

# Moving from Nursery to Reception

## Supporting Your Child

Walsall School Nursing Service

Someone you know and can trust...

Your School Nursing Service can work both in and out of School to help provide or find you support about:

- Keeping Healthy
- Immunisations
- Emotional Health
- Weight Management
- Sexual Health
- Drugs and Alcohol
- Smoking



Caring for Walsall together



Safe, high quality care



Care at home



Partners



Value colleagues



Resources



Respect  
Compassion  
Professionalism  
Teamwork

# Welcome to the School Nursing Service

School Nurses are qualified nurses who have additional training in child health and wellbeing.

They work in a team with staff nurses, nursery nurses, support workers and administrative staff



The School Nursing Team support children and young people from reception age up until their 19<sup>th</sup> birthday. Young people who have disabilities or additional needs can access support until they are 25 years old.

The team provide advice, support and help with a range of physical and mental health problems

# How to access the School Nursing Service

We operate a **Single Point of Access**

We work Monday to Friday 9am-5pm

Call: 01922 423349

Text: 07520 634 909

We offer confidential advice and support.

Our text service allows parents/carers to contact us anonymously



Walsall Healthcare   
NHS Trust

## Walsall School Nursing Service

**Keeping Healthy**

- Immunisations
- Emotional Health
- Weight Management
- Sexual Health
- Drugs and Alcohol
- Smoking

The School Nursing Service provides support and advice on a range of health issues. We work with children and young people in full time school up to the age of 19.

**Contact:** Single Point of Access Telephone: 01922 423349  
Parent Text Line: 07520 634 909

Website: [www.walsallhealthcare.nhs.uk/our-services/school-nursing/](http://www.walsallhealthcare.nhs.uk/our-services/school-nursing/)

Our websites for children and young people:

- [www.healthforkids.co.uk](http://www.healthforkids.co.uk)
- [www.healthforteens.co.uk](http://www.healthforteens.co.uk)

Caring for Walsall together



# Am I ready for my child to start full time school?

Your child starting full time school can be a time of mixed emotions for you as well as your child.

Will they make friends?

Will they cope being there all day?

They will love it, I can't wait!

They are growing up!

Will they miss me and get upset?



# Is my child ready for full time school?

What sorts of emotions do you think your child is feeling?



# Preparing your child – Things you can do

Speak to the school team

What will be the same?

Routines & Boundaries

Special time after school

Lean on your support network!

Relaxation Techniques

Small Toy

Praise & Encouragement

# Worry/Talk Time

Worry time is a technique used to allow your child 10-15 minutes to talk about their worries 1-1 with a parent/carer with no distractions. This should be scheduled into the day to suit your routine – it is normally a good time after dinner time or bath time.

Sometimes children can struggle to talk about how they are feeling so things like a worry jar or a worry monster can help. Write the worry down together and put it into the jar or the monster to take it out of your child’s mind, then focus attention onto something completely different.

There are two different types of worry and it is important to know the difference so we can deal with them in different ways:

## Hypothetical worries

- The “what ifs”
- “What if no one likes me?”
- “What if my teacher is horrible?”

## Practical worries

- What if I don’t understand the learning?
- I will miss my parent/carer
- People might be mean to me

## MY WORRY JAR

It's normal for a kid to worry. Write down your worries in the jar below. Pick a small time during the day to come back and visit and think about your worries, then leave them there and spend the rest of the day thinking about happy things.



# Think – Act – DO cycle

The think, act, do cycle shows us how what we think will affect how we feel, which affects what we do (our behaviours).

Our behaviour will then affect how we think and the cycle will continue.

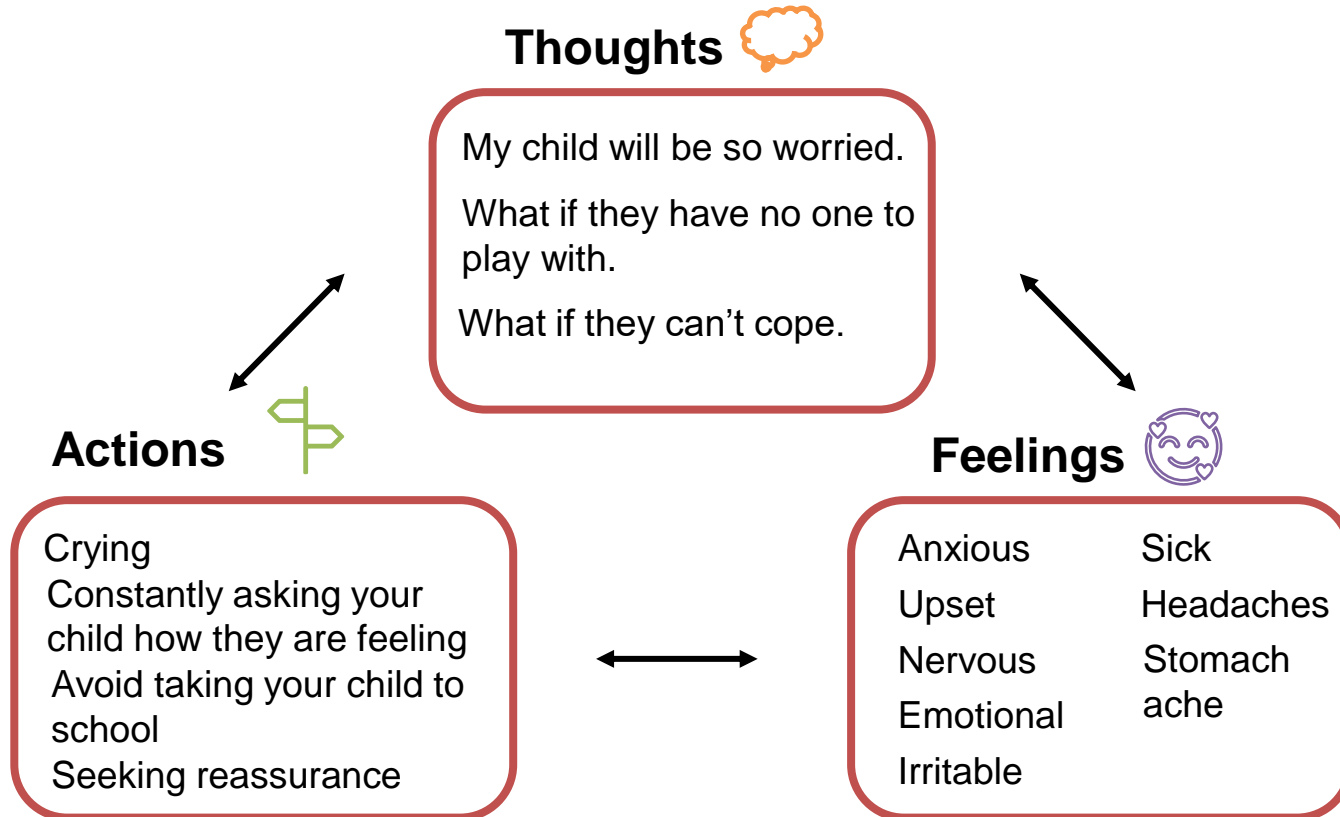


## REMEMBER

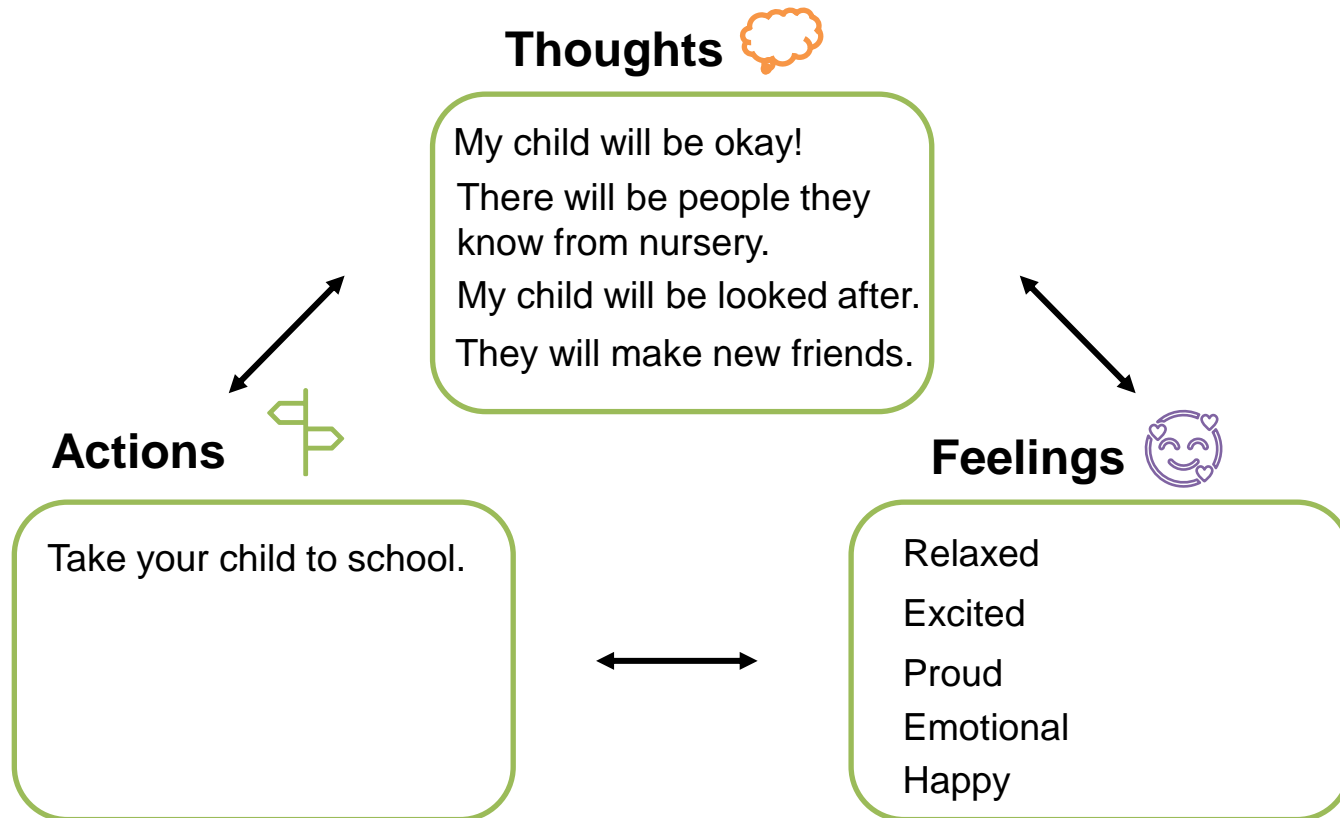
Children are like sponges and will pick up on and copy emotions and behaviours of others



# Think – Act – DO cycle: Negative example



# Think – Act – DO cycle: Positive example



# Top tips for parents



## HEALTH

Healthy diet.  
Enough sleep.  
Exercise.  
Prepare & plan.  
Emotional health

## CALM

Try to stay calm  
when your child  
is feeling  
distressed or  
over excited.

## ANCHOR

In times of  
change  
remember you  
provide them  
stability and  
routine

## BE PREPARED

Prepare yourself  
and your child as  
much as you can  
before school  
starts.

# Top tips for parents



## INDEPENDENCE

Increase responsibilities.

Notice and praise independence



## SELF CARE

Eat well.  
Exercise.  
Relax.  
Seek support



## HAVE FUN

Provide lots of light relief and fun with your child.  
Have fun with them.



## COMMUNICATION

Communicate with your child.  
Nurture their communication skills.  
Communicate with school

## Life Skills that will help your child in full time school

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- Toileting and hygiene
- Meal time skills
- Dressing
- Making friends
- Listening and talking (conversation)
- Play and sharing



# Health Checklist

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Immunisations – ensure all immunisations are up to date.

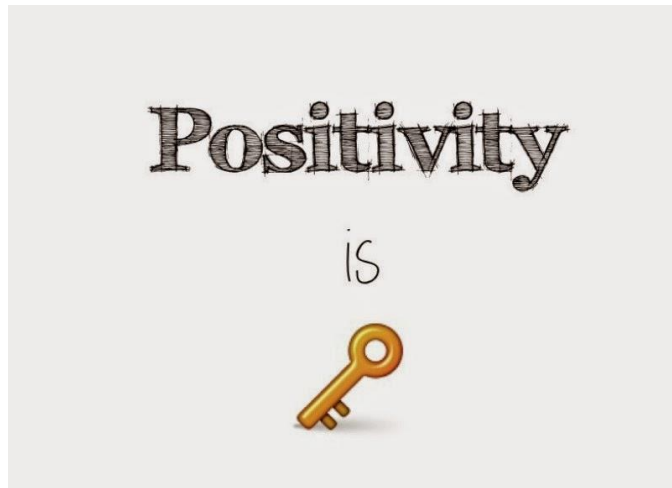


Dental Health – Regular check ups (follow dentists advice)



Opticians – Regular check ups 1-2 yearly.

# Positivity is Key



Focus on your child's strengths

Be positive and enthusiastic

Praise and support

Believe in yourself and your child

# Where to go for advice/support?

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## Too ill to go to school?

<https://www.nhs.uk/live-well/healthy-body/is-my-child-too-ill-for-school/>.

## Stay Well Walsall:

<https://walsallccg.nhs.uk/stay-well-walsall/nhs-services>

## Visit our website:

[www.healthforkids.co.uk](http://www.healthforkids.co.uk)



schoolnursing



@SchoolNWalsall

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# Thank you for listening

# Any Questions?

