

# School Readiness & your Reception Age Child

---

## Your Child's Health & Development by The Hounslow School Nurse Service

Hounslow Children's Services - providing all the support a family needs to create a safe environment.

Information for families with children aged 0-19 years

At start of Reception class, your child will be transferred from the Health Visiting Service to the School Nursing Service.

For Advice and Support with your Child's Health and Development

Contact Hounslow School Nurse Service

Tel: 020 3691 1012

Email: [hrch.hounslow.schoolnurses@nhs.net](mailto:hrch.hounslow.schoolnurses@nhs.net)

Contact Hounslow Health visiting Service before starting Reception Class:

Tel: 020 8973 3490

Use your smartphone camera as a QR code scanner, to convert the following QR codes to useful website URLs to access additional resources.

For further Advice and Support check out:

<https://hrch.nhs.uk/services/search-services/school-nursing>



Contact Us  
Children's Services  
Heart of Hounslow Centre for Health  
92 Bath Road  
Hounslow  
TW3 3EL  
Web: [www.hrch.nhs.uk](http://www.hrch.nhs.uk) |  
Twitter: [@HRCH\\_NHS](https://twitter.com/HRCH_NHS) |  
Facebook: [hounslowandrichmondnhs](https://www.facebook.com/hounslowandrichmondnhs)



Healthier Together  
Improving the health of babies, children and  
young people throughout Hounslow

<https://healthiertogether.hrch.nhs.uk>



## Health, minor illnesses, and concerns

Health advice and resources for parents & young people.

### Hounslow Healthier Together



Advice on health conditions, symptoms, healthy living and help in the Hounslow area .

<https://healthiertogether.hrch.nhs.uk>



### Being school-ready | PACEY



School readiness is a measure of how prepared a child is to succeed in school cognitively, socially, and emotionally. The good level of development (GLD) is used to assess school readiness

<https://www.pacey.org.uk/working-in-childcare/spotlight-on/being-school-ready>



### Family Lives



Support with boundaries & routines as well as behaviour & positive parenting

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



## Special Educational Needs (SEND)

SENDIASS Special Educational Needs and Disabilities Information Advice and Support Service



SENDIASS. Free impartial, confidential, and accurate information, advice and support about education, health and social care for children, young people and their parents on matters relating to special educational needs and disability. To get information and advice about all SEND matters. Telephone 020 8583 2607 Email [SENDIASS@hounslow.gov.uk](mailto:SENDIASS@hounslow.gov.uk)



<https://www.kids.org.uk/sendias>



## Active Lifestyle for Children



Setting healthy patterns that will last into adulthood.



<https://kidshealth.org/en/parents/active-kids.html>



## Disabled sports activities – for Kids' and Families



Ways to keep disabled children and young people active.



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

## Independence at mealtimes and Healthy Eating

Resources to support eating well for children aged 5 – 11 years and children with SEND

Fussy eaters - NHS (www.nhs.uk)



Keep offering a variety of foods – it may take lots of attempts before your child accepts some foods.



<https://www.nhs.uk/conditions/baby/weaning-and-feeding/fussy-eaters/>

## Publications | The Caroline Walker Trust (CWT)

CWT Produce evidence-based reports which provide nutritional and practical guidelines to encourage eating well among specific vulnerable population groups.



Resources to support eating well for children aged 5 – 11 years and children with SEND



<https://www.cwt.org.uk/publications/>

## Beezeebodies

Family-focused programmes to help you and your children make healthy habits for life!



Free courses for families, young people, and adults to kickstart a healthier lifestyle



<https://beezeebodies.com/for-families/>



## Toilet Training

Reception age children should be toilet trained and ready to learn. Help your child to be independent from Nappies and pull-ups.

### ERIC Toilet Training your child with additional needs:



Helpline: To speak to an advisor call FREEPHONE 0808 1699 949.  
Monday - Thursday, 10am to 2pm and is free to call from landline and mobile numbers



<https://eric.org.uk/potty-training/#supporting-children-with-additional-needs>

### Toilet training and bedwetting - NHS

Tips on how to toilet train your child and help with bedwetting.



<https://www.nhs.uk/conditions/baby/babys-development/potty-training-and-bedwetting/>

## Bedtime: The importance of sleep and wellbeing

Age 3-5 years: a child needs 11-13 hours of sleep a night to support the developing brain.

### Establishing a bedtime routine

Sleep is vastly underestimated for optimum health and development



<https://thesleepcharity.org.uk/information-support/children/>



<https://www.bbc.co.uk/bitesize/articles/znhyt39>

## Oral health and dental care

Your child should be **registered with a dentist**. NHS dentists provide free oral health check-ups and treatment for children under the age of 18

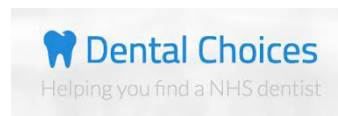
### [Oral Health Foundation \(dentalhealth.org\)](https://www.dentalhealth.org)



<https://www.dentalhealth.org>

### [NHS dentist near me » Dentists taking new NHS patients - Dental Choices](#)

Find an NHS London Borough of Hounslow Optician



[NHS dentist near me » Dentists taking new NHS patients - Dental Choices](#)

### [Whittington Oral Health Promotion Service \(whittington.nhs.uk\)](https://whittington.nhs.uk)

Whittington Oral Health Promotion Service - working to improve children's dental health, reduce inequalities in oral health and improve access to dental services for young children



<https://whittington.nhs.uk/default.asp?c=42279>



## Opticians

Your child should have had their first eye test with an optician, before starting school. They may not realise they have a vision problem and untested, can affect their development and education. Professional advice, and prescriptions



## Online Safety

Keep your under 5 safe online, too much negative screen time can impact on a child's attention development.

Advice about how to make sure your child has a safe experience online for parents and children



<https://www.thinkuknow.co.uk/parents/articles/keeping-your-under-five-safe-online/>

## Accessing health services

NHS services such as GP, ambulance, walk-in centres, urgent care centres and A&E departments are free to access.

 Minor cuts and grazes Bruises and minor sprains Coughs and colds	<b>Self Care</b> Stock your medicine cabinet
 Minor illnesses Headache Stomach upsets Bites and stings	<b>Pharmacy</b>
 Feeling unwell? Unsure? Anxious? Need help?	<b>NHS 111</b>
 Persistent symptoms Chronic pain Long term conditions	<b>GP Advice</b> Out of Hours call 111
 Choking Chest pain Blacking out Serious blood loss	<b>A&amp;E or 999</b> Emergencies only

Pharmacists can also give free, professional advice, and prescriptions