

School Readiness



We hear your Child is starting School!

School is a very fun place that your child can make lots of new friends, play and learn lots of new things.

The 0-19 service are always here to support and help parents and children to be ready to start School.

Whilst in Reception your child will be supported by a Health Visitor until their 5th birthday and then a School Nurse will be available for support whilst your child remains in education until their 19th Birthday.

Enclosed in the following pages are links to useful websites and information on School Readiness topics.

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Parent Resources

Toileting

www.eric.org.uk



www.bbuk.org.uk/children-young-people



Sleep Support

www.thesleepcharity.org.uk



www.millpondsleepclinic.com



www.bbc.co.uk/bitesize/articles/znhyt39

How to get your child's bedtime routine right



www.bbc.co.uk/bitesize/articles/zk2t2sg

How to deal with common sleep problems



Fussy Eating

www.nhs.uk/conditions/baby/weaning-and-feeding/fussy-eaters/ NHS Fussy Eating



www.childfeedingguide.co.uk



www.patientwebinars.co.uk/condition/fussy-eating-in-children/webinars/ NHS Patient

Webinars Fussy Eating in Children



www.youtube.com/watch?v=FtJHyd_tTd0

Shropshire Community NHS Trust

Self Restricted Eating



Behaviour

www.inourplace.co.uk Understanding your Child Parent Course



www.familylives.org.uk Select topic and filter by age



Speech and Language

www.speechandlanguage.org.uk



www.wordsforlife.org.uk/themes/start-for-life/



www.bbc.co.uk/tiny-happy-people



Additional Needs

www.podstelford.org



www.telfordsendiass.org.uk



www.telfordautismhub.org.uk



www.telfordsend.org.uk/site/index.php



Internet/Gaming/Online Safety

www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/gaming/



www.nspcc.org.uk/keeping-children-safe/online-safety/





Thinking about wee and poo now you're on your way to **SCHOOL!**

Remember, all children need help to make sure they have a...

Healthy Bladder and Healthy Bowels

Check your child has plenty of fluids - a minimum of 6-8 drinks every day.

Don't limit their drinks to help them stay dry... it doesn't work! The bladder needs to be properly filled and emptied to behave properly.

If your child is struggling to get dry in the daytime despite plenty of work on healthy bladder and bowels, read...



ERIC's Guide to Childhood Daytime Wetting

The bladder and bowels are closely related - if your child is constipated their tummy may be so full of poo that it makes their bladder misbehave! So, constipation can cause wee problems as well as poo problems. Learn to spot it and know what to do about it.

How did you get on with potty training?

Is your child reliably clean and dry in the daytime?

If the answer to that is no, don't panic!

Maybe you've been trying but things haven't been going well... if that's the case read on - there can be reasons why children struggle to get their wees and poos in the potty or toilet.

Maybe you haven't got around to starting yet? If that's the case...

- Go to www.eric.org.uk - there's lots of useful info on how to get started.
- Read **ERIC's Guide to Potty Training...**
- Call ERIC's free helpline on **0808 169 9949** or visit the website www.eric.org.uk/helpline
- Some children have additional needs and will need extra time and effort with toilet training. Read **ERIC's Guide for Children with Additional Needs** for advice on what to do.



What should your child drink?



- Choose a suitable cup for their size - about 150-175ml for a 4-5 year old.
- Water is best.
- 2-3 drinks of milk a day is fine as part of a balanced diet.
- Well diluted fruit juice or squash can be included.
- If your child wakes for a drink in the night, only offer water.

What drinks should they avoid?

- Any drinks containing caffeine - like tea, coffee and cola.
- Sweetened drinks.
- Save fizzy drinks for a treat when they are older.

What about night time?



Your child may still be wet at night - if so don't worry! This is quite normal. Some children are dry at night soon after achieving success in the daytime - for others it is much later.

The first step for everyone is to work on a healthy bladder and healthy bowels - so keep an eye on those drinks and always watch for constipation.

Make sure your child gets into the habit of having their last drink an hour before bedtime, and then doing a wee last thing before sleep.

Make sure their mattress is protected with a waterproof cover so accidents don't matter. Look at the bedding protection in the **ERIC online shop**

Some children do struggle to get dry at night - check out the ERIC website or read this leaflet for more information...

ERIC's Guide to Night Time Wetting



Your child should pass soft stools - **Type 4** on the chart - at least four times a week.

If they are passing fewer poos than this, and/or harder poos, they might be constipated...

Leaking runny poos (**Type 7**) can also mean constipation...

...check out the ERIC website or read this leaflet for more information...



ERIC's Guide to Children's Bowel Problems

If you're worried see your GP - your child may need some medicine to help them poo. The sooner the better - don't let it become a long term problem. Some nurses can prescribe medicines too.

Talk to your School Health Nurse for advice.

Or you can call ERIC's free Helpline on **0808 169 9949** or visit the website **www.eric.org.uk/helpline**

What does healthy poo look like?

1



Looks Like:
Rabbit droppings

2



Looks Like:
Bunch of grapes

3



Looks Like:
Corn on the cob

4



Looks Like:
Sausage

5



Looks Like:
Chicken nuggets

6



Looks Like:
Porridge

7



Looks Like:
Gravy

Wee and Poo Problems at School

For some children it is just not possible to get clean and dry before starting school.

Information about toileting/changing can be found at **Help at School** on the ERIC website

Information and support on bedwetting, daytime wetting, constipation, soiling and potty training call ERIC's helpline on **0808 169 9949**

Website: **www.eric.org.uk**

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SCAN ME



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Top Ten Tips for a Good Night's Sleep

1. Getting ready for bed - decide on an appropriate bedtime and stick to it
2. At least one hour before bedtime have evening meal
3. Have a period of quiet playtime (winding down)
4. Go upstairs (in a flat leave the lounge/dining area)
5. If including bath time - water, warm not, too hot - clean teeth - dress in night wear
6. In bedroom - read a story (not too long and only one)
7. Into bed/cot with a kiss and a short cuddle - have a few quiet, cuddly toys in bed (avoid TV in bedroom)
8. Lights out (or dim night light if necessary)
9. If child will not stay in bed - needs firm, consistent instruction to stay in bed until morning. To be repeated as many times as needed to comply
10. If child wakes/cries in the night - reassure, then put back in their own bed and leave the room, repeat consistently emphasising night-time is for sleeping - be calm and be consistent



Fussy Eater- Top Tips

-  **Routine:**
Stick to a routine with three meals a day: breakfast, lunch and tea, with healthy snacks mid-morning and midafternoon.
-  **Don't give up!**
If your child will eat only a few foods, build on these. For instance if they like potato, try different types such as mash and roast potatoes. If they reject something they previously enjoyed, don't worry. Introduce it again later.
-  **Patience:**
Try to keep your cool even if a meal hasn't been eaten. If you are anxious and tense, your child will pick up on this and it could make the situation worse. So don't make a fuss – just take the plate away without comment
-  **Rewards (not bribes!) can be motivational:**
Reward schemes like a sticker chart in the kitchen can work well with older children. Make the chart yourself together. Give your child a sticker for eating new foods. When they have collected a few stickers, reward them.
-  **Get your fussy eater involved with cooking:**
Most children adore cooking and tasks like squeezing fresh orange juice or cracking eggs are well within the capabilities of a young child. It's amazing how being involved in the planning and preparation of a meal can stimulate a child's appetite
-  **Keep healthy snacks to hand:**
If your child refuses to eat anything other than junk food, don't worry. They will soon find there's not much point making a fuss if you don't react. Avoid empty calorie snacks like crisps or soft drinks and keep a supply of healthy snacks on hand – maybe have a low shelf in the fridge with cut up fresh fruit and other healthy foods. When little ones are hungry, they won't wait.



- Make food fun and appetising:

Without going to unnecessary lengths, try to make your child's food not only taste good but look good too. Make [mini portions in ramekins](#), [chicken skewers](#) or thread bite sized pieces of fruit onto a straw. [Salad lollipops](#) are a great way to try lots of different foods and textures in one go.



- Learn where food comes from:

Help children understand where the food they eat comes from by learning about plants, farming and fishing can be a great way to get your fussy eater excited about food. A day out to a local farm, a story book or tv show or growing some plants yourself can all help change your child's perspective of food. Growing your own food doesn't require a huge garden or lots of equipment, get your kids growing their own herbs or sprouting seeds in little pots on window sills. Growing cress in an egg shell is a simple, cheap and quick way to take your little one from planting to eating.



- Eat together to show your fussy eater how good the food is:

[Eating together](#) and sharing the same or parts of the same, meal can create a really positive atmosphere all around. When they see their family enjoying their meals, it can be enough inspiration for them to give it a go themselves!



- Sneak some veggies in when they're not looking!

If you're worried that your fussy eater isn't getting enough nutrients then you can always sneak them in to their food!



Top 10 Tips

Behaviour and Positive Parenting

(0-5 years)



1. Special Time

Include play time with your child during your daily routine. This is a perfect opportunity to give attention to them, be positive, fill your child with praise and encourage learning by having fun.

2. Be a positive role model

Remember children copy and learn from you!

3. Praise

Catch your child being good, reward with:

- **Labelled verbal praise** – “well done for eating all of your dinner”, “You are so clever building such a high tower”, “You make me so happy when you share with your sister”.
- **Physical praise** – Cuddles, kisses, high five etc
- **Visual praise** – Stickers, smiley face charts etc

Remember to smile and use an enthusiastic tone of voice!

4. Daily physical exercise

This allows children to burn off excess energy that could lead to unwanted behaviours if not given sufficient time to release.

5. Clear Limits and Boundaries

Children feel safe and secure if they have routine and know what is going to happen next. If clear rules of what is right and what is wrong are used consistently a child will learn to repeat acceptable behaviour.

6. Realistic expectations

It is important to have realistic expectations. Ensure the task or activity you are expecting your child to do is appropriate for their age or stage of development. If an activity is too easy a child may become un-interested and bored, however if the activity is too difficult a child may become frustrated. Both can lead to unwanted behaviour occurring.

7. Clear commands

It is very easy to fall into the trap of asking a child to do something rather than giving them a command. A question gives them the opportunity to say no. Give clear commands, for



example, “It’s time to put the toys away in the toy box” rather than “Shall we put the toys away now?”

8. Warnings

Give your child a warning before an activity change. For example, you could say “you have 5 minutes to finish your painting before we tidy away for dinner” (a visual aid can be good for young children. You could show them on a clock or use a timer) Once the time is up it is important to be consistent and not give into protests. If a child learns that protesting to a command gets them extra time at an activity, they will do the same next time!

9. Ignore/distraction

Unwanted behaviours such as whining, shouting, nagging etc. can be eliminated by using a consistent ignoring approach. Children’s behaviour is maintained by the attention it receives. Distraction is a good technique to prevent or draw children away from unwanted behaviour.

10. Be consistent

Children need clear rules, boundaries and consequences, if used consistently a child will learn to repeat acceptable behaviour and gain positive attention.

Coping with tantrums tips

- Try to stay calm and relaxed.
- Move your child to a safe, ‘no attention’ place.
- Ignore your child, give no eye contact, and turn away.
- Don’t speak to child or get into a discussion or argument.
- Once child calms – immediately engage in positive activity with your child and begin to praise.



Children need to learn they get attention and praise for the positive behaviour and ignored and no attention for the negative.

Further Advice and Guidance

Useful contact details to support you:

Telford Public Health Nursing Service: 0333 358 3328



Understanding Your Child

ONLINE course FOR PARENTS

FREE across Shropshire and Telford

Written by Psychologists,
Psychotherapists, Health Visitors
& NHS professionals

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For technical support contact
solihull.approach-parenting@heartofengland.nhs.uk
or 0121 296 4448 Mon-Fri 9am-5pm

For everyone around the child:
Mums, Dads,
Grandparents,
friends and relations...



Shropshire Community Health
NHS Trust

Do you have an urgent
dental problem or need help
finding an NHS dentist?



Contact
Shropshire and Telford and Wrekin
Dental Advice Line
01743 322199

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Meeting the health needs of children & young people in Telford & Wrekin. Our service is made up of Health Visitors, School Nurses and Family Nurse Partnership Nurses.

**Public Health Nursing
Telford & Wrekin**

 **0333 358 3328**

 **shropcom.adminleonardst@nhs.net**

 **Text a Health Visitor: 07520 619053**

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