



Hounslow and Richmond  
Community Healthcare  
NHS Trust

# Health & Wellbeing for Reception Age Children and their Families

Healthy Development & Emotional Health

Healthy Lifestyle Choices

Maintaining Health & Wellbeing



Hounslow School Nursing Service

# Healthy Development & Emotional Health

Not all children develop at the same rate and the following information provides general guidance only. Do not be concerned if your child is not meeting all the milestones for their age range; it is perfectly normal for one area to develop quicker than another. If, however, your child is not meeting any of the milestones for their age range it may be helpful to speak to a health professional like your school nurse or GP.

When your child turns 5 years old they will be transferred from the Health Visiting Service to the School Nursing Service.



## By 4-5 years old your child may be able to.....

**Fine motor skills**– show more skills with simple tools and writing utensils. Letter writing and drawing skills are maturing.

**Gross motor skills** – skip, hop and jump with good balance. They are quite capable and independent in most things.

**Skills for Independence** – show more independence with getting dressed including doing up some zips & buttons. Can use a knife and fork to feed self. They are aware of their bodily sensations to be able to go to the toilet when they need to (infrequent accidents). They can manage some of their self-care like drying themselves with a towel and brushing their hair. They should be able to settle themselves to sleep.

**Language** – they are learning new words all the time and can listen to a whole story and remember it later. They start to understand multiple step instructions. Sentences are getting longer and there are more question words like ‘why’. Most people should be able to understand them by now, although they may still find certain words or sounds tricky.

**Social Communication** – they will usually enjoy playing with other children and can take turns & share most of the time. They are beginning to understand consequences and can discuss this with you.

## How to help your child's development and independence.....

- Talk together, repeat words back to your child
- Read together
- Stay active and explore the outdoors
- Encourage your child to play with other children
- Play creatively together
- Include your child in some small chores (like tidying toys)
- Be clear and consistent
- Give a limited number of simple choices
- Help your child through the steps to solve problems
- Use lots of praise and encouragement

## Remember to support your child's emotional health & wellbeing too....

- Set aside time to chat together without distractions. This develops social skills and keeps you in touch with what is happening in your child's life as they begin to do more things away from you.
- Practice turn taking in games and take turns in choosing what to do next.
- Encourage them to try new things and help them find out more about the things they show an interest in.
- Talk things through with your little one – how did they manage to do something new? Break it down step by step. They can use these skills again to learn new things.
- Try not to step in too quickly when your child is finding something hard. Encourage them to take some deep breaths, think it through and try again. Try making suggestions rather than giving the answers.
- Help them understand how they make other people feel. This is an important part of being a good friend and making strong relationships.
- Give lots of praise for trying and then work with them to come up with a plan to get there in the end.

# Healthy Lifestyle Choices

- Be a good role model
- Encourage your child to have at least 60 minutes physical activity a day
- Less screen time and more sleep
- Keep to child-sized portions
- Have healthy meals, snacks and drinks

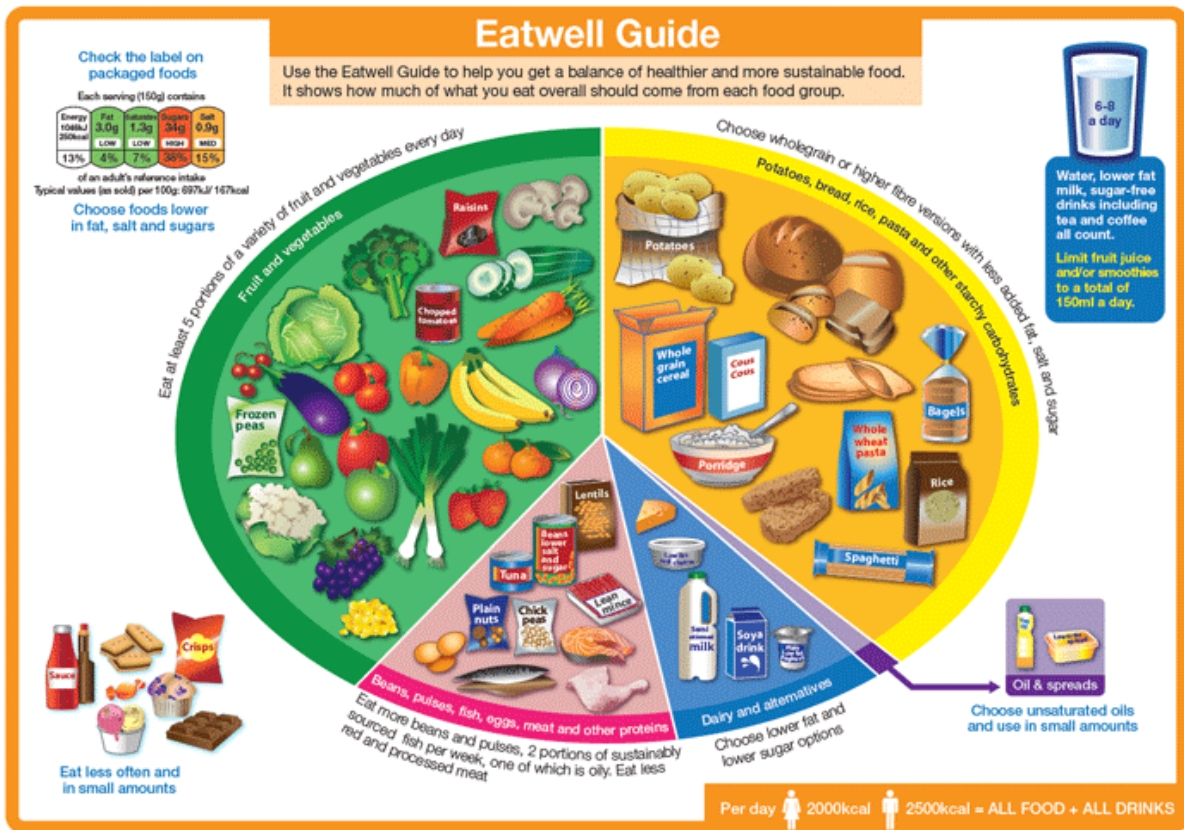
**Be a good role model** - Children learn by example. You can encourage your child to be active and eat well by doing so yourself. Any changes you make to your child's diet and lifestyle are much more likely to be accepted if the changes are small and involve the whole family.

**Be Active** - All children should aim to get at least 60 minutes of physical activity a day for good health, but it doesn't need to be all at once. Several short 10-minute bursts of activity throughout the day can be just as good as an hour-long stretch.



**Less screen time, more sleep** - Remove all screens from their bedroom at night. Less sleep can increase the risk of becoming overweight which can increase the risk of developing medical conditions. Less sleep can also increase the risk of experiencing low mood and anxiety. A 5-year-old needs around 11 hours sleep a night.

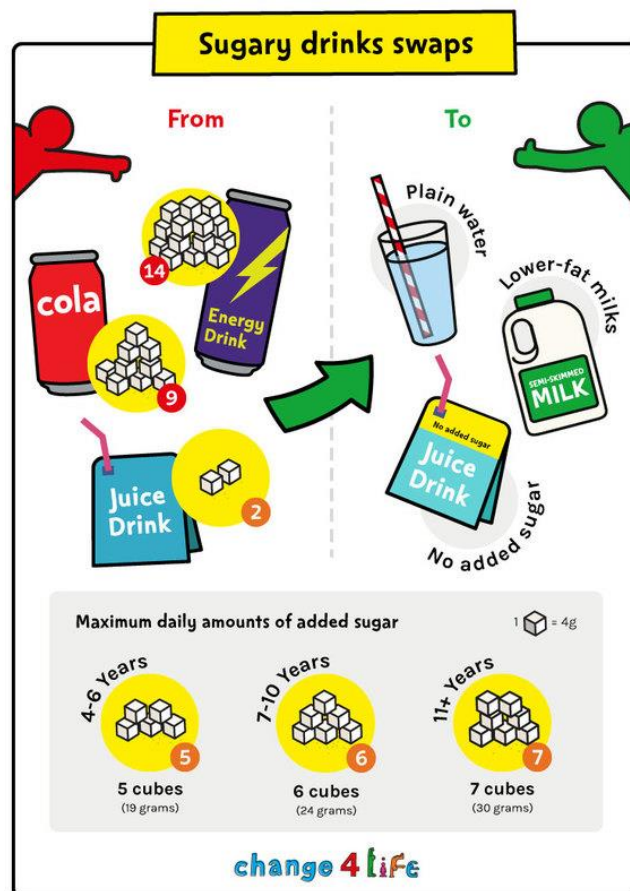
**Portion Size** – Rather than starting with big portions, start meals with small servings and let your child ask for more if they're still hungry. Try not to make your child finish everything on the plate or eat more than they want to. Avoid using adult-size plates for younger children as it encourages them to eat oversized portions. It may also help if you encourage your child to eat slowly and have set mealtimes.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

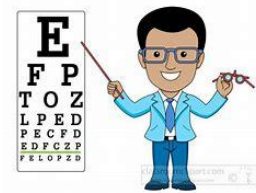
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**Healthy meals, snacks & drinks** - Children, just like adults, should aim to eat 5 or more portions of fruit and vegetables every day. They're a great source of fibre, vitamins and minerals. This includes fresh, frozen, dried or tinned. Discourage your child from having sugary or high-fat foods (like sweets, cakes, biscuits, some sugary cereals, and sugar-sweetened soft and fizzy drinks). These foods and drinks tend to be high in calories and low in nutrients.



# Maintaining Health & Wellbeing

- Register with a local GP
- Register with a local dentist
- Book an appointment with the local opticians
- Keep your child's immunisations up to date
- Keep your child safe from the sun, strangers, online & on the roads
- Use local pharmacies for advice
- Access emergency services when required



**GP** – General practitioners (GPs) treat all common medical conditions and refer patients to hospitals and other medical services for urgent and specialist treatment. The service is part of the NHS so is free. To register with a GP, you will need to complete a GMS1 Registration form. This is a short form that can be collected from the GP surgery or found online.

**Dentist** – NHS dentists provide free oral health check-ups and treatment for children under the age of 18. To register you may have to fill in a registration form at your first visit. Children should have a check-up with the dentist at least once a year (even if there is no pain or problems). Teeth should be brushed 2 times a day every day, for 2 minutes.

**Optician** - Children may not realise they have a vision problem so, without routine tests, there's a risk a problem may not be spotted. This may affect their development and education. The sooner any eye problem is found, the sooner your child will be able to get any treatment and support needed. Eye tests are free for children under the age of 16 (up to 19 years if in full time education).

**Immunisations** – Vaccines are the most effective way to prevent infectious diseases so it is important your child keeps up to date with the childhood immunisation programme. Before starting school (from the age of 3 years and 4 months) your child will need their 'pre-school booster' vaccination. You can book this with the Practice Nurse at your GP surgery.

**Pharmacy** – Local pharmacists are qualified health professionals that can offer free clinical advice and over-the-counter medicines for a range of minor illnesses.



**Sun safety** – children’s skin is much more sensitive than adult skin, and damage caused by repeated exposure to sunlight could lead to skin cancer developing in later life.

Between March and October children should cover up with suitable clothing; spend time in the shade, particularly from 11am to 3pm; and wear at least SPF30 sunscreen.

**‘Stranger Danger’** - It is important to teach your child about keeping safe when out and about. It is vital for them to understand what a stranger is and the dangers that are linked to adults they do not know. From an early age have open discussions with your child about what to do if they are approached by a stranger. It is also important for your child to know who is a ‘safe’ stranger. Have these discussions with your child so they understand what to do if they need help. Teach your child if someone scares them, they feel in danger or tries to touch them in ways that make them feel uncomfortable, to Yell, Run and Tell.

**Online Safety** – Being online is a big part of our lives now-a-days (for adults and children). It is important we connect with our children regarding this part of their life so they can enjoy the positives of being online with as few risks as possible. Explore your child’s favourite apps and websites with them. Talk to your child about their online experiences. Keep the devices your child uses in communal areas of the home and supervise their internet usage. Make use of the parental controls. You can use the ‘SafeSearch’ function, which allows you to limit the material your child can see when they’re online. Set boundaries such as when, where and how long they can be online. Lead by example.



**Road Safety** – Latest data (2013 Dept of Transport) states that there is an average of 1 death and 37 seriously injured children per week on the roads. 78% of child pedestrians involved in accidents failed to look properly. Teach road safety to your child from a young age, using fun games and rhymes. Also remember your child will also learn about road safety by watching and copying you. Make sure they understand the meaning of stop, go, traffic, danger, look, listen, walk don't run, and other key road safety words. Please note, if you are traveling in a car never hold a child in your arms or on your lap – children must always have a car seat.



# Accessing Emergency Services

Call 111 or go to [www.111.nhs.uk](http://www.111.nhs.uk) - NHS 111 makes it easier and quicker for patients to get the right advice or treatment they need, be that for their physical or mental health. 24 hours a day, 7 days a week.

**Urgent Care Centre** - Urgent treatment centres are a facility you can go to if you need urgent medical attention, but it's not a life-threatening situation. For free advice & treatment you can access NHS walk-in centres, urgent care centres or minor injury units.

**A&E (Accident & Emergency) or call 999** – For life-threatening emergencies.

	Minor cuts and grazes Bruises and minor sprains Coughs and colds	<b>Self Care</b> Stock your medicine cabinet
	Minor illnesses Headache Stomach upsets Bites and stings	<b>Pharmacy</b>
	Feeling unwell? Unsure? Anxious? Need help?	<b>NHS 111</b>
	Persistent symptoms Chronic pain Long term conditions	<b>GP Advice</b> Out of Hours call 111
	Choking Chest pain Blacking out Serious blood loss	<b>A&amp;E or 999</b> Emergencies only

## Useful Websites

[www.nhs.uk](http://www.nhs.uk) – NHS Choices website that provides information about NHS Services as well as information about health conditions and health promotion.

[www.nhs.uk/live-well](http://www.nhs.uk/live-well) - NHS Choices website that provides advice, tips and tools to help you make the best choices about your health and wellbeing.

[www.nhs.uk/apps-library](http://www.nhs.uk/apps-library) - NHS Choices website that helps you find apps and online tools to help you manage your health and wellbeing.

[www.nspcc.org.uk](http://www.nspcc.org.uk) – Charity that provides information, help and support in relation to keeping children safe and well.

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) – Teaches about how to keep children safe both online and offline.



This Booklet was developed by the Hounslow School Nursing Service.

**020 3691 1012**

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Information in this booklet has been taken from a number of sources:

[www.nhs.uk/using-the-nhs/nhs-services/gps](http://www.nhs.uk/using-the-nhs/nhs-services/gps)

[www.justonenorfolk.nhs.uk/staying-safe/staying-safe-around-others/stranger-danger](http://www.justonenorfolk.nhs.uk/staying-safe/staying-safe-around-others/stranger-danger)

[www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/](http://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/)

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/442236/child-casualties-2013-data.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/442236/child-casualties-2013-data.pdf)

[www.brake.org.uk/schools-communities/road-safety-for-families/21-facts-a-resources/resources/321-parents](http://www.brake.org.uk/schools-communities/road-safety-for-families/21-facts-a-resources/resources/321-parents)

[www.nspcc.org.uk/about-us/news-opinion/2020/cybercrimes-against-children/](http://www.nspcc.org.uk/about-us/news-opinion/2020/cybercrimes-against-children/)

[www.thinkuknow.co.uk/parents/articles/keeping-your-under-five-safe-online/](http://www.thinkuknow.co.uk/parents/articles/keeping-your-under-five-safe-online/)

[www.nhs.uk/live-well/healthy-weight/overweight-children-advice-for-parents](http://www.nhs.uk/live-well/healthy-weight/overweight-children-advice-for-parents)

[www.justonenorfolk.nhs.uk/childhood-development-additional-needs/supporting-development/development-stages/development-in-pre-schoolers](http://www.justonenorfolk.nhs.uk/childhood-development-additional-needs/supporting-development/development-stages/development-in-pre-schoolers)

[www.nhsggc.org.uk/kids/child-development/interactive-child-development-timeline/](http://www.nhsggc.org.uk/kids/child-development/interactive-child-development-timeline/)