



School Nursing Service

Transition into school – is your child ready?

What to Expect

Speech

Between the ages of 4 and 7 your child should be able to say 5-8 words in a sentence.



Toilet Training

By 4 years your child should be able to use the toilet and be dry and clean throughout the day. Small accidents can happen. Your child may still be wet at night.



General Development

Your child should be able to get dressed and undressed on their own. They should be able to use a knife and fork.



Behaviour

Your 4 year old may enjoy pretend play (like dressing up) and can follow tasks for a longer period of time (like doing a jigsaw puzzle).



Healthy diet and exercise

Your child needs to be active and enjoying a healthy diet.



Immunisations

Your child will need to have their immunisations up to date before they start school to protect them from diseases. Immunisations are your choice. This information will be in your red book. If you are worried or have any concerns, please contact your GP.

Head lice

When your child starts school they may be with other children who have head lice.

Head lice lay eggs in clean or dirty hair. The eggs are white/silver.

Head lice must be treated, as they can spread and everyone in the family can get them!

You can use a nit comb and some conditioner to remove lice and eggs from wet hair.

Ask your health visitor or school nurse for advice.



Role of the school nurse

- Support children and young people with emotional problems, family worries, friendship problems and bullying
- Support school staff to deliver lessons for Personal, Social, Health Education (PSHE) and Sex and Religious Education (SRE)
- Support schools and families to meet the health needs of children and young people
- Support families to refer to other specialist services
- Hearing and vision checks. Children over 7 years will need to be taken to see an optician for an eye check
- Height and weight checks (National Childhood Measurement Programme)

If you have any concerns about your child relating to the topics in this leaflet, please contact either your School Nurse Duty Line on **01362 654196** or email school.nursing@nchc.nhs.uk

Useful websites

Child development

www.pbs.org/parents/childdevelopmenttracker/four

School refusal

www.netmums.com/your-child/tweens-teens-secondary-schools/kids-friendships/refusing-to-go-to-school

Preparing for the first day at school

www.nhs.uk/Livewell/childhealth1-5/Pages/Firstdayofschool.aspx

Change 4 Life

www.nhs.uk/change4life

Head lice

www.nhs.uk/Conditions/Head-lice/Pages/Treatment.aspx

Patient Advice and Liaison (PALS)

You can receive help with queries about NHS services from **Patient Advice and Liaison Service (PALS)**.

Tel: 0800 088 4449

Email: pals@nchc.nhs.uk
(Monday-Friday 9am-5pm)

If you would like this publication in large print, Braille, alternative format or in a different language, please contact us on 01603 697300 and we will do our best to help.



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