

# Preparing your child for primary school



Preparing for your child to start primary school can be an exciting and daunting prospective for some.

At Healthy Together, we want to support you through this process and let you know that your school nursing team is on hand should you require any support or information.

In this update, you can access lots of advice and guidance that we have created, as well as discovering how you can contact the school nursing team through both ChatHealth and the Healthy Together Helpline.

## Starting Primary School: Supporting Your Child Animation



To help explore some of the key skills you can work on with your child to prepare them for primary school, we have created an engaging animation offering lots of tips, advice and information.

From practising using the toilet to getting themselves dressed and undressed, the animation provides tips on each task, all with the aim of making the transition to primary school as seamless as possible.



[Click here to view the 'Starting Primary School- Supporting your child' animation](#)

## Discover additional school readiness support on

# Health for Under 5s

Alongside the animation, you can find a wide range of additional support and information around school readiness on Health for Under 5s, including:

- [Skills for starting school](#)
- [Downloadable 'Ready for school' reward chart](#)
- [Supporting your child get dressed](#)
- [Developing fine motor skills](#)
- [Tips for parents and books to read together before starting primary school](#)

## And further support after they start school on

# Health for Kids!

Health for Kids: Grownups provides health related advice and information specifically to parents and carers of 5-11 year olds.

Localised information, including news, public health (school) nurse contact details and local support services in the Leicester, Leicestershire and Rutland area can also be accessed through a dedicated local area.



## Contact a school nurse by text message

Leicestershire Partnership NHS Trust runs a dedicated, confidential and secure text messaging service called ChatHealth for parents/carers of children aged 0-11 in Leicestershire and Rutland, which enables you to get professional health advice and support.

Text a Public Health Nurse (School Nurse) on:

**07520 615 382**



## Contact a health professional via the Healthy Together Helpline

You can also call to speak to the Helpline's qualified health and administrative professionals who offer easy to access, safe and free advice, support and signposting.



**Call 0300 300 3001**

Calls are answered from 9am – 4.30pm on weekdays, excluding bank holidays.

## View our 'Introducing the school nursing service' video

We are delighted to share with you an introductory video to Healthy Together's school nursing service.



Featuring two members of the school nursing team, the video explores the different support available to you, how this support can be accessed and the additional services offered by the team during the school year.



**[Click here to watch our school nursing video](#)**