



Hertfordshire
Family Centre
Service

Public Health – School Nursing

Supporting your child's transition back to school after lockdown

Some children will have some worries about returning to school, may find it difficult to return to school, may become upset, distressed or even refuse to go in.

There is a presentation to provide information, advice and practical strategies that can be used to support your child's return to school on our website:

<https://www.hct.nhs.uk/our-services/school-nursing/>

Health advice you can trust

It can be tricky to find good health advice on the internet. Try these – they're managed by the school nursing service...



[Health for Kids](#) – local health services and advice for children aged 4 to 11 years old.



[Health for teens](#) – bite-sized info and advice for 11 to 19 year olds in Hertfordshire.

School nurses offer support for emotional wellbeing including anxiety and anger. To refer to our service please go to the Family Centre Service Website and look for school nursing:

<https://www.hertsfamilycentres.org/>

For more information about the School Nursing Service watch a short clip available here:

<https://youtu.be/7RoTkp3vkB0>



Aged 11-19 - Did you know you can text your school nurse for confidential health advice and support? Text 07480 635050. Check out the YouTube link on here:

<https://youtu.be/DBNmr1bFcCE>

