

## Help and advice

There are lots of people who can help support you if you have any concerns or queries about the information in this leaflet and toilet training leaflet.

- The **0-19 Public Health Integrated Nursing Service** are available to give advice up to when your child starts school. Please contact them if you require additional support.
- Your local **children's centre** and **nursery / school** can also help you.

To find your 0-19 Public Health Integrated Nursing Service or nearest Children's centre, enter your postcode on the Family Hub website

**www.familyinformationleeds.co.uk**

Click on 'service providers', early start' then 'postcode locator tool'.

## Where to find further leaflets and advice

**www.leedscommunityhealthcare.co.uk/0-19team/**

**Facebook:** 0-19 Public Health Integrated Nursing Service

**Dentist** – To find a local dentist go to **NHS Choices** [www.nhs.uk](http://www.nhs.uk)

**Healthy diet** – [www.change4life.co.uk](http://www.change4life.co.uk)

**To apply for a school place** – [leeds.gov.uk](http://leeds.gov.uk) Complete forms between 1 November and 15 January in the year prior to starting school. You will be asked to complete an on-line health questionnaire via Set For School prior to your child starting school.

## Useful contact details

0-19 Public Health Integrated Nursing Service Single Point of Access (SPA)

tel: **0113 843 5683**

**Children's centre** ..... tel: .....

## Help us get it right

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email [lch.pet@nhs.net](mailto:lch.pet@nhs.net)

**We can make this information available in Braille, large print, audio or other languages.**

Developed by Dawn Ogilvie, 0-19 Public Health Integrated Nursing Service



**Leeds Community  
Healthcare**  
NHS Trust

Is your child  
ready for nursery  
and school?



**0-19**

**Public Health Integrated  
Nursing Service**



There are a few things that can make going to nursery and school an easier time for you and your child:

## Going to the toilet

- Your child should be wearing pants through the day to school. If you require support with toilet training please contact us
- Some children will not be dry at night but this is quite normal
- Some children with complex needs may take longer to be dry during the day
- Start toilet training as soon as they are showing signs that they are ready - this will give you time to make sure they cope with going to the toilet at nursery or school



## Sleep

- All children between 3–5 years old need about 11–13 hours sleep a night
- Children normally don't need a daytime nap once they reach the ages of around 2½–3 years old
- Try and make sure your child goes to bed at a reasonable time on a school night. This will help them settle into a sleep routine and also support them to be awake and ready for the school day
- A good bedtime routine such as a bath, cleaning their teeth then a bedtime story helps them to settle
- The TV or tablet should never be used to get them off to sleep
- To help your child have a good night sleep support your child to sleep independently in their own bed



## Healthy eating and drinks

- All children should be eating 3 'me sized meals' and a couple of healthy snacks each day
- Encourage at least 5 portions of fruit and vegetables daily
- Support your child to use a fork and spoon to feed themselves independently where possible
- Your child should be drinking from a proper cup and not a bottle
- Semi-skimmed milk and plain water are the best drinks for your child
- Avoid giving any sweets or sugary drinks
- Make sure they are having about 6 to 8 full cups of drinks every day



## Your child's teeth

- All children should clean their teeth every morning and just before bed
- You will need to help them do it properly until they are about 7 years old
- Register with a dentist for 6 monthly check-ups
- Avoid sweets and sugary drinks and don't let your child use a dummy



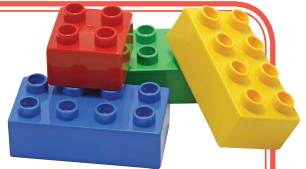
## Immunisations

Your child should have received their 3 years 4 month immunisations via their GP surgery. Please contact your GP surgery to book an appointment if they are outstanding.



## Play

- Children learn best through playing with other children. It helps them learn to share
- TV, tablet and phone use should be limited to no more than 2 hours per day
- You can join the library, go to playgroups at your children's centre or see if your child can have a nursery place
- Encourage your child to play with toys and read books which will support them to learn new skills and experiences
- Encourage some outdoor time such as playing in the park - summer or winter!



## Behaviour

- Work with your child to help them understand why listening and following basic instructions is important
- Your child should be showing an interest in dressing and undressing themselves
- Good daily routines such as mealtimes and bedtime will help your child to behave appropriately at home and at school
- Managing your child's behavior can be difficult at times for all parents. If you feel as though you may require support with this please contact us

