

# School Readiness and Making a Healthy Start

An Introduction to the School Nursing  
Service

# What is School Readiness?

School readiness is a measure of how prepared a child is to succeed in school - cognitively, socially and emotionally

- Public Health England (2019)



# Necessarily Skills Needed For School

- Confident and independent in using the toilet and washing hands
- Able to dress and undress themselves
- Able to use a knife and fork
- Tidying up after themselves
- No longer napping during the day
- Used to spending time apart from parents
- Happy to socialise with other children
- Adopting a school-time routine at home
- Going to bed and getting-up at appropriate times
- Having meals and snacks at school times



# Steps to starting school

Build your child's confidence so that they start school confident, curious and ready to learn

Access more great advice, tips and downloadable resources at [pacey.org.uk/schoolready](https://pacey.org.uk/schoolready)



## More top tips:

- ★ Get your child ready for their new routine by switching their meal times to match those of the school day
- ★ Encourage your child to explore new environments and interact with new people
- ★ Talk to your child about what they are most looking forward to at school
- ★ Let your child practise putting their new school uniform on and taking it off
- ★ **And remember**, every child is different and starts school with different abilities



# Should my child be dry at night?

# Bedwetting

**Bedwetting is relatively common in children under the age of 7**

1 in 5 children at the age of 5 are still wet at night

1 in 7 children at the age of 7 are still wet at night

Advice and support available from '**Be the Boss of your Bladder**' leaflet or via the ERIC website [www.eric.ork.uk](http://www.eric.ork.uk).



## Contact details

Please call the One Stop team on  
0300 222 5755 option 2

[www.sabpsecure.simplifyhealth.co.uk](http://www.sabpsecure.simplifyhealth.co.uk)

## How this service works

You will be offered help over the phone and, if required, you will be asked to see your GP and your child's name put on the waiting list for clinic appointment.

In the meantime, we will continue to support you over the phone. A useful website to refer to for information is [www.eric.org.uk](http://www.eric.org.uk)

Once you have an appointment, you will be seen in clinic regularly for up to six months, and then re-assessed.

## Need to contact the service?

Please see the Contact details section of this leaflet.

## Your experiences

Children and Family Health Surrey is committed to putting people first and continually improving services through listening and responding to feedback.

To share your experiences, please:

Call **01306 646 223**

Email **[CSH.patientexperience@nhs.net](mailto:CSH.patientexperience@nhs.net)**

Or write to the Quality and Governance Team address below:

Quality and Governance Team,  
Leatherhead Hospital, Poplar Road,  
Leatherhead, Surrey KT22 8SD

## Large print, audio format or another language

Call **01306 646 223**

or email **[ask.cfhs@nhs.net](mailto:ask.cfhs@nhs.net)**

to receive this information in large print, audio format or another language.

## General enquiries

Visit **[www.childrenshealthsurrey.nhs.uk](http://www.childrenshealthsurrey.nhs.uk)** or email **[ask.cfhs@nhs.net](mailto:ask.cfhs@nhs.net)** for information and contact details for all other Children and Family Health Surrey Services.

Surrey Healthy Children and Families LLP  
Company registered number OC415159

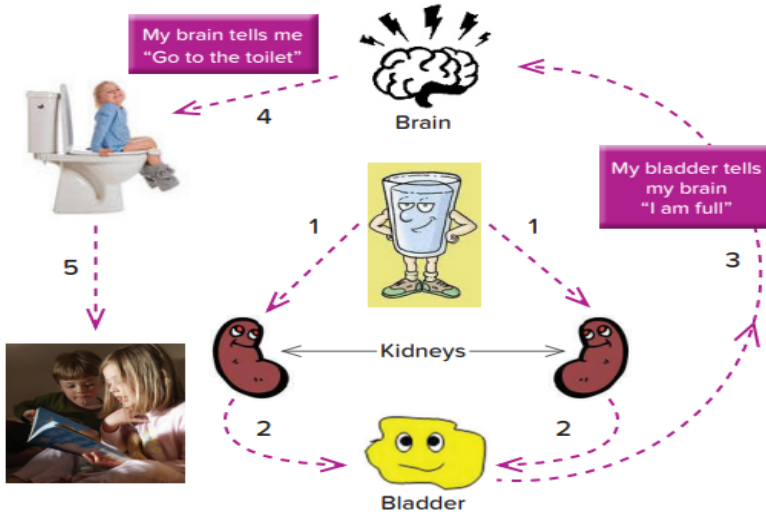
# Be 'The Boss' of your bladder

## Overcoming bedwetting

Information for children, parents,  
carers and relatives



# Be 'The Boss' of your bladder!



## Bed wetting is very common in children under the age of 7 years.

- 1 in 5 children at the age of 5 years are still wet
- 1 in 7 children at the age of 7 years are still wet

While this can be stressful and embarrassing for children and their families, there is plenty of support available.

## Children – Handy tips to remember to be 'The Boss'!

- Go for a wee regularly (about six times a day)
- Try and relax when having a wee
- Make sure you wee before going to sleep
- The more you drink the more your bladder is trained to hold.

## To help your bladder hold more wee, it is important that you:

- Have regular drinks (6-8 x 200ml cups) throughout the day to help your bladder learn how to hold larger amounts of wee. Your child's teacher can support you with this during term time.
- Drink whole cups NOT sips as this will help to stretch your bladder
- Experiment with avoiding certain drinks such as blackcurrant juice, fizzy drinks or milk drinks especially before bed.
- Water is best.
- Keep having drinks up until 1 ½ hours before bed
- During the final 1-2 hours before bed it is okay to have a sip of water to drink, if needed.

# 'The Boss' checklist for

My targets		Tick the chart each time you drink a whole cup during the day.						
		8am	10am	12pm	2pm	4pm	6pm	
Am I drinking enough through the day? It could be juice, water or milk. My target is between 5-7 200ml sized glasses a day.								
Recommended fluid intake per day *		Well done if you have drunk 5-7 cups in a day!						
Boys and Girls 4-8 yrs	1000-1400ml							
Girls 9-13 yrs	1200-2100ml							
Boys 9-13 yrs	1400-2300ml							
Female 14-18 yrs	1400-2500ml							
Male 14-18 yrs	2100-3200ml							
Have I been for a wee before I go to sleep? Tick every time you remember.								
		Mon						
		Tue						
		Wed						
		Thu						
		Fri						
		Sat						
		Sun						

## Parents – Helpful pointers

- Is there a regular pattern to the wet nights and if so, is there something you can implement to change the cycle?
- If you want to reward your child, reward changes they can make such as increased drinking in the day and going to the toilet before going to sleep. The reward only needs to be small.
- Talk to your child about making it easier to go to the toilet at night. For example, if your child doesn't like getting up at night because it's too dark, consider using a 'special' torch / light.
- If your child is in a bunk bed or has to go up or down stairs to the toilet, can you change where they sleep for a short while?
- Try and avoid lifting children to the toilet when they are not fully awake and therefore not the 'boss of their bladder'. This leads to their bladder learning to empty when not full which is not the outcome we are looking for.

- If you do use lifting on special occasions, for example, while away on holiday, make sure you wake them at different times each night.
- It may help to stop using pull ups at night; this allows the child to recognise that they are wet and prompt them to use the toilet. Remember to use protective covers for the bed.
- Constipation can contribute to bed wetting so ensure your child has plenty of fruit and vegetables.

## Remember bed wetting is not the child's fault





# Helpful tips:

- Regular drinks (5-7 x 200ml cups) throughout the day
- Whole cups, not sips
- Avoid blackcurrant juice and fizzy drinks
- Keep having drinks up until two hours before bed



# Is your child drinking enough?

- Aim for 5 to 7 cups/glasses (200ml) a day
- Recommended fluid intake per day:

**4-8 years old = 1000-1400ml**



# HEALTHY HYDRATION

for children aged 5-11



**Water**  
Is a good choice throughout the day because it hydrates without providing extra energy (calories/kilocalories) or harming teeth.  
*Drink plenty*

**Milk**  
Is a useful source of nutrients, especially protein, B vitamins, iodine and calcium. Most children can have lower-fat milk such as skimmed, 1% or semi-skimmed. Unsweetened, calcium-fortified dairy alternatives can also be included. Milky drinks containing added sugars such as milkshakes, hot chocolate and malted drinks should be limited.  
*Have regularly*

**Fruit and vegetable juices and smoothies**  
Can provide some vitamins and minerals. However, they also contain sugar and can be acidic which is harmful to teeth so it's recommended to limit them to one small glass (150ml) a day and keep them to mealtimes. 150ml counts as a maximum 1 portion of your 5 A DAY. They can be diluted with water to reduce the acidity and sugars content.  
*Can have once a day*

**Sugar-free drinks**  
Hydrate without adding extra sugars but it's a good idea for most drinks to be milk or water. Fizzy drinks may contain acids that can be harmful to teeth. Be aware that some of these drinks contain caffeine.  
*Occasionally*

**Tea and coffee**  
Caffeine is naturally present in tea and coffee. Small amounts are harmless but high intakes should be avoided, especially for young children. It's best for children to drink decaffeinated tea and coffee with reduced-fat milk and no added sugars.  
*Occasionally (not in excess amounts if caffeinated)*

**Sugary drinks**  
Are best avoided as they provide sugars, but low other nutrients. Fizzy drinks may contain acids that can also be harmful to teeth and some soft drinks contain caffeine.  
*Avoid*

**Sports and energy drinks**  
Can be high in sugars and energy drinks may contain high levels of caffeine or other stimulants. These drinks are not suitable for young children.  
*Not suitable for children*

This guide is intended to help parents, teachers and carers choose a balance of drinks for children aged 5-11 years.  
The amount of fluid a child needs depends on many factors but generally they should aim to drink about 6-8 glasses of fluid a day, using smaller glasses (150-200ml) for younger children. This is based on recommendations on fluid intakes for children from the European Food Safety Authority.

# Dental health

# Dentist Appointments

- Your child should be registered at a dentist and attending regular check-ups, usually 6 monthly
- Most dentists accept children from their first birthday onwards
- To find a local dentist go to [nhs.co.uk](https://www.nhs.co.uk)
- Dental care for children up to 18 years old is **free of charge**



# Helping Your Child Brush Their Teeth

- Children need help with brushing until at least 7 years old
- Wait 30 minutes after eating before brushing
- Use a pea-sized amount of fluoridated toothpaste
- Brushes should be changed every 2-3 months
- Brush last thing at night and at least on one other occasion, no foods should be consumed after this point (including milk)
- Spit, don't rinse
- Brush the teeth in a circular motion along the gum line, twice a day for at least two minutes



# Diet and Tooth Decay

- Too much sugar is not good for dental health (or general health)
- Fizzy drinks containing sugar are one of the main causes of tooth decay. Milk and water are best
- Sugary food and drinks should be limited to mealtimes. Sugars should not be consumed more than four times per day



# Healthy Eating



# NHS Healthy Eating and Lifestyle Advice for Children and Families



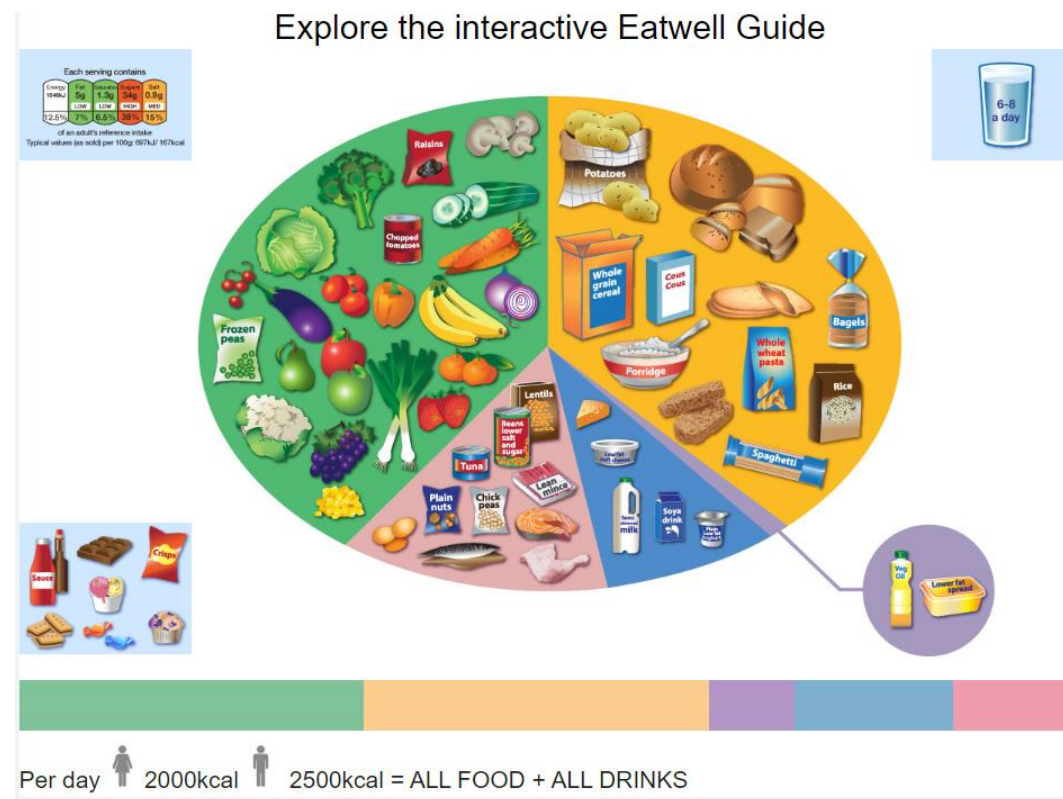
<https://www.nhs.uk/healthier-families>



Children and Family Health  
Surrey

# The NHS Eatwell Interactive Plate

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>



# Hand Washing

# Hand Washing

Washing your hands properly removes dirt, viruses and bacteria to stop them spreading to other people and objects, which can spread illnesses such as food poisoning, flu or diarrhoea.

It can help stop people picking up infections and spreading them to others.

The current NHS guidelines is for everyone to wash there hands with warm water and soap for up to 20 Secs.

This is around the length of time it takes to sing happy birthday x 2 or most common nursery rhymes.



# When Should You wash your hands?

- After using the toilet or changing a nappy.
- Before and after handling foods like meat and vegetables.
- Before eating.
- After blowing your nose, sneezing or coughing.
- When your hands are visibly dirty.
- After touching animals, including pets, their food and after cleaning their cages.
- After playing outside or gardening.



1. First, wet your hands



2. Then get your soap



3. Then rub your hands all over



## How do we wash our hands ?

5. Then dry your hands



4. Then rinse your hands



A simple guide to demonstrate to children the correct process of how to wash your hands.

<https://www.nhs.uk/live-well/best-way-to-wash-your-hands/>

Videos and step by step picture guide available.

# Reception Year Health Screening

# Routine Health Screening

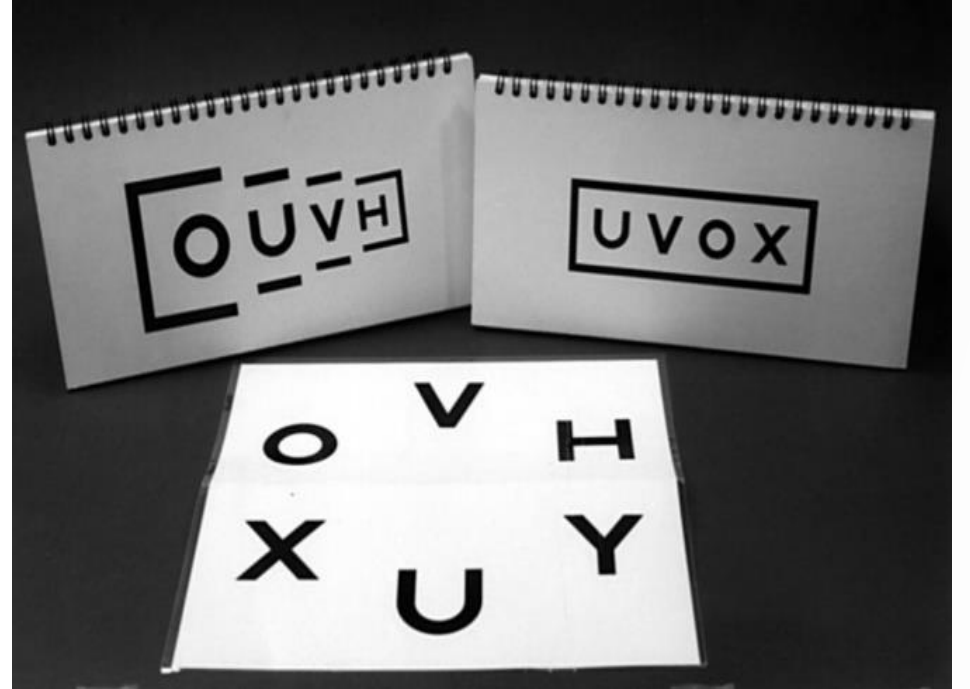
The School nursing service offers routine health screening to all Reception Year children which includes...

- Health questionnaire
- Height and weight measurements
- Audiology checks as required
- Distance vision screening





# Distance Vision Screening



# National Child Measurement Programme

As part of the National Child Measurement Programme, children are weighed and measured at school.

The information is used by the NHS and your local council to plan and provide better health services for children.

Further information can be found at [www.nhs.uk/live-well/healthy-weight/childrens-weight/national-child-measurement-programme](http://www.nhs.uk/live-well/healthy-weight/childrens-weight/national-child-measurement-programme)



# In Conclusion

# What School-Ready Children Look Like

- Recognise numbers and quantities in the everyday environment
- Participate in music activities such as singing
- Are able to take turns, sits, listen and play
- Are independent in getting dressed and going to the toilet
- Are well nourished and within normal weight for height
- Are able to communicate their needs and have a good vocabulary
- Are able to socialise with peers and form friendships
- Are independent in eating
- Develop motor control and balance for a range of physical activities
- Have received all childhood immunisations
- Have good oral health

# Woking School Nursing Team

Contact details:

Advice Line: 01883340922

<https://childrenshealthissurrey.nhs.uk/>

or contact via school



# Any Questions?



Thanks for Listening!

