

# ✓ School Readiness

## Solihull School Nursing Newsletter



@Solihull School Nurses



@Solihull\_School\_Nurses



@SolSchNurses



There are many ways as a parent/carer that you can help your child to prepare for Primary school.

### [Starting school can be cool!](#)

Here are some useful ideas to help support your child starting their school life journey.

It is important that your child has a healthy breakfast and drink every morning.



Having breakfast will help your child to concentrate at school and set them up for the day.

Chat with your child about any worries they may have about starting school and reassure them that this is an exciting and positive time.

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.

Support your child to be fully independent in toileting skills to avoid potential embarrassment and mishaps

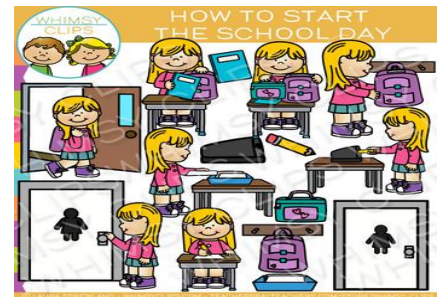


### [Routines and School Runs!](#)

Practice potential new morning and bedtime routines to aid a smooth transition of any changes in these.

Involve your child in choosing their uniform and encourage Independent dressing as this will help with self-care skills and new routines.

Practice school runs to help with effective time management and easing of stress for all.



### [Age and Stage Questionnaires!](#)

During the next few weeks you will receive an age and stage questionnaire. This is an important tool we use to assess your child's growth and development. You will also receive a letter with this outlining what you need to do. Please also check out the school readiness leaflet that will also be enclosed for more handy hints and useful tips on preparing your child for school.

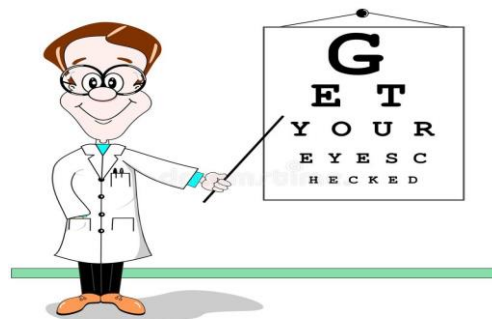
We know that this is an anxious time not only for your child, but for you as a parent and you are not alone and your school nursing team are here for help, advice and support by contacting us on the details below.

**The Solihull School Nursing service**  
**Are waiting to receive your text**  
**messages available Monday-Friday**  
**8am-5pm**

**Chat health Parent text**  
**line**

**07480 635 496**

**Parents of children that attend Solihull**  
**Schools can text for information, advice**  
**and support regarding their child's**  
**physical and emotional health.**



### Important information school may need

If your child has any special education needs it is important that you make your child's school aware of any additional support that your child may require.

If your child has any medical conditions you will need to make the school aware and provide a current care plan (from the specialist) if required and up to date prescribed medication ensuring that it is clearly labelled with your child's details.

If your child is under the care of another professional (for example: school nurse, solar, medical specialist or if they have a social worker) please share the contact details with school.

**Regular 6 monthly dental checks are recommended for children from the point at when there first milk teeth appear. Please find a useful link below on how to find and register with an nhs dentist**

**An eye health check is recommended from the age of 4 -5 years old so that eye health issues can be detected as early as possible. Please find a useful link below for further information on children's eye health**

**<https://nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/>**

**<https://www.nhs.uk/conditions/eye-tests-in-children/>**



## Useful Contact Numbers

**Birmingham and Solihull  
Mental Health Trust**

**Solihull (Solar)  
0-19 year olds service  
0121 301 2750**

**Birmingham (Forward Thinking)  
0-18 years  
0207 841 4470**

**Bereavement Support  
0121 687 8010**

**Solihull Carers Trust Young Carers  
0121 788 1143**

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

**To get in touch please call us**

**0121 726 6754 south team**

**0121 770 1919 north team**

We are proud to share with you our new reception year  
Solihull school nurse introduction video.

<https://youtu.be/IUCO97Ben4E>

**You can also follow us on:**



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