

For help, support and advice with any of the information in this guide you can contact:

- **Calderdale PHEYS Health Visiting Service** by calling **030 0304 5076** (this is a local call rate telephone number) or speak to a health worker at your local Well Baby Clinic.
- **Calderdale School Nurse Service** by calling **030 3330 9974**
www.locala.org.uk/your-healthcare/school-nursing/calderdale-school-nurses/
- Your local **Children's Centre** for support. Visit www.calderdale.gov.uk/v2/residents/education-and-learning/childcare/childrens-centres
- Your **GP or Practice Nurse** for immunisation and Health Care Plans.

Further information can be found at www.locala.org.uk/calderdale-pheys and www.healthyearlyyears.co.uk/school.html.

Wishing your child a successful transition to school.



Visit www.careopinion.org.uk to share your own story anonymously. Or call 0800 122 31 35

Visit www.locala.org.uk/getinvolved for information about Membership, Volunteering and other ways you can get involved.



Locala Health Visiting Calderdale and Locala School Nurses Calderdale



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Supporting your child to be ready for school



This is an exciting year as your child will be going to school! Here is a quick guide about getting your child ready for school and ensuring they settle in.

The Calderdale Healthy Early Years (HEY) website also has lots of useful tips: www.healthyearlyyears.co.uk/school.html

Health

Children starting school may get coughs and colds which are often harmless. However, to make sure your child does not pick up anything serious, make sure they have had all their immunisations before they start school. Children are offered a Pre-School Booster around 3.5 years old. Contact your GP if they have not had this yet.

If your child has any health conditions such as asthma, has an allergy or takes any regular medication please make sure they have a Plan of Care to take to school. This will help the teachers and other members of school staff understand what to do if your child is not well. If your child does not have a plan, talk to your GP, Practice Nurse, Health Visitor or the School Nurse team.

Self Care

Able to use the toilet - support your child to be confident about getting to the toilet in time, wiping properly and using toilet paper. For further information see the NHS website www.nhs.uk/conditions/pregnancy-and-baby/potty-training-tips/ or ERIC, the Children's Bowel and Bladder Charity www.eric.org.uk/

Able to wash their hands - talk about the importance of good handwashing with soap and water with your child, especially after going to the toilet, before eating or after handling animals.

Able to blow their nose - introduce your child to the routine of 'catch it, bin it, kill it' – catching their sneeze or runny nose in a tissue, putting it in the bin straightaway, then washing hands to kill germs.

Able to get their shoes and coat on and off - let your child practice putting on their school clothes, taking them off and folding them neatly. Clothes with elastic bands and shoes with Velcro are easier to handle for young children.

Able to feed themselves – teach your child how to use a full-sized knife and fork and carry a plate or tray. If your child is taking a lunchbox, make sure they can open it as well as any containers and packets inside.

Social and Communication Needs

Between the ages of four and five, children should be prepared to be separated from their parent or main carer. It will help your child settle if they are able to:

- listen and follow age appropriate instructions.
- show an interest and be able to pay attention to a variety of subjects.
- know enough words to be able to tell you their needs, feelings, thoughts or ideas.
- know and be able to tell someone else their name, their age and the names of their close family members.
- share and play with others, take responsibility for and understand the outcomes of their actions.
- be curious and ask questions about their environment and experiences, enjoy looking at books and have some understanding of words and language.
- respond to rules and boundaries.
- tell you their needs such as toileting, thirst, hunger illness etc.