

For further information about this service contact:

Individual team contact details can be found on the team telephone number list found on the website page: www.cambscommunityservices.nhs.uk/schoolnursingservice

Health Advice

- www.beezeebodies.co.uk family weight management programme
- www.nhs.uk/nhschoices
- www.change4life.co.uk
- www.smokefree.nhs.uk

Emotional and Behavioural Support

- www.youngminds.org.uk
- www.chums.uk.com
- www.childline.org.uk Tel: 0800 1111
- www.familylives.org.uk
- www.sleepcouncil.org.uk

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.

School Entry Health Screening: Information for Parents

Bedfordshire School Nursing Service



School Entry Health Screening Information for Parents

Your child was seen in school today by the School Nursing Team. If you have any concerns regarding this, or would like to talk to a member of the School Nursing Team, our contact details are below:



Hearing Screening

- Audiology will screen your child's hearing. This happens in school on a separate date and the audiology team will contact you directly about this.
- We did not find a problem with your child's hearing today.
- During the hearing test your child had difficulty hearing some of the sounds.

However, this is not unusual for children of this age and may be due to various factors such as a recent cold, noise in the environment or anxiety about the test.

As you did not indicate any concerns about your child's hearing in the questionnaire, a member of the School Nursing Team will recheck your child's hearing in six to eight weeks.

You will be informed of the result of this test and any other action required if there is a problem at the recheck.

If necessary, a referral to the Audiology Clinic will be made. You will receive an appointment directly from the Child Health Department regarding this in due course.

Useful Information

Growth

Your child's height and weight can be found on the pink form enclosed with this leaflet. If you have any concerns regarding your child's growth, please contact the School Nursing Team.

Dental Health

There has been a rise in the number of children requiring dental treatment across Bedfordshire. It is important that your child is registered with a dentist and visits regularly. If you need help finding an NHS Dentist, please go to:

www.nhs.uk/nhschoices

Immunisations

Your child should have received their pre-school booster at around three years of age, if you are unsure whether your child is up-to-date with the recommended immunisations, please contact your GP: www.nhs.uk/vaccinations

Children's Eye Checks

It is important that your child has regular eye checks to make sure that as they grow, no changes to the eyesight occur.

Your child will be seen by the Orthoptist department as part of their 'School Entry Screening Review'. This will be carried out separately and you will be informed of the results.

Your child is entitled to free eye tests up to the age of 18 years whilst still in full-time education and a voucher towards the cost of glasses.

You can take your child to any registered Optometrist (Optician). Please contact them directly to arrange an appointment.

Helpful Tips

Enuresis (Bedwetting)

- Ensure your child has plenty to drink throughout the day, but reduce this to sips an hour before bed time.
- Make sure your child has plenty of fruit, vegetable and cereal. This will help avoid constipation which can contribute to bed wetting.
- Avoid brown drinks (i.e. tea, coffee, chocolate and black current) and fizzy drinks as these can cause more urine to be produced.
- Avoid lifting your child to the toilet during the night, unless your child is fully awake, they will still be wetting in their sleep.
- Ensure your child goes to the toilet before going to bed and encourage them to try again if they do not go to sleep straight away.
- Avoid nappies at night time, but ensure their mattress and bedding are adequately protected. Nappies can make the child feel 'safe' and so perpetuate wetting at night.
- Make sure your child can access the toilet easily and safely e.g. leave the light on and avoid sleeping on the top bunk, as fear or worry can prevent your child from going to the toilet during the night.

Remember

Children do not have control over being dry so do not blame him/her or yourself.

Try to praise and reward your child about things they can control, such as, drinking plenty of water, going to the toilet before bed and helping to change their bed. Use a star chart so they can see how well they are doing.

If your child has reached the age of seven, or is wetting during the day, and you would like further support, please contact your local School Nursing Team. Contact details can be found overleaf. Further information on bedwetting is available at : www.eric.org.uk