



# Winter Healthier Together Highlights

To support you best through this Winter, **Frimley Healthier Together** can provide you and your child with information and advice. Below are some key highlights.

## Asthma



Useful videos if you suspect your child is asthmatic or you need help to better manage asthma symptoms. [Asthma resources for parents/carers :: Frimley HealthierTogether](#)



## Mental Health



If you would like information on how to support your or your child’s mental health and emotional wellbeing: [Mental Health :: Frimley HealthierTogether](#)



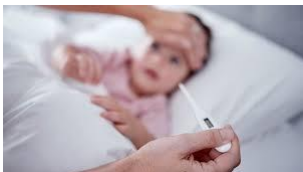
## Should my Child go to School today?



Our guidance below will help you to make that choice based on NHS advice. [Should my child go to school/nursery today? :: Frimley HealthierTogether](#)



## Child unwell?



Please visit here to find out more information on what you can do if your child is unwell – including with coughs, colds, sore throats and fevers: [Concerned your child is unwell \(3 months and older\)? :: Frimley HealthierTogether](#)



## Neurodiversity



Please find information around neurodiversity, including autism, ADHD, local support for parents, carers, young people and families along with Special Educational Needs & Disabilities (SEND) resources: [Neurodiversity :: Frimley HealthierTogether](#)



## Did you know...?



You can access **free** online courses to support both your child's emotional wellbeing and development. Please visit: [Local support for parents, carers, young people and families :: Frimley HealthierTogether](#)

