

School Readiness Checklist

The Buckinghamshire Healthcare NHS Trust Integrated Public Health Nursing Team for children and young people 0-19 years (24 years for SEND) are keen to support you and your child get ready for school.

What is the aim of this checklist?

We hope this **checklist** will help you prepare your child for school when they start in Reception Class. It is focused on your child's overall **health** and **emotional wellbeing** at this important time in their life.



If you answer **YES** to any of these questions check out the links to further advice and support. Your Health Visiting Team has a parent chat text messaging service where you can ask your specific questions also. Don't forget to discuss any concerns with schools they can be prepared and support your child's transition too.

		Yes	No
1	Has your Child received their pre-school vaccinations? If no, or you are unsure, please contact your GP and see Vaccinations - NHS		
2	Is your child registered with a dentist? If NO, you can find a local dentist by accessing www.nhs.uk . This is a free service.		
3	Does your child have any other additional needs- including long-term health conditions such as severe food allergies, asthma, eczema or epilepsy? If YES , have you informed the school?		
4	Does anyone in your household have a long-term health condition that may affect your child's school attendance? If YES, have you informed the school?		
5	Do you feel confident about keeping your child safe online? If no, or you are unsure please see Keeping children safe online NSPCC		
6	Is your child under the care of an optician/orthoptist/eye clinic and/or wears glasses? You will be offered a vision screening for your child during the reception year. You can find out more on the link below. Child vision screening information for parents - GOV.UK		
The next section is about your child's development in relation to readiness for school			
7	Toileting - does your child experience any of the following: <ul style="list-style-type: none"> • day time wetting • night time wetting • constipation • soiling 		

		Yes	No
	<p>If YES, the links below will offer further support:</p> <p>Getting Ready for School - toileting tips - Buckinghamshire: Parents Health for Kids Health visiting live webinars - Buckinghamshire Healthcare NHS Trust - CYP Website Your video guide to toilet training Toddler Health for Under 5s Starting toilet training - Buckinghamshire Health for Under5s Toilets and school readiness - ERIC</p>		
8	<p>Do you have any concerns with your child's growth or development? For example, can your child take turns and share when playing with others? Children in Reception are offered a height and weight check as part of the National Childhood Measurement Programme. What is NCMP If YES, have you shared your concerns with the GP?</p> <p>The links below will offer further support: School Readiness - Buckinghamshire: Parents Health for Kids Skills for starting school Pre-School Health for Under 5s Beezee Families Academy sign up - Be Healthy Bucks</p>		
9	<p>Is your child independent with getting dressed/ undressed/ washing hands/ using cutlery to eat food?</p> <p>The links below will offer further support: School Readiness - Buckinghamshire: Parents Health for Kids</p>		
10	<p>Does your child have any difficulties with sleeping?</p> <p>The links below will offer further support: School Readiness - Buckinghamshire: Parents Health for Kids Relaxation Tips - The Sleep Charity</p>		

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BHT Therapy Link

A confidential messaging service for parents, carers and schools to get support from the Trust's Children and Young People's integrated therapies team.

Text: 07312 263754

- Occupational Therapy
- Physiotherapy
- Speech and Language Therapy

ChatHealth



ChatHealth 0-5 years

Text a Health Visitor for confidential advice and support

Text or scan the QR code to start a chat:

07312 277363



For healthy happy early years
Health for Under 5s




www.healthforunder5s.co.uk/Buckinghamshire

[Bucks SENDIAS service | Buckinghamshire Council](#) – Special Educational Needs and Disability Information and Advice Support Service

Family Hub Network - [Family Hub Network | Family Information Service](#)

[Buckinghamshire Healthcare NHS Trust - CYP Website](#)

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I am growing up and learning these new skills...

SELF-CARE

- I can wash my hands.
- I can wipe my nose.
- I can tidy up & look after my belongings.
- I ask for help if I don't best work.

INTEREST IN THE WORLD

- I enjoy exploring new things & like asking questions.
- I can follow instructions & understand rules.

GETTING DRESSED & UNDRESSED

- I can do up buttons and a zip.
- I can put on my socks & shoes.
- I can get changed for PE.
- I can put on my coat.
- I know certain parts of my body are private.

MEALTIMES

- I can use a knife and fork.
- I can open a packet/box by myself.
- I can open wrap-ups and packaging by myself.

ROUTINES

- I have a regular bedtime routine, including a story, so I won't be tired at school.
- I eat at set times, just as they do at school.

TOILETING

- I can go to the toilet alone, wipe myself clean and flush the toilet.
- I can wash and dry my hands without help.

INDEPENDENCE

- I'm not sad if I'm away from my parent/carer.
- I'm confident about starting school.
- I can talk about myself & my feelings.
- I have practised holding a pencil & can recognise my own name written down.

OUTSTANDING CARE
HEALTHY COMMUNITIES
AND A GREAT PLACE TO WORK

<https://www.healthforkids.co.uk/buckinghamshire/school-readiness/>

