

Public Health Nursing School Readiness



Why have I been sent this letter?

So you can start to plan for when your child starts school.



What can I do about this?

Please look at the information in this leaflet.



How long will I need to do this ?

From now until your child starts school.



What happens next?

If you have any questions, please call us on **0300 123 6661**.



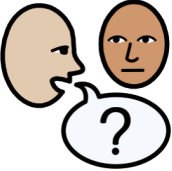
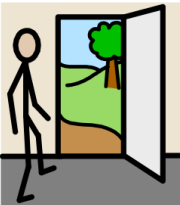
Getting ready for school

Below are some examples of what your child should be able to do before they start school:

	Self Care Getting dressed and undressed. Being confident with buttons, zips, shoes and socks and putting on school uniform.
	Eating Using a knife, fork, spoon and a cup. Opening a packed lunch. Having regular mealtimes, eating healthily and keeping active.
	Toileting Using the toilet, wiping themselves and washing and drying hands.
	Playing Playing games, playing with others, sharing and turn taking. Holding a pencil and experiment with colouring.
	Independence Happy to be away from family. Asking for help if feeling unwell. Happy to exploring new activities.



Getting ready for school continued:

	Sleep Have a good bedtime routine and getting enough sleep . Sleep in their own bed.
	Speaking, listening and understanding Talking, ask questions, know their name, sit still and listen and follow instructions.
	Parents and carers This is an exciting time but it can feel overwhelming and challenging. To help with this, practice getting ready to leave on time and practice the journey to school.



Useful Information and Websites

 Family Assist Solent	Information about Solent NHS Trust services in your local area please go to Family Assist: https://solent-family-assist.custhelp.com/
	For pre school immunisation please contact your practice nurses at your G.P surgery.
	Children and Families First - for any early help support: www.southampton.gov.uk/health-social-care/children/child-social-care/early-help/
Sure Start Children's Centres	Sure Start Centres - you can find your local sure start centre: www.southampton.gov.uk/health-social-care/families/sure-start-childrens-centres/
	Housing and Benefits: Citizens Advice Bureau: 0344 4111 306 www.citizensadvice.org.uk/
	Emotional and Mental Health concerns: CAMHS duty telephone line 0300 123 6661
	For toileting ERIC - www.eric.org.uk
	Healthier Families www.nhs.uk/healthier-families