

# School Readiness

Hounslow School Nursing Service



# Welcome to Hounslow School Nursing Service

Once children reach school age, they will automatically transition from the Health Visiting Service to the School Nursing Service.

All children that attend a Hounslow School are offered a universal school nursing service that includes:

- Vision Screening (Reception)
- National Child Measurement Program (Reception & Year 6)
- Health & Wellbeing reviews at key transition stages via our Digital Health Form (Reception, Year 6, Year 9 & Year 12).

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



# School ready?

Generally, be independent in getting dressed

Be Active

Independent going to the toilet (not wearing pull-ups or nappies.)

Have a regular & consistent bedtime routine

Able to communicate their needs

Are independent in eating

Have good oral health

Able to socialise, take turns and participate

Be a healthy weight & enjoy a balanced diet

Be up to date with childhood immunisations



# Child Development

Not all children develop at the same rate.

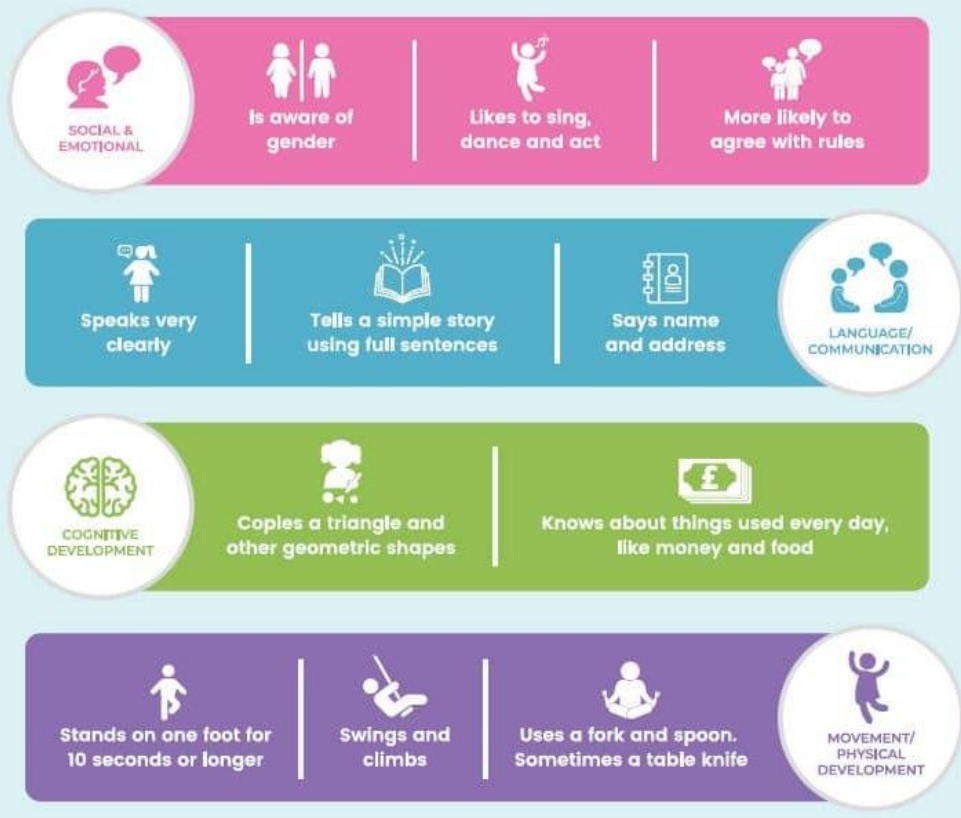
Do not be concerned if your child is not meeting all the milestones for their age range; it is perfectly normal for one area to develop quicker than another.

If, however, your child is not meeting any of the milestones for their age range it may be helpful to speak to a health professional.

A great deal of physical and emotional development happens before the age of 5!

## 5 YEAR OLD DEVELOPMENT MILESTONES

What most children do by this age



# Child Development



West London

## Frontal Lobe (Concrete thinking)

Encourage problem-solving, sorting & categorising objects.

Let me be frustrated at times and figure things out.

Help me notice patterns ('when you do X, this usually happens')

## Parietal Lobe (Language)

Talk too me, sing to me, read to me.  
Listen to me and respond.

Repeat songs & books so I learn to memorise.

## Parietal Lobe (Touch)

Hug me, hold my hand.

Let me explore the world hands-on  
(pushing, pulling, pouring, turning, twisting etc)

## Prefrontal Cortex (Judgement)

Give me choices (when I'm calm – I struggle to make choices when I'm stressed or upset).

Talk to me about plans.

Help me break down big tasks into little steps.

Thought,  
memory &  
behaviour

Hearing, learning  
& emotions

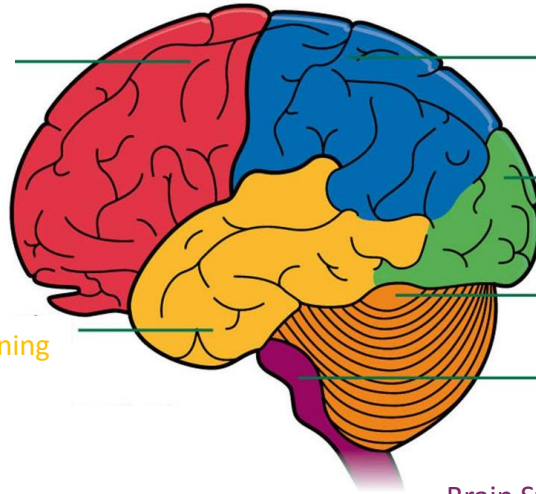
## Temporal Lobe & Limbic System

Respond in consistent ways.

Show me unconditional love.

Experience joy with me.

Talk to me about my emotions to help me have the vocabulary to understand how I feel.



Language  
& touch

## Occipital Lobe

Surround me with interesting things to look at.

Play games and take me outdoors to help my vision develop.

Visual  
processing

Balance &  
coordination

Breathing, heart  
rate & temperature

## Cerebellum

Let me move a lot!

Take me out!

Let me take some 'risks' while I learn and move.

## Brain Stem

Help me feel emotionally & physically safe.  
If I am frightened or stressed my brain goes into survival mode and the rest of my brain struggles to grow or develop.

# Emotional Wellbeing, Routines & Boundaries

**Rules and boundaries help families to understand how to behave towards each other, and what's OK and not OK.**

Routines are much more powerful than just being the daily tasks that help you organise your day. They help create relationships and repetition to help children develop **self-confidence, curiosity, social skills, self-control, communication skills, and more.**

There is so much that is new in your child's world every day that making things predictable is **comforting** for them. Knowing what to expect **reassures** your child and this gives them **confidence** to carry out tasks **independently.**

**By setting limits, you give your child clear guidelines and expectations.**



# Emotional Wellbeing, Routines & Boundaries

Introduce boundaries  
from an early age

Empathise

Set aside time & show  
your child you're  
interested in what they  
like

Learn from  
achievements

Avoid  
criticism

Try suggestions  
rather than  
answers

Use positive  
language

Avoid  
ultimatums

Try  
distraction

Pick your  
battles!

Give  
praise

Be a role model  
& acknowledge  
no one's perfect!

Talk about  
feelings

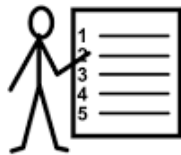
Don't forget the  
power of non-  
verbal cues



# Communication



Listen to and follow requests without having to stop what they are doing



Understand longer instructions and use longer, more detailed sentences



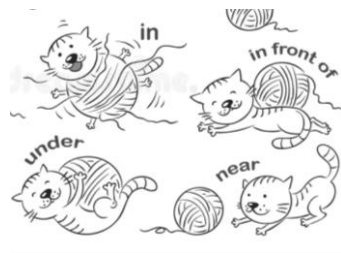
Understand and answer questions about simple stories with no pictures



Take turns in longer conversations and stay on the same topic



Ask lots of questions, especially 'why' questions



Understand words like 'first' and 'next' in a sentence and words such as 'above', 'below' and 'between'



Say most words clearly when they are talking – people who don't know them can understand them all the time. Talk quite smoothly



# Communication

Play games  
like 'I Spy'

Read to  
each other

Describe what you can see  
whilst out

Explore rhyming  
words

Talk about what  
you are doing

Help them notice and listen  
to things around them

Make up  
stories  
together

Socialise  
with others

Count together when  
doing chores

Sing together

Play pretend games

Local library  
activities



# Sleep



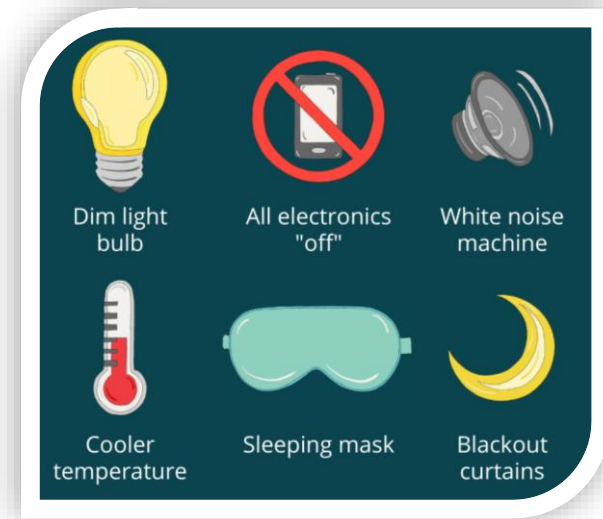
Sleeping is as important for our bodies as eating, drinking, and breathing. Sleep helps our brains and bodies recover from everything we have done during the day.



In order to support the developing brain of a 3-5 year old it is recommended they get **11-13 hours of sleep a night.**

# Sleep

- Routine & Consistency
- Sleep friendly bedroom
- No naps after 3pm
- Be active in the day



Switch screens off an hour before bedtime



Do a calming activity



Brush teeth



Change into pyjamas



Go to toilet



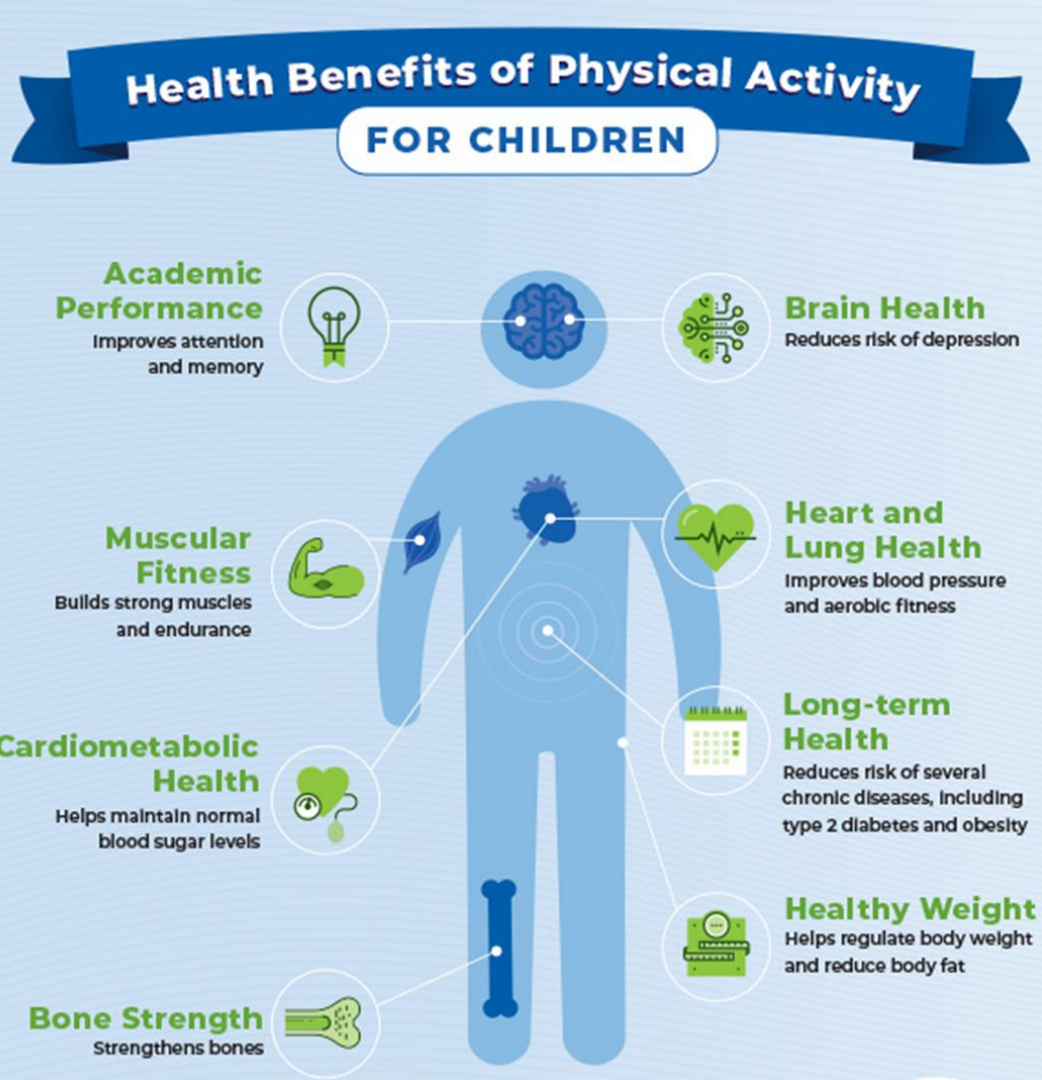
# Physical Activity

All children should aim to get at least **60 minutes** of physical activity a day for good health, but it doesn't need to be all at once.

Several short 10-minute bursts of activity throughout the day can be just as good as an hour-long stretch.



Promoting hope & wellbeing **together**



# Physical Activity

After school  
clubs

PE lessons

Walk, scoot, cycle to  
school

Sports clubs

Swimming,  
Gardening,  
Dancing...

Take the stairs  
instead of lift

Get off the bus  
one stop early

Less time sat  
down

Holiday Activities & Food (HAF) Program  
(free holiday activities for eligible children – benefits based free school meals)

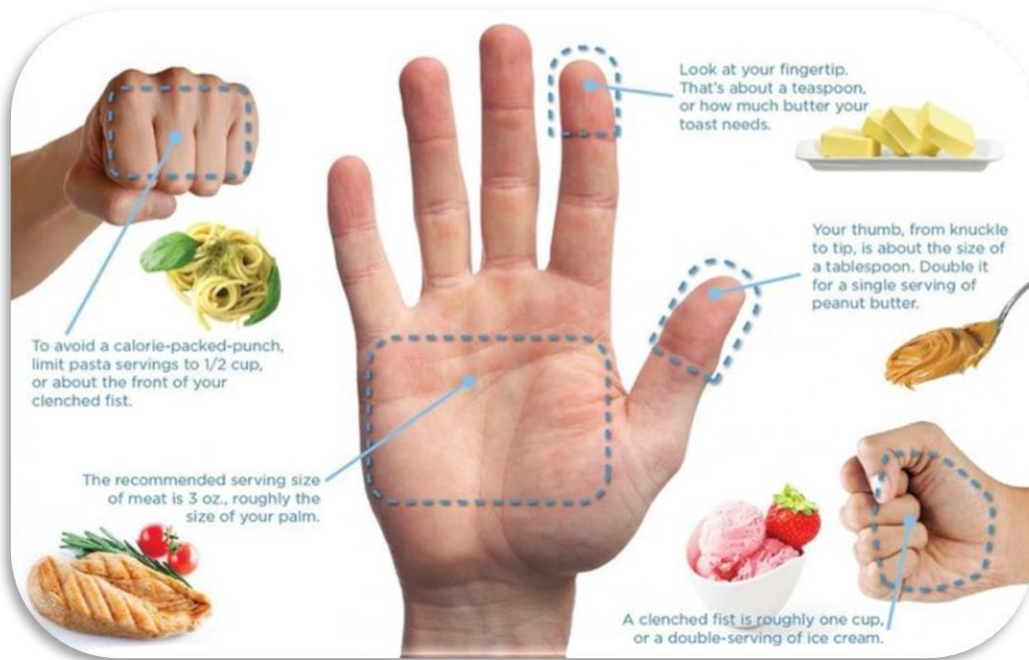
Local Council Leisure  
Centres



# Food & Drink



Research shows children who stay a healthy weight tend to be fitter, healthier, better able to learn, and more self-confident.



Each 1/2 pack serving contains

MED	LOW	MED	HIGH	MED
Calories	Sugar	Fat	Sat Fat	Salt
353	0.9g	20.3g	10.8g	1.1g
18%	1%	29%	54%	18%

of your guideline daily amount



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# Food & Drink

## Want to encourage trying more foods?

**Environment** – minimise distractions.

**Mealtime Routines** – to help your child prepare for what is coming. Avoid eating when your child is tired.

**Role Model** – eat together. Use phrases like ‘I can twirl my spaghetti around my fork, can you?’

**No pressure** – Avoid phrases like ‘I want you to eat all of your carrots’. Don’t show frustration.

**Limit meal times** – keep it to 15-30 minutes

**Play** – introduce new foods through play (paint with yoghurt!)

The body depends on water to survive.

Every cell, tissue, and organ in your body needs water to work properly.

In general, have around  
6-8 cups or  
1-1.5 litres  
of water a day

On average expect to  
wee 4-7 times a day!



**POOR  
CONCENTRATION  
& MEMORY**

Type 1		Requires hard lumps, like nuts
Type 2		Requires the best lumps
Type 3		Like a sausage but with seeds in the middle
Type 4		Like a sausage or candy, smooth and soft
Type 5		Soft lumps with clear red edges
Type 6		Hard pieces with jagged edges, usually dried
Type 7		Waters, no solid pieces

**CONSTIPATION**



**THIRST**



**DRY MOUTH**



**LESS FREQUENT  
URINATION**



**DRY SKIN**



**HEADACHE**



**RAPID HEARTBEAT**

# Self Care – support your child to be able to...



Brush teeth twice a day for 2 minutes!



Know when and how to wash & dry their hands

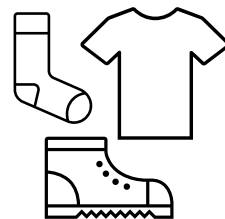


Know when and how to go to the toilet independently

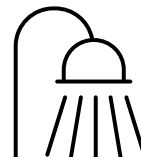
Be able to dress self independently  
(may need help with tricky things like buttons)



Wash self regularly  
(may need some help)



Wash & brush hair  
(may need some help)





# Toileting

You don't need to delay potty training and wait for signs of readiness.

Research shows it is better for your child's bladder and bowel health to stop using nappies between 18 and 30 months.

The longer you leave it, the harder it can be for your child to learn this new skill and accept not having a nappy on anymore.

**The aim is for children to be able to:**








- pull their underwear down
  - get onto the toilet
  - sit on the toilet
  - have a wee/poo
  - wipe themselves
  - get off the toilet
- pull their underwear up
  - flush toilet
- wash and dry hands.



# Toileting

## Start with...

- Check no constipation
- Plenty of water-based drinks
- Change nappies or pull-ups as soon as they are wet or soiled
- Talk with & involve your child in the process
- Nappy-free time after having wee/poo
- Use stories / toys to explain what to do

TYPE 1		Separate hard lumps (hard to pass).
TYPE 2		Lumpy, hard, sausage-shaped.
TYPE 3		Sausage-shaped with cracks on the surface.
TYPE 4		Sausage-shaped or snake-like; smooth and soft.
TYPE 5		Soft blobs with clean-cut edges (easy to pass).
TYPE 6		Fluffy pieces with ragged edges; mushy.
TYPE 7		Entirely liquid, watery, no solid pieces.

## Move on to...

- Choose a good time
- Say goodbye to nappies
- Loose clothing
- Sit down to use toilet

## Good times to sit on the toilet:



Shortly after waking up  
After mealtimes



Anytime you think your child needs to go!

# Toileting



Comfortable?

Keep calm!

Praise each step!



Distractions

3-5 minutes of trying

Positive language



# Health – Free Services with NHS



Every child should be registered with a local **GP**.

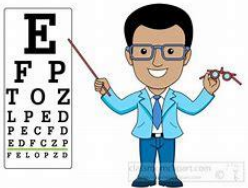
General practitioners (GPs) treat all common medical conditions and refer patients to hospitals and other medical services for urgent and specialist treatment.



Every child should be registered with a local **dentist**.

Dentists provide oral health check-ups and treatment.

Children should have a check-up with the dentist at least once a year (even if there is no pain or problems).



**Opticians** check eye health and vision.

Children should have their eyes checked by an Optician every 2 years (unless advised otherwise), even if there are no obvious problems).

Children may not realise they have a vision problem so, without routine tests, there's a risk a problem may not be spotted. This may affect their development and education.



# Immunisations

Vaccines are the most effective way to prevent infectious diseases, so it is important your child keeps up to date with the childhood immunisation programme.

Before starting school (from the age of 3 years and 4 months) your child will need their 'pre-school booster' vaccination. You can book this with the Practice Nurse at your GP surgery.

Age	Vaccines	To protect your child against
<b>Babies aged 6 weeks to 1 year old</b>	6-in-1 vaccine (3 doses)	Diphtheria, hepatitis B, polio, haemophilus influenzae type b (Hib), tetanus, whooping cough
	Rotavirus vaccine (2 doses)	Rotavirus
	MenB vaccine (3 doses)	Meningitis and sepsis
	Pneumococcal vaccine (2 doses)	Pneumonia, sepsis (blood poisoning), meningitis
	Hib/MenC vaccine	Haemophilus influenzae type b (Hib) and meningitis C
	MMR vaccine (1st dose)	Measles, mumps and rubella
	BCG vaccine (high risk patients and/or boroughs only)	Tuberculosis (TB)
<b>Toddlers aged 2 to 3 years old</b>	Children's flu vaccine (every year)	Flu
	MMR vaccine (2nd dose)	Measles, mumps and rubella
	4-in-1 pre-school booster vaccine	Diphtheria, tetanus, polio, whooping cough
<b>Children and teenagers aged 4-15 years old</b>	Children's flu vaccine (every year)	Flu
	HPV vaccine (12-13 years old)	Cancers caused by the human papillomavirus (HPV)
	3-in-1 teenage booster vaccine (14 years old)	Diphtheria, tetanus, polio
	MenACWY vaccine (14 years old)	Meningitis and sepsis



# School or Home?



Cold Sore



Conjunctivitis



Coughs & Cold  
(without a  
temperature)

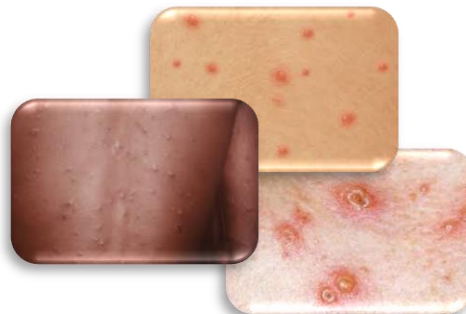


Headlice



Ear Infection  
with pain or  
temperature

Chickenpox



A High  
Temperature

Normal body  
temperature is  
around 36.4 degrees

A high temperature  
is above 38 degrees



Vomiting  
and  
Diarrhoea

# How to access support

					
<b>Self Care</b> Care for yourself at home	<b>Pharmacy</b> Local expert advice	<b>NHS 111</b> Non-emergency help	<b>GP Advice</b> Out of hours: Call 111	<b>UTCs</b> Urgent Treatment Centres	<b>A&amp;E or 999</b> For emergencies only
Minor cuts & grazes Minor bruises Minor sprains Coughs and colds	Minor illnesses Headaches Stomach upsets Bites & stings	Feeling unwell? Unsure? Anxious? Need help?	Persistent symptoms Chronic pain Long term conditions New prescriptions	Breaks & sprains X-rays Cuts & grazes Fever & rashes	Choking Chest pain Blacking out Serious blood loss

Hounslow Health Visiting Service (0-5 yrs)  
**Advice Line: 0208 973 3490**

Hounslow School Nursing Service (school age)  
**Parentline Text messaging service: 07312 263080**





# Hounslow School Nursing Service

Anyone can make a referral to the School Nursing Service.

Hounslow School Nursing Service is for any child that attends a Hounslow school or that lives in Hounslow and is home educated.



We ask all parents/carers of children entering Reception class to complete a digital health form for their child.

<https://forms.chathealth.nhs.uk/index.php/558667?lang=en>



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Hounslow School Nursing texting service



Are you a **parent**  
or **carer** of a **child**  
**aged 5-19 years?**

We offer **'free and confidential** advice and support about your child's health, wellbeing and development.



Send a message to

**07312 263 080**

Receive an answer within one working day from a qualified school nurse.  
**Monday to Friday, 9am-4.30pm.** No service on bank holidays.

\*Messages are charged at your usual rates. The service is confidential, but we might have to inform someone if we are concerned about your safety, and we would speak to you first. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply to you within one working day and you will get an immediate message to confirm we have received your text. Texts will not be seen outside working hours. If you need help before you hear back from us, contact your GP, nearest walk-in centre or dial 111. Our text number does not receive voice calls or picture messages. We support messaging from UK mobile numbers only (not from landlines, international mobile numbers and some 'numbers masking' mobile apps). To prevent the school nurse from sending messages to you, text STOP to our number.



chathealth.nhs.uk

[www.westlondon.nhs.uk/our-services/hounslow-community-healthcare/childrens-services/school-nursing-hounslow](http://www.westlondon.nhs.uk/our-services/hounslow-community-healthcare/childrens-services/school-nursing-hounslow)



# Useful websites

Routines & Boundaries [www.families.barnardos.org.uk/pre-school/routines-boundaries](http://www.families.barnardos.org.uk/pre-school/routines-boundaries)

Child Development [www.inourplace.co.uk/developmental-and-emotional-milestones-0-18y-leaflet/](http://www.inourplace.co.uk/developmental-and-emotional-milestones-0-18y-leaflet/)

Sleep [www.thesleepcharity.org.uk/information-support/children/](http://www.thesleepcharity.org.uk/information-support/children/)

Holiday Activities

[www.hounslow.gov.uk/info/20008/schools\\_children\\_and\\_families/2322/hounslow\\_holiday\\_activities\\_and\\_food\\_programme](http://www.hounslow.gov.uk/info/20008/schools_children_and_families/2322/hounslow_holiday_activities_and_food_programme)

Healthy Living / When to send child to school [www.nhs.uk/live-well/](http://www.nhs.uk/live-well/)

Toileting [www.eric.org.uk/information/](http://www.eric.org.uk/information/)

Speech & Language [www.speechandlanguage.org.uk/help-for-families/ages-and-stages/4-5-years/](http://www.speechandlanguage.org.uk/help-for-families/ages-and-stages/4-5-years/)

Finding NHS Service / Vaccinations [www.nhs.uk/](http://www.nhs.uk/)

Child Health [www.healthiertogether.westlondon.nhs.uk/](http://www.healthiertogether.westlondon.nhs.uk/)

