

Sparkbrook

**Children's  
Zone**

# School Readiness

Supporting children and families to live happy, healthy lives.



June 2025



# Introduction

## **What is Sparkbrook Children's Zone?**

Our Doctors, Nurse and Family Support Team help children and families to lead happy, healthy lives.

We offer clinics, advice and outreach activities across Balsall Heath, Sparkbrook and Sparkhill.

Children and young people, aged 0 to 16, can get a booked appointment from their GP to see a children's nurse and a doctor, and the whole family is able to receive support from Early Help.



# Key Top Tips

Before your child first goes to school, it's good to help them learn some key skills. Here are our top tips!

- Use cutlery such as a fork and a spoon and is able to drink from an open cup
- Spend time away from parents to grow independence
- Take on and off their own shoes
- Able to hold a pencil
- Use the toilet and wash their own hands
- Reduce milk intake
- No more use of dummy
- Ensure your child can communicate their basic needs
- Practice getting dressed on their own

You should also make sure that:

- All your child's belongings have been named
- If your child has additional needs, inform the school staff as soon as possible to give them time to prepare to support your child

# Tiredness and Challenging Behaviour

School can be very tiring for children, particularly when they first start as it is full of lots of learning and meeting new people!

## You can help by:

- Keeping a consistent and familiar routine
- Starting with a healthy breakfast
- Giving your child school dinners
- Enjoy active play after school
- Limit screen time (no more than 1 hour a day)
- Sleep well (10-12 hours a night)
- Read to your child regularly – before bed is ideal!
- Drink water



**Check out the Active Wellbeing Society  
for support with Active Play!**  
[www.theaws.co.uk](http://www.theaws.co.uk)

# Good Daily Routine

Children behave best when things happen at the same time every day (including weekends).

## In the morning:

1. Wake up at the same time
2. Eat a healthy breakfast together
3. Brush teeth



## At school:

1. Mid-morning healthy snack
2. School lunch



Water is best all day!

## After school:

1. Small healthy snack (if needed)
2. Active play

## In the evening:

1. Dinner together + a healthy dessert if wanted (fruit/yoghurt)
2. Brush teeth
3. Read a story
4. Bedtime



# Teeth and Toothache

- Supervise brushing teeth twice a day for 2 minutes
- Follow the recommendations on the back of your free fluoride toothpaste pack
- Take your child to an NHS dentist every 6 months for FREE
- Drink plain water and avoid sugary foods and drinks
- Avoid sucking on all bottles and dummies, etc.

**Remember:  
Spit Don't Rinse!**



## Sanderson OHP Toothpaste

- For children under 3 years use a smear of toothpaste
- For children 3 years and over use a pea-sized amount of toothpaste
- Brush in the morning and last thing at night
- Help your child with toothbrushing until they are at least 7 years old
- After brushing 'spit, don't rinse'

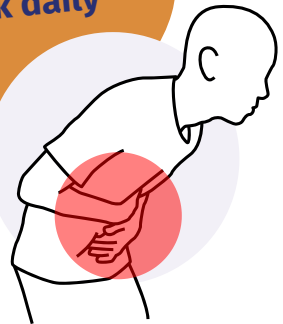


**If you are not sure how to find a dentist follow this link:  
[www.nhs.uk/service-search/find-a-dentist](http://www.nhs.uk/service-search/find-a-dentist)**

# Constipation, stomach aches & toilet training

- Toileting – practice asking for and using toilets out of the house independently and without stress
- Make sure your child is eating a varied healthy diet
- Drink plenty of water (make sure children take their water bottle to school daily)
- Avoid too much milk (and ensure all baby bottles have stopped)
- Take any constipation medicine regularly

Aim for no more than 2  
cups of milk daily



**Use ERIC for support with toilet training!**  
**[www.eric.org.uk](http://www.eric.org.uk)**

# Common Bugs: Coughs, Colds, and Vomiting Bugs

We know children at this age can get colds and viral infections every year. Help reduce the amount of illnesses they catch by:

1. Helping them practice how to wash their hands
2. Use the Healthier Together App or Website



**Healthier Together**  
Improving the health of children and young people

**The Healthier Together website and app can help you to know when to worry about your child, and where they should be seen.**  
**[www.healthiertogether.nhs.uk/](http://www.healthiertogether.nhs.uk/)**

# Vaccinations

Vaccinations help protect you and your loved ones against very dangerous life-threatening illness' and diseases.

Make sure you and your child are fully protected by accepting all vaccines when offered by your GP/Practice Nurse. Check your red book under Immunisations for more details.

- All reception children will be offered a flu vaccine in school this autumn
- FREE pork-free choice available (injectable)



**Call your GP to make an appointment with the practice nurse – it's never too late!**

# Asthma, Eczema, and Allergies

When your child is beginning a new school, make sure you speak to them about any existing medical conditions or allergies your child has as soon as possible.

- Forms will need to be completed if your child needs medication given at school
- Don't forget that creams and inhalers count as medications!
- If you have let your child's school know about any allergies, they will arrange for the school nurse to contact you and create an allergy care plan.
- If your child has been issued an EpiPen, keep one at home and leave the other at school - clearly labelled in a plastic box.
- Always write the expiry date of the Epi Pens somewhere safe, so that you can order a replacement from your GP, **BEFORE** it expires.
- **YOU (YOUR CHILD) SHOULD HAVE ACCESS TO THEIR EPI PEN WHEREVER THEY GO.**



# Listen to our Podcast!



Bringing expert advice from NHS doctors,  
family support advisors, and local  
partners on popular issues for children.

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**Email: [scz@greensquareaccord.co.uk](mailto:scz@greensquareaccord.co.uk)**

**Website: [www.sparkbrookchildrenszone.org.uk](http://www.sparkbrookchildrenszone.org.uk)**

