



School Readiness & your Reception Age Child

Your Child's **HEALTH & DEVELOPMENT**
by the **Hounslow School Nurse Service**



The Hounslow School Nurse Service

When your child starts reception class, they will be transferred from the health visiting service to the school nurse service.

For Advice and Support with your Child's Health and Development check out:

[School Nursing Hounslow & Richmond Community Healthcare](#)



[Hounslow Healthier Together](#)



Universal School Nursing Services

School Nurse Services

Every child no matter what their age in Reception year, will be offered a Universal School Nursing Service that includes optional participation in:

- The National Child Measurement Programme (NCMP) in Reception and Year 6
- The Vision Screening Programme
- A Health Needs Assessment (online questionnaire) in Reception, Year 6 & Year 9

Referrals to the School Nurse Service for advice and support, can be made by schools and parents once your child has started Reception class.



School Readiness Checklist



Your reception aged child should now be developing their self-care skills. Generally, your child should be or nearly independent with the following:

- ✓ Getting themselves dressed
- ✓ Toilet trained and not wearing pull ups or nappies. (Accidents can occur in reception class from time to time, even when children are toilet trained)
- ✓ Independent in eating with cutlery
- ✓ Be active
- ✓ Have a regular & consistent bedtime routine



TOILETING – Reception age children should be toilet trained and ready to learn

- ERIC : Research shows it is better for your child’s bladder and bowel health to stop using nappies between **18 and 30 months** of age
- The majority of children will be **capable** of doing most things (wiping for example and flushing the toilet) by themselves when they start school
- If you have difficulties toilet training your child or due to your child living with medical, complex and/or Special Education Needs (SEND), please speak with your Health Visitor before your child starts school or with a School Nurse when your child has started Reception class. You can also contact your GP surgery for further advice and support





Toileting support Resources:

[Toilet training: how to start & best age to Toilet train – ERIC](#)



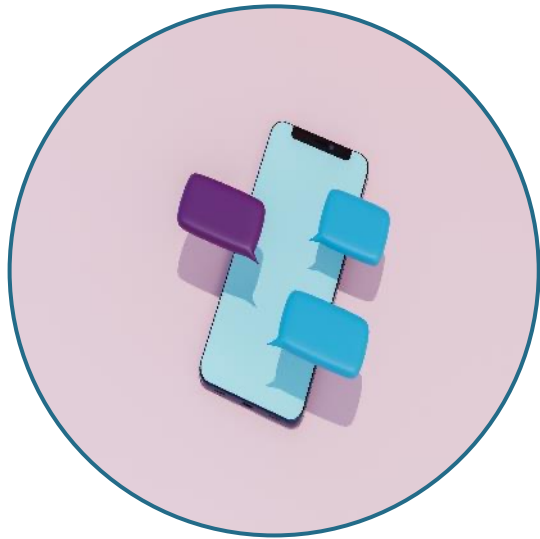
Independence at meal times



- At the start of Reception your child may need some support with their independent eating skills at school, such as where to sit and how to line up for lunch. They will soon learn this
- Independence in eating, supports socialisation skills, language development, general independence and improved hand–eye coordination



Too much screen time impacts on a child's attention development



- **Attention is a skill** that needs to be learnt for every day activities; including learning at school, reading and listening. At age 5, a child generally can sit and concentrate on an activity such as drawing and sharing a book for at least 5 to 10 minutes.
- Research has shown that **more than two hours** a day of screen time can **negatively impact** a child's developing attention span, including **language and cognitive development.**
- **Too much screen time at home affects learning at school**

(Public Health England, 2013; Stiglic, 2019).

(Stiglic N, Viner RM Effects of screentime on the health and well-being of children and adolescents: a systematic review of reviews *BMJ Open* 2019)



Bed Time: The importance of sleep

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

Sleep is vastly underestimated for optimum health and development

[Children - The Sleep Charity](#)



- Sleep is **essential** to your child's physical and mental development, and **directly impacts their well being**
- Poor sleep or junk sleep has been linked to being overweight
- Good sleeping patterns can help establish your child to thrive to their full potential
- Good Quality sleep can help with: behavioural issues, focus and concentration, and a better immune system



Concerns & Worries



- If, however, you **have concerns for your child's development/and or behaviour that is not being currently addressed**, it may be helpful to speak to a health professional like your Health Visitor, School nurse or GP



Supporting your Child's Health & Wellbeing while at school






- **GP:** Your child needs to be **registered with a GP.**
- **Opticians:** Your child should preferably have had their first eye test at an **opticians** before starting school. **Eye tests are free for children at school.** Vision Screening is also offered in Reception class.
- **Dentist:** 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.
- **Vaccines:** Before starting school (from the age of 3 years and 4 months) your child will be offered their “**pre-school booster and 2nd MMR**” vaccination. You can book this with the Practice Nurse at your GP surgery



Accessing health services

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

Pharmacists can also give free, professional advice, and prescriptions for children are free.

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



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

Pre – school children

Contact Hounslow Health Visiting Service:

Tel: [020 8973 3490](tel:02089733490)

Reception Class Children

Contact Hounslow School Nurse Service

Tel: [020 3691 1012](tel:02036911012)

Email: hrch.hounslow.schoolnurses@nhs.net

Websites:

[School Nursing Hounslow & Richmond Community Trust](#)



[Hounslow Healthier Together](#)



Healthier Together

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

