



Together 
for Families

Readiness for school

The School Nurse team would like to offer you some ideas, information and ways to contact us, for us to support you and your children to achieve Physical and Emotional, health and well being during their time at school.

 www.cornwall.gov.uk





Contents

- Immunisations
- Toileting and Continence
- Handwashing
- Healthy Eating
- Speech and Language
- Headlice
- Dental Hygiene
- NCMP, Vision and Hearing Screening (child health programme)

Check your child's immunisations are up to date

Public Health England

Starting a new school?

- Buy uniform
- Get school shoes
- Check pre-school jobs are up to date

Pre-school jobs are:

- 2nd dose of MMR
- 4 in 1 Pre-school booster

Your child will be learning and playing with more children when they start their new school and could be at risk of catching preventable diseases if they haven't had all their childhood jobs.

If you are not sure if your child has had all their routine vaccinations, check their personal health record (Red Book) or contact the GP surgery. To get the best protection for your child, they need to have had two doses of MMR vaccine. For a checklist of the vaccines and the ages at which they should ideally be given visit www.nhs.uk/vaccinations

NHS

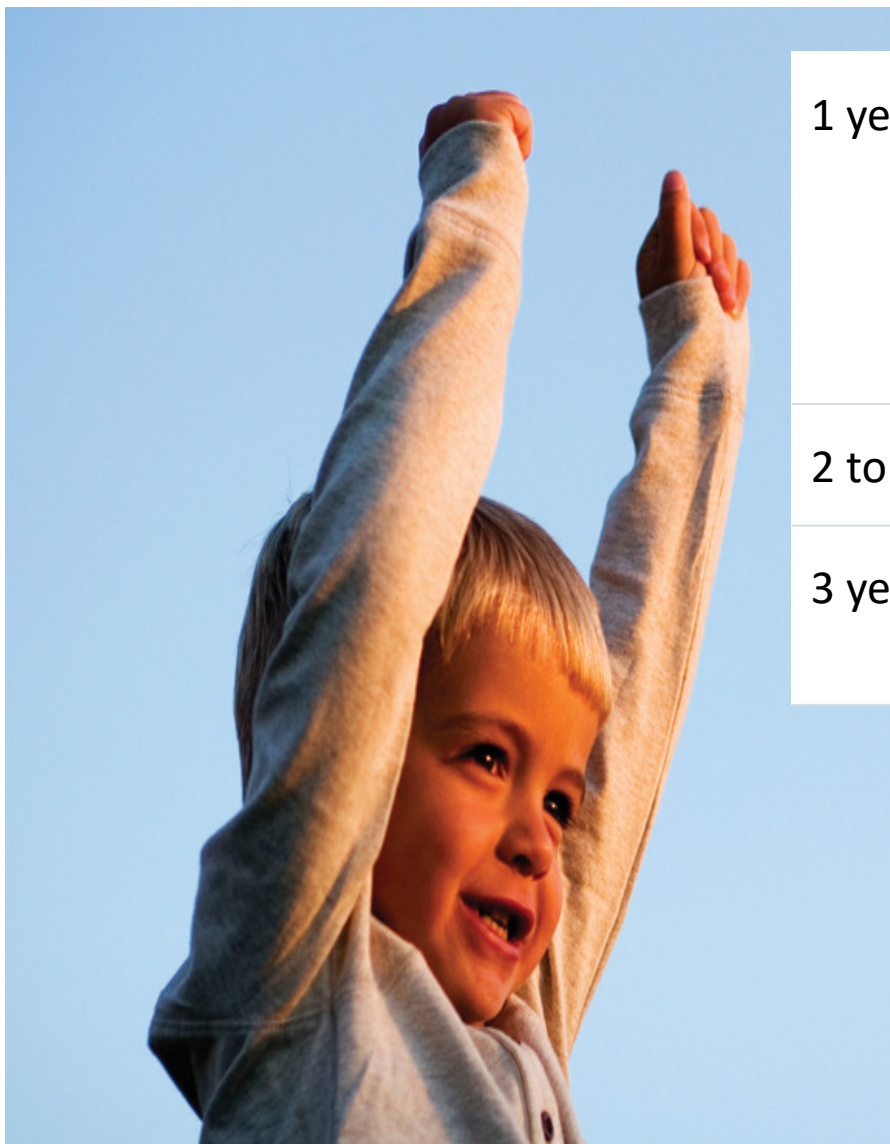
Pre-school immunisations
A guide to important new (from 2016) and existing (from 2017) vaccines for children

Protect yourself, protect others

www.cornwall.gov.uk



Immunisations what and when



1 year

[Hib/MenC](#) (1st dose)

[MMR](#) (1st dose)

[Pneumococcal \(PCV\)](#)

[vaccine](#) (2nd dose)

[MenB](#) (3rd dose)

2 to 10 years

[Flu vaccine](#) (every year)

3 years and 4 months

[MMR](#) (2nd dose)

[4-in-1 pre-school booster](#)

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 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.

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





Handwashing

 <p>Scrub your hands</p>	 <p>Backs of hands</p>	 <p>Between fingers</p>	 <p>Back of fingers</p>
 <p>Thumbs</p>	 <p>Tips of fingers</p>	 <p>Soap</p>	 <p>20 seconds</p>

Top tips to keep your family healthy and happy

change
4 life

1 Sugar swaps

Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks.



3 Snack smart

Sugary snacks can all add up! When choosing packaged snacks, stick to two a day max. But remember, fruit and vegetables are always the best snack.



5 Get going every day

Kids need 60 active minutes each day. This can be in short 10 minute bursts throughout the day, try scootering to school, skipping to the shops, or dancing to a song. Keep track of screen time – many parents find it helpful to set a daily limit.



2 Me-sized meals

Remember kids are smaller than adults so give them a smaller portion to begin with, if they're still hungry they'll ask for more.



4 Eating out

When eating out look for child-friendly options that include fruit and vegetables. Try to avoid bigger portion sizes such as "go large" or "supersize" deals.



Want more tips to help you stay healthy and happy?

Search Change4Life

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

Let's have fun with words

- I'm listening from the day I'm born so it's never too early to start our conversation.
 - Talk to me, sing with me and read with me in whatever language or languages you use at home. Reduce background distractions like the TV or your phone to help me notice your communication.
 - I love to hear your voice. Nursery rhymes and silly songs or stories really get my attention and I learn from the rhyme, rhythm and repetition. Sometimes I want to hear the same story or song over and over again, that's okay and it can help me learn. I can pick up different tones of voice when I'm just one month old, so use lots of silly voices!
- Get more ideas: www.wordsforlife.literacytrust.org.uk/baby/milestones

Talk about my daily routine

- Talk about things as they happen. You don't need to do special activities, there's plenty to talk to me about at bath time, meal time and on the bus.
 - Remember to give me lots of time to respond, I need to practice taking turns with you.
 - At home or out and about, any time is conversation time!
- Get more ideas: www.vroom.org and www.thecommunicationtrust.org.uk/summer-talk

Respond to me and add some more

- When I smile at you, smile back. When I babble at you, babble back.
 - When I say 'car' say 'yes, a fast car'.
 - By doing this you are encouraging me to communicate with you and when you add new ideas and words I learn new things.
- Get more ideas: www.wordsforlife.org.uk/video/still-face-experiment

Follow my lead

- Talk about what I'm looking at, babbling about or playing with.
 - If you talk about what I'm already interested in then I'm more likely to notice and learn.
- Get more ideas: www.talkingpoint.org.uk

Make connections for me


- As I get older our conversation can grow more if you talk about things we've seen together before or might do later.
 - Sharing a book together is another really good way of talking about different times and places and making connections with what we already know.
 - This kind of talk helps me learn more complicated language skills and link ideas together.
- Get more ideas: www.familytime.co.uk



Transforming lives through communication

All about Head Lice

Head lice are tiny insects (see actual size pictures below). Their colour can vary according to the hair colour of the person affected.

Actual size in stages of growth of the head louse. 

Head Lice:

- * crawl from head to head
- * cannot fly, hop, swim or jump
- * are very unlikely to be spread by hair accessories, combs and bedding
- * don't mind if hair is dirty, clean, short or long
- * are only caught from people, not animals

How to find them

The only way to be sure someone has head lice is to find a live louse in the hair. They are difficult to find in dry hair, but in wet hair they lose their grip, move slowly and can be combed out (detection combing).



Signs of head lice include:

- * small white eggs or egg cases (nits) in the hair near the ears or the back of the neck
- * an itchy scalp
- * a rash on the back of the neck
- * feeling of something moving in the hair

How to get rid of them

If you find head lice, there are two main options to choose from, wet combing and lotions.

Option 1: Wet Combing

- * wash the hair, rinse and apply plenty of conditioner
- * comb through with an ordinary comb to remove tangles
- * using a fine tooth head lice comb, part the hair into sections
- * starting at the scalp, comb through to the end of the hair
- * check the comb for lice each time and remove any by rinsing or wiping the comb
- * after combing the entire head and no more lice are found, rinse out the conditioner

Repeat this procedure every 3rd day for two weeks, but you must continue if lice are still being found.

Wet combing works because it interferes with the life cycle of the head louse. Lice take seven days to grow fully, until this time they are unable to lay eggs or move to another head, so infection will be prevented. The three day follow up removes any newly hatched lice before they become mature. It is important to know that eggs are glued to the hair and cannot be removed by wet combing.

Option 2: Lotions and Rinses Using Insecticides

- * please see your local pharmacist who can advise you on products
- * do not use lotions or rinses unless a living, moving louse is found
- * treat anyone who is found to have lice at the same time, to prevent re-infection
- * ensure you have enough product to treat all those affected and follow the instructions on the packet carefully

If the lice appear to be unaffected by the product or the problem persists, then you should take advice from your school nurse, health visitor, pharmacist or GP. These professionals will be able to advise you on alternative treatments.

Before using lotions and rinses always seek advice when whoever is being treated is:

- * under one year of age
- * suffers from asthma or allergies
- * pregnant
- * breast feeding

Top tips for teeth

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★ TIP 1 ★ Be sugar smart

Avoid sugary food and drink before bedtime. They should be consumed less often and only at mealtimes. Try sugar free, diet or no added sugar drinks. Remember, plain water or lower fat milks are best.



★ TIP 2 ★ See the dentist

It's free for kids under 18 to visit NHS dentists, so make sure you take them regularly.



★ TIP 3 ★ Brushing twice is nice

Make sure your kids clean their teeth twice a day with a fluoride toothpaste. Help them brush once before bed and once at any other time that suits you and your family.



Ask your dentist for more top tips.



Child Health Programme

Soon after your child starts in Reception you will be sent a digital [Child Health Programme](#) Booklet. It's sent via email from your child's school and contains loads of really helpful information to help you support your child to have a healthy journey through school.

It includes information on:

- School Nursing and how to get advice or an appointment
- Vision Screening
- Hearing screening
- Height and weight measurement- NCMP (National Child Measurement Programme)
- Healthy Eating advice
- Keeping your child well in school (including immunisations, Flu vaccine and the importance of hand hygiene)
- Common childhood illnesses
- Dental hygiene and toothbrushing (NHS Dental waiting list contact 0333 006 3300, or email accessdentalhelpline@nhs.net)
- Parent and carer wellbeing workshops
- Sun safety

And much, much more.

You can use the Child Health Checklist to assist you to Identify areas where you may need advice or support from the School Nursing Team.

- Complete the Checklist**
- Identify areas you may need support**
- Contact School Nursing Team with your details**
- Email: coco.childrenscmc@nhs.net.**

The School Nursing team will then be in contact to arrange an appointment for a full Health Assessment.



Child Health Checklist | Reception

Child's Name		Date of Birth	
Address		Postcode	
Contact Number		Name of School	
Please indicate Yes or No to the following prompts.			
	Yes / No		
My child is registered with a Cornwall GP	Y <input type="checkbox"/>	N <input type="checkbox"/>	
My child is registered with a Cornwall Dentist	Y <input type="checkbox"/>	N <input type="checkbox"/>	
My child has medical/health conditions	Y <input type="checkbox"/>	N <input type="checkbox"/>	
My child is up to date with vaccinations	Y <input type="checkbox"/>	N <input type="checkbox"/>	
Are you worried about the following?			
• Hearing, vision, speech	Y <input type="checkbox"/>	N <input type="checkbox"/>	
• Continence difficulties			
- Day time wetting	Y <input type="checkbox"/>	N <input type="checkbox"/>	
- Night-time wetting	Y <input type="checkbox"/>	N <input type="checkbox"/>	
- Soiling (poo problems)	Y <input type="checkbox"/>	N <input type="checkbox"/>	
• Behaviour	Y <input type="checkbox"/>	N <input type="checkbox"/>	
• Emotional health, wellbeing, development	Y <input type="checkbox"/>	N <input type="checkbox"/>	
• Eating healthy diet?	Y <input type="checkbox"/>	N <input type="checkbox"/>	
• Maintaining a healthy weight?			
- Underweight	Y <input type="checkbox"/>	N <input type="checkbox"/>	
- Overweight	Y <input type="checkbox"/>	N <input type="checkbox"/>	
• Dental	Y <input type="checkbox"/>	N <input type="checkbox"/>	
• Development	Y <input type="checkbox"/>	N <input type="checkbox"/>	
• Personal Hygiene/presentation	Y <input type="checkbox"/>	N <input type="checkbox"/>	
• Sleep	Y <input type="checkbox"/>	N <input type="checkbox"/>	
Do you have any other concerns related to your child's health and wellbeing?	Y <input type="checkbox"/>	N <input type="checkbox"/>	
Do you have any parenting concerns you would like some help with?	Y <input type="checkbox"/>	N <input type="checkbox"/>	

If you have any questions or concerns about your child's health:

- To make an appointment to see the School Nursing Team please email your details, your child's name, date of birth, address and school to coco.childremscmc@nhs.net.
- For general advice please contact the Health Visiting and School Nursing Advice Line on **01872 322779**.

If you would like this letter in a different format (Polski, Română, Lietuvis), please call **01872 322779**.

Version 2.0

Our data protection and confidentiality statement

How will you protect my information?

Your data will be stored securely and will only be accessible by members of Together for Families.

Who am I giving my information to?

The information you provide will be collected by the Children's Community Health Service for the purpose of you requesting an appointment with one of the School Nursing team for advice and/or a health assessment. A copy of our Privacy Notice can be found at www.cornwall.gov.uk/tffprivacynotice.

How will you store my personal data?

This information may also be shared with other relevant professionals in conjunction with the nature of the request or enquiry. The data held relating to the delivery of support by the Children's Community Health Service to you will be used both for the provision of services and also for performance and service planning. This information will be held in a secure environment until the information is transferred to your child's record in accordance with the Together for Families data retention policy after which time it will be destroyed in a secure manner.

Version 2.0

If you have any health concerns about your child you can contact us via the Health Visitor and School Nurse advice line or the Early Help Hub

Health Visitor and School Nurse Advice Line

Tel: 01872 324261 Monday to Friday 9am-5pm.

If the line is busy you will be able to leave a message and you will receive a call back.

Email: hvsnadvice@cornwall.gov.uk

<https://www.cornwall.gov.uk/schoolnursing>

Early Help Hub

Tel: 01872 322277


Monday – Thursday 8:45am – 5:15pm

Friday 8:45am – 4:45pm

Closed on Bank Holidays.

Email: earlyhelphub@cornwall.gov.uk

ChatHealth Parent Line 0-5	TEXT 07312 263 423
ChatHealth Parent Line 5-19	TEXT 07312 263 499
ChatHealth Young People 11-19	TEXT 07312 263 096

 **ChatHealth**
Cornwall and the Isles of Scilly

www.cornwall.gov.uk/chathealth

Get confidential health and wellbeing advice and support