



Berkshire Healthcare
Children, Young People and
Families services

Wokingham School Nursing Team

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March 2023

IMPORTANT!

SCHOOL NURSING SERVICE

HEALTH QUESTIONNAIRE

Dear Parent/Carer

Now that your child has started school, the school nursing service will take over responsibility from the Health Visiting service.

Your school nursing team is here to offer health advice and support you regarding your child's physical and emotional health.

To find out more about your school nursing service and what we can offer you and your child, please follow this link to our on-line resource: <https://cypf.berkshirehealthcare.nhs.uk/> and click on *Our services* then *Public Health Nursing* and then *School Nursing*.

Health Questionnaire

Please complete the health questionnaire for your child following the link in red provided at the bottom of this form. The questionnaire enables us to identify any help and support we can offer and also those children that may have hearing concerns. The questionnaire can be completed on a phone but is easier on a computer or tablet if one is available.

General themes sometimes emerge from information received from the questionnaire; we may use this information to plan larger group health promotion sessions in your child's school.



If you are a parent or carer of a child aged 5-19 years you can use our new ChatHealth confidential and anonymous texting service. We can offer advice and support on many topics such as: bedwetting, sleeping, growing up, emotional health & wellbeing, dealing with medical conditions at school, healthy eating.

Text **07312 263194**

Immunisations

Now your child is at school it is an ideal opportunity for you to check that your child has had all the immunisations they were due. If your child is not fully vaccinated they are at risk of catching diseases like measles which can spread very quickly in schools. Please ensure your child has received their **Preschool Booster** to top up their level of antibodies which their bodies produce to fight off disease and infection. The preschool booster is 2 injections: the 4 in 1 for tetanus, diphtheria, polio & whooping cough & the 2nd dose of measles, mumps & rubella (MMR). More information on childhood vaccine schedules is available at: www.nhs.uk/conditions/vaccinations For any missing immunisations, please contact your child's GP practice.

General Child Health & Development

Please ensure your child is registered with a GP [How to register with a GP surgery - NHS \(www.nhs.uk\)](http://www.nhs.uk). As part of a child's healthy development, we recommend that all children and young people have regular check-ups with an Optician and Dentist. These services are available free of charge. More information on the dentistry service is available at: www.nhs.uk/dentists. To find a dentist in your area [Find a dentist - NHS \(www.nhs.uk\)](http://www.nhs.uk)

The School Nursing Team

Your school nursing team is here to support you and your child. If you would like further advice or information, please contact your school nursing team

We would like to share with you some information and also some links for common health concerns with reception children. Please review these resources and if you still require support, contact your local school nursing team using the details below.

Health Resources

Growth, development, and well-being

<https://cypf.berkshirehealthcare.nhs.uk/support-and-advice/5-10-years/>

Food/Nutrition/Weight

• Your child's weight

<https://www.nhs.uk/change4life/your-childs-weight/home>

• Fussy eating/eating habits

<https://www.nhs.uk/conditions/pregnancy-and-baby/fussy-eaters/>

• Activity ideas and resources to support the teaching and learning of food with young children

<https://www.foodafactoflife.org.uk/3-5-years/>

• A step by step guide to trying new foods

[https://www.dorsethealthcare.nhs.uk/application/files/1315/0772/7926/16 - FoodAcceptance2 centre.pdf](https://www.dorsethealthcare.nhs.uk/application/files/1315/0772/7926/16_-_FoodAcceptance2_centre.pdf)

• Change for life. Fun ideas to help your kids stay healthy

<https://www.nhs.uk/change4life/>

• What can I do if my child is overweight?

<https://www.nhs.uk/live-well/healthy-weight/very-overweight-children-advice-for-parents/>

• Advice if your child is underweight

[Underweight children aged 2 to 5 - NHS - NHS \(www .nhs.uk\)](http://www.nhs.uk)

Getting Active

<https://getberkshireactive.org/> Children, Young People & Families Programme | Sport in Mind

Sleep

• Healthy sleep tips

<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>

• Relaxation tips before bedtime

<https://www.thechildrenssleepcharity.org.uk/images/leaflets/The%20Childrens%20Sleep%20Charity%20Leaflets%2098291.pdf>

• How to create a calm bedroom

<https://www.thechildrenssleepcharity.org.uk/images/leaflets/The%20Childrens%20Sleep%20Charity%20Calm%20Bedroom%20Leaflets%2098341.pdf>

• Bedtime Routine

<https://www.thechildrenssleepcharity.org.uk/leaflets.php>

• Sleep problems with young children

<https://www.nhs.uk/conditions/pregnancy-and-baby/sleep-problems-in-children/>

• Sleep advice re nightmares

<https://www.parentingscience.com/night-terrors-in-children.html><https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>

Continence

<https://www.eric.org.uk/>

• Toilet training <https://cypf.berkshirehealthcare.nhs.uk/support-and-advice/0-4-years/toilet-training/>

• Daytime wetting [Advice for children with daytime bladder problems - ERIC](#)

• Constipation/ soiling - please see your doctor for advice and support. Constipation often goes unidentified symptoms are:

- | | |
|---|---|
| ➤ Not pooing at least 3 times a week | ➤ Poor appetite or stomach ache |
| ➤ Poo is large & hard | ➤ Traces of liquid or pasty stool in your |
| ➤ Poo looks like rabbit droppings or small pellets | child's underwear – a sign that stool is backed up in the rectum |
| ➤ Straining to poo | |

• Advice is also available from ERIC (Children's Bladder & Bowel Charity) [https://www.eric.org.uk/Constipation in children: symptoms, causes and relief - ERIC](https://www.eric.org.uk/Constipation%20in%20children%3A%20symptoms%2C%20causes%20and%20relief%20-%20ERIC) & [Soiling - ERIC](#)

• Bedwetting <https://cypf.berkshirehealthcare.nhs.uk/support-and-advice/feeding-and-toilet-training/bedwetting/> Further support is also available from your school nursing team.

Emotional Health

<https://youngminds.org.uk/> or <https://www.mentalhealth.org.uk/>

Speech

Concerns with e.g. difficulty with pronunciation, understanding of language or putting words together into sentences.

- [Children's language learning - BBC Tiny Happy People](#)
- [Communication and hearing | Children Young People and Families Online Resource \(berkshirehealthcare.nhs.uk\)](#)
- [Speech and Language UK: Information and support](#)
- [Learning to talk | 3 to 5 years | Start for Life \(www.nhs.uk\)](#)

If after trying these ideas and strategies for 3 months you continue to have concerns, or you are not sure about how to use an idea, please speak to your child's teacher or the Special Educational Needs Co-Ordinator (SENCO) for the school who may be able to give you some additional feedback and advice. If a referral to speech and language therapy is needed, the SENCO will liaise directly with the speech and language therapist linked to the school and can make that referral with your consent. It is also recommended they have a hearing test, please contact our school nursing team if this has not already been completed or arranged.

Children with Special Needs Specialist support & advice for Berkshire families

www.parentingspecialchildren.co.uk

Staying Healthy

Information and fun ideas to help your kids healthy can be found at <https://www.nhs.uk/change4life>

Please keep this email safe for future reference as it contains important information for you as a parent/carer regarding your child's health and development.

[Link Wokingham Reception School Health Questionnaire](#)

Yours faithfully,

The Wokingham School Nursing Team

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cypf.berkshirehealthcare.nhs.uk 

