



**2025**

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.



Good oral health can keep children free from toothache, infection and cavities.

## 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.

## 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!



Helping children to understand their feelings and ways that they can manage them can be helpful for the future.

## Physical Activity

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

More boys than girls found physical activity and sports easy.



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





# 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.



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

## Better Health Healthier Families

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



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

## 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/information-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.



For healthy minds in North Yorkshire

<https://thegoto.org.uk/>

## North Yorkshire Healthy Schools

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



North Yorkshire &  
York Healthy Schools  
North Yorkshire Healthy Early Years

<https://healthyschoolsnorthyorks.org/parents/>



## 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.



## UK Safer Internet Centre

<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.

UNDERSTANDING YOUR CHILD



SOLI HULL A P P R O A C H

<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.



Growing Healthy 0-19

<https://hdftchildrenshealthservice.co.uk/our-service/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.



## North Yorkshire

Safeguarding Children Partnership

<https://safeguardingchildren.co.uk>

