

Visiting Primary School Nursing Program



Department of Education and
Early Childhood Development



Prep Information for Parents 2017

Your child will receive a School Entrant Health Questionnaire in their first year at school—please complete it and return to school as soon as possible. This information helps the Visiting Primary School Nurse understand any concerns you may have about your child's health and development and the impact this may have on their learning. This information is important in providing support for you and your child.

You can contact the nurse directly if you wish to discuss the screening which may include checking your child's distance vision, hearing, speech, height, weight and teeth. The nurse is also available to parents to discuss and advise on any concerns with parenting & child health issues.

Your school nurse is:
Erica McWilliams
Mobile : 0416306000



Is Your Child Ready? - Prep is just the beginning of **13** years at school.

The planning you do with your child will help make a great start to their school life.

Here are some suggestions to get started.

Encourage your child to:

- Separate easily from you
- Put on and take off their clothing independently i.e. socks / jumper
- Go to the toilet confidently
- Sit, wait & take turns
- Take care for their belongings
- Blow their own nose
- Establish a good sleep routine- 10-12 hours per night is recommended
- Practise good toilet habits i.e. hand-washing
- Start each day with breakfast
- Have an "I Can Do It" attitude
- Follow simple instructions
- Go without their afternoon nap
- Show self -control
- Talk and play with other children
- Run, jump, hop, balance on one leg & climb
- Be able to relate their name & address
- Enjoy books and stories
- Speaks in sentences
- Recall what happened yesterday

How Parents & Carers can help:

- Make sure you have a good holiday break
- Talk to your child about school, share the excitement
- Have a practice 'little' lunch and 'big' lunch and make sure your child can unwrap their food
- Use the same terms the school uses eg, playlunch or fruit snack, and explain what is eaten at these times
- Have a picnic using the same foods as you will provide for school
- Practise putting on school shoes and walking in them
- Practise trying on and wearing the school uniform
- Practise drinking from a bubbler tap
- When out, take your child to use the public toilets and practice using the door locks
- Explain that there is a girl's toilet and a boy's toilet.
- Teach boys how to use a urinal if they don't know how
- Read to your child daily and talk about what you read

INFORMATION AND SUPPORT FOR PARENTS

www.raisingchildrennetwork.net.au
www.betterhealth.vic.gov.au
www.kidsmatter.edu.au
www.continence.org.au
www.beyondblue.org.au

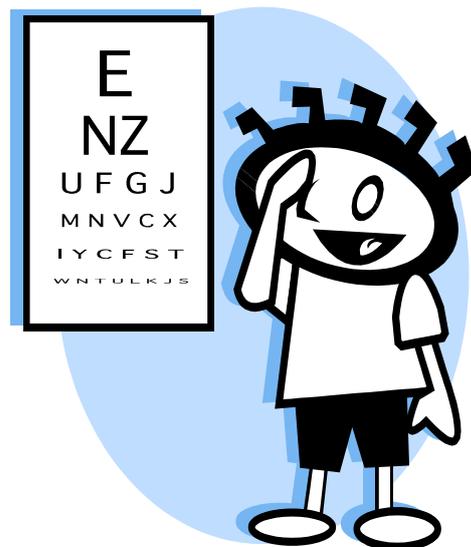
Anglicare / Parentzone / parenting courses- 5133 9998
Poisons information- 13 11 26
Parentline- 13 22 89
Royal Children's Hospital- Ph: 9345 5522
www.rch.org.au

When should my child's eyes be tested?

Optometrists Association Australia recommends that children have a full eye examination with an Optometrist before starting school and regularly as they progress through primary and secondary school. A thorough eye examination with an Optometrist takes approximately 25 minutes and attracts a Medicare rebate- no referral is required.

Signs that could indicate a possible vision problem:

- One eye turns in or out while the other points straight ahead
- Frequent blinking
- Red or watery eyes
- Frequently rubbing the eyes
- Sensitivity to light
- Tilting head noticeably
- Poor hand eye co-ordination
- Covering or closing one eye
- Difficulty learning to read
- Holding a book very close to read
- Leaving out or confusing words when reading
- Squinting or sitting very close when watching TV
- Difficulty in recognising familiar people in the distance
- Complaints of headaches
- Complaints of blurred or double vision



Please record any vision testing in the School Entrant Health Questionnaire. If there has not been any vision testing prior to starting school the Primary School Nurse is able to check your child's distance vision and provide a referral if needed.

Sleep and Learning

School Health Plans Do you have your child's health plans ready for school?

Allergies & eczema plans available at: www.allergy.org.au

Asthma plans available at: www.asthma.org.au

Poor sleep can affect concentration, memory and behaviour. It's no wonder that how well your child sleeps has an impact on how well they learn.



About sleep and learning

Good-quality sleep helps your child concentrate, remember things and behave well.

These all help them to be a successful learner.

Poor sleep or not enough sleep affects concentration, memory and behaviour, making it harder for your child to learn. Children who don't sleep well are more likely to feel sleepy and to have difficulties with learning.

Concentration

Children who are sleepy have trouble concentrating during the day. If your child can't keep their attention on what they're trying to learn, whether it's climbing a tree at the park or singing a song at school, it will affect their learning.

Memory

Remembering things is part of learning. When your child is tired, it's harder for them to remember basic information such as learning the alphabet, numbers, words and following instructions.

Our brains create and strengthen different types of memory in different sleep cycles. Just before your child wakes in the morning, their brain uses the last stages of REM sleep to sort and store memories and information from the previous day and get ready for the day ahead.

Behaviour

Sleepy children tend to have more problems with behaviour at preschool or school- and at home too! For example, a sleepy child might play up in class or refuse to follow the teacher's instructions. A sleepy child might miss out on learning because the teacher is busy managing their behaviour. The child might also miss out on playing with other children if they don't like the way s/he's behaving.

If your child is having problems with their concentration, memory or behaviour, checking their sleep is a good place to start. If you're worried, or the problems go on for more than 2-4 weeks, talk to your doctor, Visiting Primary School Nurse or Maternal and Child Health Nurse.

Information taken from the Raising Children Network- www.raisingchildren.net.au