

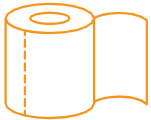
# Can Your Child...



Get dressed on their own



Use a full sized knife & fork unaided



Use the toilet independently



Wash their hands properly



## Health for Kids!

Please Visit

[www.healthforkids.co.uk](http://www.healthforkids.co.uk)

For more helpful information and details on how to contact your Solihull school nurse team.

**Is your Child in School?**

Call the School Nurses:

North: 0121 770 1919

South: 0121 726 6754



[Facebook.com/SolihullSchoolNurses](https://www.facebook.com/SolihullSchoolNurses)



[Twitter.com/SolSchNurses](https://twitter.com/SolSchNurses)



[Instagram.com/Solihull\\_School\\_Nurses](https://www.instagram.com/Solihull_School_Nurses)

**Is your Child not in School yet?**

Call the Health Visitors:

North: 0121 329 0120

South: 0121 726 6755/56

or text us via ChatHealth on 07507 332 563



[Facebook.com/SolihullHVs](https://www.facebook.com/SolihullHVs)



[Twitter.com/SolihullHVs](https://twitter.com/SolihullHVs)



[Instagram.com/SolihullHVs](https://www.instagram.com/SolihullHVs)

USEFUL REOURCES:

[www.pacey.org.uk](http://www.pacey.org.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.mumsnet.com](http://www.mumsnet.com)

REFERENCES: NHS Choices (Your Child's First Day At School), Pacey.org.uk, Mumsnet.com, Childcare.co.uk, Kidsmatter.edu.au.



# ✓ School Readiness

## Solihull 0-19 Service

**NHS**  
South Warwickshire  
NHS Foundation Trust





School Nurses



## Handy hints on how to get your kids cool for school

- Chat with your child about any worries they may have about starting school and reassure them that this is an exciting and positive time.
- Practice school runs to help with effective time management and easing of stress for all.
- Read books with your child on starting school and encourage questions so they can build up a good picture of how school life will be.
- Provide opportunities for your child to play with other children through play dates and visits to the park. This will help to increase their social skills and ease first day nerves.
- If possible arrange for your child to attend nursery or pre-school sessions which will help improve their confidence and social interaction with other children.
- Try role play activities so that your child gets an idea of what it may be like being in a classroom and expected behaviour to help encourage good behaviour at school.
- Practice potential new morning and bedtime routines to aid a smooth transition of any changes in these.
- Support your child to be fully independent in toileting skills to avoid potential embarrassment and mishaps
- Involve your child in choosing their uniform and encourage independent dressing as this will help with self-care skills and new routines.
- Always seek help and advice from your child's teachers/educational staff if you have any concerns about your child in school.

### Common Reactions From Children When Starting School

- Restless or fidgety
- Withdrawn
- Anxiety.....(Parent's can feel anxious too!)
- Challenging/Aggressive Behaviour
- Clingy
- Having sleep difficulties
- Reverting to early behaviours (bedwetting, thumb sucking)
- Loss of appetite/Fussy eating

These are all ways in which your child is responding to a change in their routine and new challenging situations.

### How To Deal With Common Reactions To Starting School

Take time to talk to your child about any worries and discuss what may help them to address and overcome these

- Work with school staff to address your child's anxieties/worries
- Be there in simple ways for your child by supporting them with a cuddle, or taking part in their favourite activity
- Listen actively and be responsive to their needs
- Seek help and advice from school staff, GP or school nurse if needed.

**You are not on your own!**