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www.hampshirehealthyfamilies.org.uk/primary-school-kids



Dear Parents or Carers

School Readiness Self Help Guidance for Parents of children 3 -3 ½ years old

Now that your child is three, to three and a half years old it is an ideal time to start preparing your child to be school ready. School readiness is about teaching your child the skills that they will need, at their pace in order for them to cope independently and feel happy, safe and relaxed within the school environment. Southern Health NHS Foundation Trust, 0-19 Service consists of Health Visiting and School Nursing Teams. We recognise that thinking about your child going to school can feel overwhelming for some families, but we can support you, if this is what you need

How to contact your 0-19 Service

The 0-19 Service offer a text messaging service for parents called ChatHealth. Parents and carers can text their message to a dedicated number which a health professional will respond to within one working day.

For parents and carers of children under 5 years for advice please text your message to **07520 615720**

For those children 5 – 19 please text **07507 332417**. The support that we offer may include signposting you to other services as necessary.

Text messages sent to the ChatHealth numbers will be charged at your normal call rate.

The service is available from 9am – 4:30pm
Monday -Thursday and 9am-4pm Friday
(inclusive of school holidays excluding bank holidays.)

You can also contact your Health Visitor directly with the number in your PCHR

Top Tips helping your child be ready for school

Starting school is an important and exciting time for your child.

To help prepare your child to enjoy school and be ready to learn you may find it helpful to look at the top tips and websites below.

Your child's teacher is also a good source of support.
Information and resources to help you prepare your child for school
Pacey – www.pacey.org.uk/schoolready

Hampshire Healthy families - www.Hampshirehealthyfamilies.org.uk

Allowing your child the opportunity to try a variety of healthy foods, sit at a table for meals and encouraging your child to use a knife, fork and spoon.

This will give your child the confidence to face the new experiences during a school lunchtime period.

www.nhs.uk/change4life/about-change4life

www.nhs.uk/change4life/recipes/healthier-lunchboxes

Has your child had their 2nd MMR vaccination and pre-school booster?
Now is the time to check their immunisations are up to date.

<https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>

These are some of the skills your child will need to build on:

Make themselves understood with a good range of words

Use the toilet, dress and undress independently

Sit down for a meal and feed themselves independently

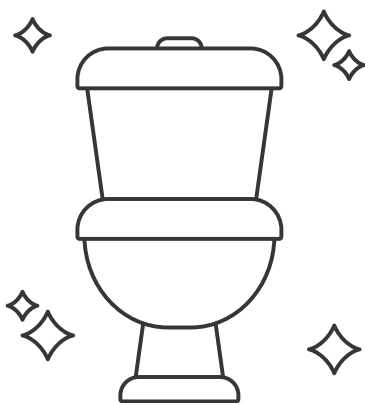
Listen, take turns and play with other children

Brush their teeth with supervision

Sleep Routines

This is a good time to review bedtime and sleep routines so that your child arrives at school with lots of energy and is more able to concentrate and enjoy the day.

www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/www.sleepcouncil.org.uk



Toileting

Your child will be more confident in using the toilet at school if they have had the opportunity to practice at home. They will need to be able to pull their underwear up and down and to attempt to wipe their own bottom. If your child is not fully toilet trained during the day and you would like support please contact us through the ChatHealth advice line.

'Poo goes home to Pooland' app, available from app store

www.eric.org.uk

Good Hand Hygiene

Helping your child wash their hands before food and after using the toilet will make it easier for them to be independent during the school day and reduce the spread of infection. This is particularly important at the current time when they will be required to wash their hands more frequently. Washing hands for at least 20 seconds will help protect you and your family from infections.

www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands

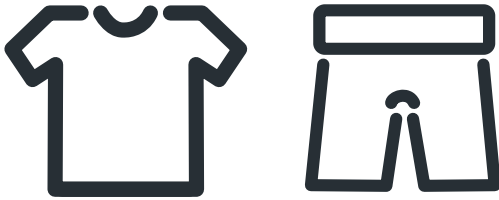


Dressing Skills

Let your child practice putting their coat and shoes on and off. Encourage them to attempt to dress themselves in preparation for playtime and PE at school.

By 4 years old your child should be able to take their clothes on and off independently but may not be able to manage fastenings (e.g. zips or buttons) for another year or two: to make this easier for them consider getting elasticated waistbands and Velcro fastening shoes.

www.nhs.uk/conditions/pregnancy-and-baby/teaching-child-essentials



Be active for a healthy weight!

Children should be physically active for three hours over a day, including:

One hour or more of energetic play such as running and jumping games.

Make it fun!

Try to complete some local journeys with children in a physically active way such as walking or skipping. (It's good for adults too!)

Limit screen time

Try and minimise the amount of time your child spends sitting for extended periods, (e.g. watching T.V, playing on tablets).

Healthy eating

Offer a variety of healthy family foods including a range of fruit and vegetables in appropriate sized portions for your child.



Road Safety

Rehearsing walking to school will help your child learn important road safety skills and is a good way of keeping the whole family healthy.

www.nidirect.gov.uk/sites/default/files/publications/Parents-guide-to-road-safety-0-7years.pdf

Free Workshops and Courses

School Readiness Workshop – During this session you will explore and discover what it means to be school ready. A one off session to help the whole family prepare and adjust to school life.

School Readiness Course – This 4 week course expands on the topics covered in our 1.5 hour session. Exploring in greater depth the fascinating way in which your unique child develops and how as a family you can support their journey.

To book a free space please follow this link: <https://bit.ly/3qko5lx>

30 Hours free Childcare and Pupil Premium funding

The Government provide various levels of funding for childcare depending on your child's age and your circumstances. To see if you qualify please visit: <https://www.childcarechoices.gov.uk/>

Your child may also be entitled to receive Pupil Premium funding you can check your eligibility here: <https://www.hants.gov.uk/educationandlearning/virtual-school/funding>

Talking to your child about Coronavirus

Spending time talking to your child about coronavirus and how things will be for them in school is really important, they may be anxious about things that you are able to easily explain to them. Useful resources are available to help you with this.

Support for my child whilst off school - Information is available on the Hampshire County Council website about changes in services during the current Covid-19 situation can be found at:

www.hants.gov.uk/socialcareandhealth/coronavirus#impacted-services

Other resources and services available to support your family's wellbeing can be found at:

ChatHealth 11-19:

07507332160 (for young people 11-19)

Hampshire Healthy Families:

www.hampshirehealthyfamilies.org.uk

Child & Adolescent Mental Health:

www.hampshirecamhs.nhs.uk/help/young-people

Wessex Healthier together:

www.what0-18.nhs.uk

Every mind matters:

www.nhs.uk/oneyou/every-mind-matters

Hampshire Youth Access:

www.hampshireyouthaccess.org.uk

Tel: **02382 147755**

Coronavirus sanity guide:

www.tenpercent.com/coronavirussanityguide

Anxiety UK - advice and helpline:

03444 775774 (9:30am – 10pm Mon – Fri & 10am – 8pm Sat & Sun)

Text support on **07537 416 905**.

There is also regular online support groups you can register for:

www.anxietyuk.org.uk/coronanxiety-support-resources

Mind: Coronavirus and your wellbeing:

www.mind.org.uk/information-support/coronavirus-and-your-wellbeing

Mental Health Foundation: Looking after your mental health during coronavirus outbreak

www.mentalhealth.org.uk/coronavirus