

School nurse top tips October 2014

Your School Nursing Service

Every school in Coventry had a named school nursing team. Have you any worries about your child's health; the school nurse may be able to help.

The School Nursing Team is based at the Paybody Unit, City of Coventry Health Centre, and in health centres around the city. Look up on the Coventry and Warwickshire Partnership Trust Website the nurse for your children's school and their contact details www.covwarkpt.nhs.uk

Or you can contact the nurse by emailing School.Nursing@covwarkpt.nhs.uk or telephone number 02476 961418

All reception children will be offered a vision, hearing, height and weight check during this academic year. Consent is required from parents/ carers for these, so make sure your children doesn't miss out and please return consent forms to school, when they come home with your children. If you are concerned about your child's vision prior to this, checks at the optician shops are free for children. The teacher can refer for your child for a hearing test if you are concerned. If you are concerned about your child's growth or weight please contact your GP or school nurse.



Coventry and Warwickshire Partnership 
NHS Trust

Continance For Children Starting School

Starting school is an exciting but sometimes scary stage in your child's life; for some children issues of continence (problems with wee or poo) can have an impact on this exciting beginning and it doesn't tend to be something that parents talk to other parents about if their child has a problem so it can feel very isolating, however you and your child are not alone. This aim of this guide is to give you an idea of what to do and when to get help.

Bed wetting

It is not uncommon for children starting school who have previously been dry at night to have an occasional wet bed when they start school this can be due to the excitement or anxiety of starting school or because your child is more tired. If this is the case this is likely to resolve itself once your child settles into school, you can help your child through this time by reassuring them that it's not their fault, making sure they are relaxed and get plenty of rest.

Lots of children starting school will still wet the bed regularly; approximately 1 in 5 children aged between the ages of four and five will wet the bed at least once a week, this often resolves without any medical treatment. It is important to remember that it's not your child's fault and that "lifting" your child at night may not be helpful.

You can help by making sure your child drinks plenty during the day (approximately 1400mls), avoids drinks such as tea, coffee, coke and hot chocolate and make sure they have their last drink one hour before bedtime. Bed time routines are also very important make sure your child goes to the toilet before going to bed, lights are turned off or at least dimmed and televisions DVD players and game consoles are turned off.



Daytime Wetting

An occasional accident during the school day is also not uncommon; children often “forget” to go to the toilet because they are too busy or may be a bit worried about asking to go to the toilet. If day time wetting happens regularly first of all make sure that there are no signs of a urine infection (pain when going to the toilet, offensive smelling urine, going to the toilet frequently, fever), if there is speak to your GP.

Speak to their teacher to see if they need reminding or need any help going to the toilet. Make sure they are drinking plenty during the day and if this doesn't help speak to your school nurse for further advice.

Constipation

Some children can start to have problems with constipation when they start school because they don't like to use the school toilets. Try to make sure that all children have plenty to drink during the day and eat a well-balanced diet, if you are worried speak to your school nurse or GP

Global Hand Washing Day in October

Hand washing is one of the most important ways of controlling the spread of infections, especially those that cause diarrhoea and vomiting, colds and respiratory disease. The recommended method is the use of liquid soap, water, and paper towels.



Always wash hands after:

- Using the toilet
- Before eating / handling food
- After handling animals
- After coughing and sneezing
- When they are “dirty”!

