

## DVMP TEAM NEWS

### EMPLOYEE OF THE MONTH

Congratulations to our Employee of the Month for March, Emmy. Emmy's support to the whole team is outstanding. She is approachable, listens and handles every challenge with professionalism. Her dedication as Office Supervisor truly stands out. She is a huge asset to the team- always supportive, reliable and committed, Well done Emmy



### NEW NHS CAMPAIGN



**UK Government NHS**

## A GUIDE TO SCREEN TIME

**UNDER 5s**

Help little brains like me develop healthy screen habits!

**BEST START IN LIFE**

**How much screen time should my child have?**

**Limit total screen time, wherever possible.**

**Under 2 yrs:** Avoid screen time except shared activities with family that encourage bonding and interaction.

**2-5 yrs:** Try to keep to 1 hour a day. Less if possible.

**What content is better content?**

**Safe content:** Use parental controls to block inappropriate, harmful material.

**Social media:** This isn't made for young brains, so it should be avoided.

**AI:** Don't let them use AI toys, tools, or chat-bots until we know more about their effects on children.

**Safe screen swaps:** Switch fast-paced style videos for slower-paced content with simple stories.

**How does my screen use affect my child?**

**Lead by example:** Children's brains are like sponges – they'll copy your screen use habits. Be mindful of how often you use screens around your child.

**Set clear boundaries for screen use. This gives children time for activities and play that help them develop.**

Avoid young children using screens alone. Try to keep bedrooms and mealtimes free from screens.

**Why not try...** watching and discussing content with your child? Conversation helps their development.

**When and where is it okay for my child to use screens?**

**Safe screen swaps:**  
**Mealtimes:** Swap screens for music, games or conversation – make it social.  
**Bedtimes:** Swap screens for bedtime stories 1 hour before sleep.

**My child has SEND. Is the advice the same for us?**

Children with disabilities or special educational needs may benefit from tailored screen use. And for some, assistive technology can be an important tool for communication and everyday participation.

They also need ample time for interaction, play, and sleep. Try to avoid screen time for these activities.

**How does screen time affect my child's development?**

**Large amounts of screen time are linked with negative effects on children's health and development. It can affect social, emotional, language & brain development, sleep.**

Young children learn best through warm interaction with parents and carers – reading, play and conversation. These early moments build the foundations for life.

On Friday 27 March, the government published new, evidence-informed guidance to help parents and carers of children under 5 navigate screen time. Digital screens are now a normal part of family life. The early years are however critical for development - 90% of a child's brain development occurs by age 5, making it a critical period for the development of social, emotional and cognitive skills. The advice is informed by recommendations from an expert panel and has also been developed with parents. It is designed to provide practical, clear and straightforward advice to help families make informed choices that support their child's development during the years that matter most. The advice is available on the Best Start in Life website. (Please scan the qr code for more advise. The full expert panel independent report, which this advice is informed by is available on GOV.UK.



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## Important update

# Spring Vaccines

Our Online Booking System is open during practice opening hours.

To find out more information on our new appointment system please scan the QR code.



**NHS**  
Derby and Derbyshire

# SPRING VACCINE REMINDER

We are commencing our Spring COVID booster campaign in April, those eligible have been contacted, if you have any queries or are unsure of eligibility please contact reception. We are in the process of contacting our housebound patients to arrange coming to visit you to administer vaccines.

Medicine Order Line important update – temporary change to opening hours:

Due to high demand and reduced capacity, our phone lines are currently open from 8am to 3pm, Monday to Friday, excluding bank holidays (previously 8am-4pm) to allow staff to process all medication orders on time.

We apologise for any inconvenience this may cause and appreciate your understanding while we work to support all our patients. Please see below for information on the many other ways you can order your prescriptions.

## April Half Day Closure

We will have our monthly Half day closure, April the 22nd. the Practice will be closed from 13.30pm and we will reopen, 08.00am Thursday the 23rd, if you require assistance during this time please contact NHS 111 for help or advise.

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