



# Starting Reception

Starting reception can be a daunting time for parents and children. Below are some suggestions to help support and develop your child's health and wellbeing during this important transition time.

## Oral Health

NHS dental care for children is free and you don't need to register with a dentist in the same way as you do with a doctor. To find a dentist near you visit the NHS website [www.nhs.uk](http://www.nhs.uk).

It is important that your child brushes their teeth twice a day, flosses daily and avoids sugary drinks to prevent tooth decay. Visit the NHS Live Well website for lots of tips.



### Did You Know?

Ealing has the worst rate of tooth decay in London.

**39%**

of children age five have at least one tooth that has obvious signs of tooth decay.



## Sleep



Evidence shows that night time sleep is just as important as healthy eating and exercise for children to develop. The NHS recommends **11 hours sleep** for 4 and 5 year olds. A reduction in screen time can greatly improve your child's sleep. The NHS Live Well website has lots of other tips for improving sleep.

# Daily routines

Having daily grooming routines will help your child adjust to school life. Encouraging them to dress themselves in the morning will help develop a sense of independence.

While your child is getting dressed for school, why not remind them about safe and unsafe touch? The NSPCC PANTS rule has lots of ideas for parents and carers to help you teach your children how to keep themselves safe.



## Did You Know?

From the age of five, children can visit an optician for a **free** eye test. These tests are free up to the age of 16 and for full-time students under 19.

The NHS says it is worth having regular eye checks with an optician, even if you and your child are not aware of any problems.

## Hand washing

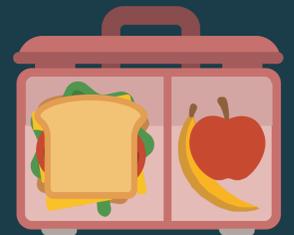


Teaching your child how to wash their hands correctly will support them in developing independence.

Carex have lots of tips and activities to support you in teaching this important skill.



# Healthy Eating



Encouraging children to eat a nutritious, balanced diet is important as are more likely to be energised and motivated, supporting their ability to learn. Educating them on healthy eating during childhood will also help them make healthier choices as they become adults. Having one piece of fruit and vegetables in their lunch daily, eating a healthy breakfast (such as weetabix or oats) and replacing sugary drinks with water or milk will ensure you child is energised and ready to learn.

# Asking for help

If your child is worried or anxious about school, encourage them to identify five people who they can talk to. You may wish to trace your child's hand and write one 'person who can help' on each finger. Remind your child that all these people can help them if they are worried or scared.

