

# WARWICKSHIRE SCHOOL HEALTH & WELLBEING SERVICE

## READY FOR SCHOOL TOP TIPS

### Did you know?

- Parents are key to preparing children for school.
- You can prepare your child for school from birth by playing, talking and encouraging them to explore their surroundings.
- Many of the skills that children need for school are skills that they need for life.

### How to help your child

- **Make sure that your child has a good bedtime routine.**  
A good night's sleep will help your child cope with the demands of the school day.
- **By the time your child starts school they should be nappy free during the day.**  
You can help by encouraging your child to be as independent as possible using the toilet, including wiping themselves, letting them flush the toilet and with supervision washing their hands. If you're having problems with toilet training call your Health Visitor for help and support.
- **Encourage your child to help with dressing themselves.**  
Elastic waist-bands and velcro shoes can help build your child's confidence with these tasks. Your child will need to be able to dress and undress for PE.
- **Encourage your child to look after their belongings at home.**  
Your child will be expected to hang their coat on their peg and tidy the activities away that they have been playing with in the classroom.
- **Sit with your child at the table for meals.**  
Encourage them to practice using a knife and fork and drink from an open cup.

The more your child practises these tasks, the more their confidence and independence skills will grow.

**Always give lots of praise and encouragement.**



Compass

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### STARTING SCHOOL

#### Did you know?

- When your child starts school their care is transferred from the Health Visitors to the School Nurses (Warwickshire School Health and Wellbeing Service - Compass).
- The School Health Service is a friendly, confidential, free service that will work with you and your child until they leave secondary school.
- The School Health Service can support you and your child with a wide range of health-related issues such as sleep, diet, medical conditions, behaviour and parenting
- When children start school, parents and carers have access to a confidential texting service for advice and support from the School Health Service.

#### How to help your child

- During the summer before your child starts school, you will be invited by email to complete an online health questionnaire for your child. This questionnaire will take about 10 - 15 minutes to complete, it is secure, confidential and the information you tell us will help the School Nurses to identify if your child needs any extra support before starting school.
- The School Health Service accepts referrals from parents and other professionals.  
If you would like to contact us please call us on: 0330 245 204

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