

Supporting your child's journey through school

Parent Workshop

Autumn Term 2018:

Sutton School Nursing Team

Aim

To support your child's health and well being throughout their early school life



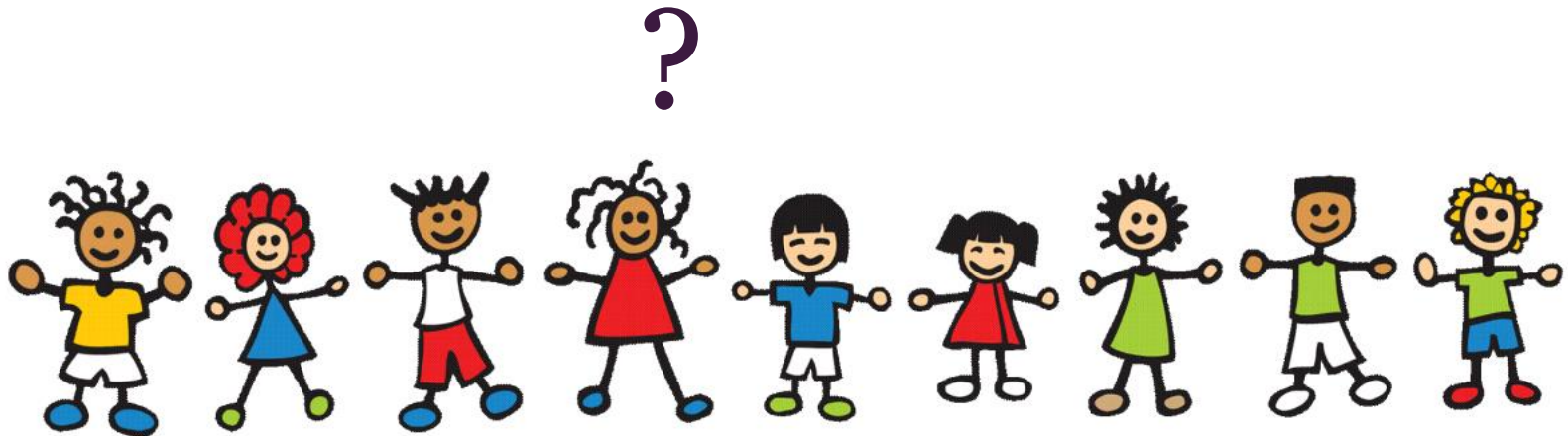
Objectives

- Identify School Nurse role
- Discuss common childhood health needs
- Provide information on local services relevant to needs



The Role of the School Nursing Team

- School nurses play a vital role in linking education and health, taking over from the health visitors when a child starts school.
- They work with parents and carers providing advice on



School Nursing Interventions

- Parenting
- Behaviour
- Development
- Sleep
- Diet
- Bed wetting
- Emotional needs
- Children with special needs and complex health needs
- Healthcare plans
- Allergies
- Safeguarding



What else do we do?

- Routine Health Screen in reception
- National Child Measurement Programme
- Enuresis Clinics
- Healthy Weight Management Clinics
- Confidential health advice
- Home visits
- Referral to other specialists
- Supporting children's emotional health
- Parent workshops



How can you support your child's health and well-being in school?

- Sleep
- Hygiene
- Independence
- Nutrition
- Exercise
- Time to talk
- Lots of praise



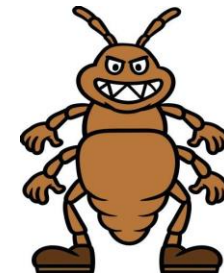
Supporting your child's health and well being

- Immunisations
- Dental checks
- Vision checks
- Hearing checks
- Stranger danger
- Medicine / substance / liquid safety
- Internet safety



Childhood concerns

- Head Lice
- Threadworm
- Diarrhoea and vomiting
- Fever
- Coughs and colds
- Sore throats
- Communicable diseases
- Information can be found on all of the above on
- www.suttonchildhealth.co.uk then click on 5-11yr



When to seek Medical advice

- **You should also contact your GP if fever symptoms are not improving after 48 hours or if any other symptoms are present.**
- **Be aware of signs and symptoms of Sepsis and Meningitis, www.suttonchildhealth.co.uk or www.nhs.uk**
- Check your child during the night.
- Always seek medical advice if your child develops a fever soon after an operation, or soon after travelling abroad.



Hand Washing

- Common infections in school age children can be spread by poor hand hygiene.
- It is important to teach your child to wash their hands at an early age as regular hand washing is a practical way of preventing the spread of infectious germs.



Other childhood illnesses

Just a few of the common conditions affecting childhood

- Chicken pox .

Do not give ibuprofen as in some cases it can cause a life threatening condition

- Measles

Contact your GP if you suspect your child has measles

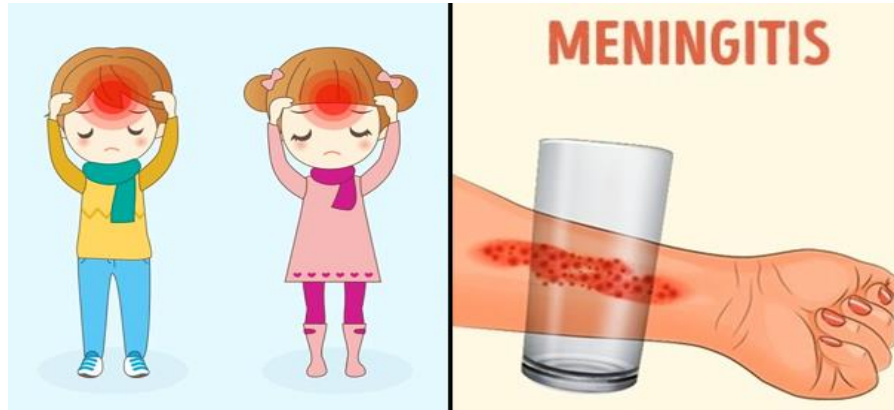
- Croup
- Hand Foot and Mouth
- Slapped cheek
- Mumps
- German Measles
- Impetigo
- Scabies



Please see www.suttonchildhealth.co.uk or www.nhs.uk

Meningitis

- a blotchy rash that does not fade when a glass is rolled over it, the rash may not appear in all cases,
- high temperature
- headache
- being sick
- stiff neck
- dislike of bright lights
- drowsiness or unresponsive
- seizures



Seek medical advice urgently if you think your child has meningitis



ANY CHILD WHO:

- 1 Is breathing very fast
- 2 Has a 'fit' or convulsion
- 3 Looks mottled, bluish, or pale
- 4 Has a rash that does not fade when you press it
- 5 Is very lethargic or difficult to wake
- 6 Feels abnormally cold to touch

MIGHT HAVE SEPSIS

Call 999 and ask: **could it be sepsis?**

The UK Sepsis Trust registered charity number
(England & Wales) 1158843

ANY CHILD UNDER 5 WHO:

- 1 Is not feeding
- 2 Is vomiting repeatedly
- 3 Hasn't had a wee or wet nappy for 12 hours

MIGHT HAVE SEPSIS

If you're worried they're deteriorating **call 111** or **see your GP**

JUST ASK
"COULD IT BE SEPSIS?"
IT'S A SIMPLE QUESTION, BUT IT COULD SAVE A LIFE.



Seek medical advice urgently if you think your child has sepsis

Where to go for help

- School Nursing: 0208 661 3904
- Email: rmh-tr.hcpadminsutton@nhs.net
- School Nursing website:
www.suttonchildhealth.co.uk
- Inclusion lead at school
- GP
- 111
- NHS Choices
- Accident and Emergency for urgent concerns



QUESTIONS?

