are watching T.V with your children in moderation, you can talk to them about what they are watching to help develop their language.

Christakis DA (2009) The effects of infant media usage: what do we know and what should we learn? Acta Paediatrica. 98, 8-16.

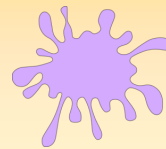
What to do to improve language skills:

- Limit exposure to T.V and electrical devices
- Spend time playing with your child, following their lead in play
- Comment on what they are doing / what is around them
- Read with your child





Play with SLIME!



Sensory messy play is great for children's development, whilst they are exploring their natural curiosity about the world. Slime is a great mixture to encourage messy play with children.

The sensation of slime between fingers and toes can be very relaxing for a child. You can experiment with squeezing, rolling, pulling and stretching slime with your child.

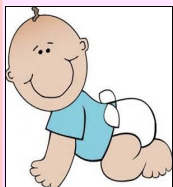
Many simple slime recipes are available online. Common fluffy slime recipes involve a mixture of PVA glue, a few drops of contact lens solution that contains borax, and shaving foam. You can also add a few drops of food colour-

Supporting your premature baby's physical development

Equipment to avoid:

Some equipment is particularly unsuitable for premature babies. Research has shown that this equipment can delay a baby's development when they are learning to sit and walk.

- Baby bouncers and bouncy chairs move when your baby pushes backwards into the chair. It over-strengthens the muscles that arch your baby's back, working against their optimal position. Constant bouncing can also make it difficult for babies to learn how to reach accurately for things.
- Doorway jumping seats/ Jumperoos encourage babies to bounce on their toes and arch their backs.
- Baby walkers allow babies to walk abnormally, and do not strengthen the muscles needed for sitting, crawling or independent walking.



It is better for babies to learn these skills on the floor. This includes lots of tummy time whilst your baby is awake and supervised. When a baby is lying on their tummy, they are working to strengthen their neck, back and shoulder muscles.



Sleeping positions: Official Sudden Infant Death guidelines recommend that your baby sleeps on their back at home, with their feet at the bottom of the bed until they are 6 months old. Make sure that there are no pillows or soft toys near their face which could obstruct their breathing.



For more information on supporting your premature baby's physical development, please speak to your child's physiotherapist.

<https://acpc.csp.org.uk>

Dates for your diary

Coneygre Centre 0845 352 8789

- **Magic Mondays**—for children with physical disabilities 10.00—11.30
- **Twinkly Tuesdays**—play and stay, for children with speech and language difficulties 10.00 - 11.30
- **Sensory Tots Weds**—for children with visual/hearing difficulties 10.00—11.30
- **Physical Fridays**—for children with physical disabilities 9.45 - 11.45

How To Refer

If you would like to make an appointment for a child to see an Occupational Therapist, Physiotherapist or Speech and Language Therapist please call the FASTA line (Faster Access to Sandwell Therapy Assessment): **0121 612 2010**. Referrals may be instigated by professionals but parents must make the phone call to make the appointment.

FASTA opening times are:
Monday – Thurs 9:30am – 4pm

Friday – 9:30am – 2:00pm

NB/ The line is closed for lunch between 12:30-1:30pm



Children's Flu Vaccine (nasal spray)

Flu can be more severe in children with long term health conditions or weakened immune systems.

The children's Flu vaccine is offered yearly, free on the NHS for eligible children. The Flu vaccine will be offered to all children and young people at The Orchard and The Meadows Schools through the CNN team.

For more information, please speak to your GP or children's nurse.

