

## Appendix 3

### School Nursing Case Study: Ready for Reception

The school nursing team were recently invited to attend and participate in the Ready for Reception roadshow at two local schools as part of the Maritime trust. These sessions were designed for parents and carers of nursery aged children who are due to start Reception in the September intake.

During this hour session, we had the opportunity to promote our service and inform parents about the support we can offer to address a wide range of needs and challenges faced by children beginning school. A key focus of our input was on toilet training, an area of concern given that evidence indicates 1 in 4 children start school without being fully toilet trained. We also focused on healthy eating and lifestyle as requested by school.

The sessions saw a high level of engagement from parents, many of whom requested further information about the services we offer. We provided reassurance about our Reception (Year R) screening service, which includes height and weight checks, as well as hearing and vision assessments and the process for referring on if needed.

Our toileting advice was particularly well received. Some parents sought guidance and strategies for tackling bed wetting, others focused on toilet training and constipation. We had our visual aids including our 'choose your poo' and Bristol stool chart to engage and gather information regarding any concerns for children when opening bowels. These tools also allowed us to effectively signpost parents and provide brief, practical advice tailored to their concerns.

All parents who showed interest or asked for advice, they received a school nursing information leaflet, which included referral details. Additionally, each received a free toothbrush provided by the Medway Hub. Those with toileting concerns were given additional resources, including leaflets from the ERIC (Education and Resources for Improving Childhood Continence) website.

We emphasised that early identification of issues such as toileting difficulties can significantly improve outcomes for children. Left unaddressed, such issues can become entrenched and more difficult to manage.

These workshops therefore allow us to be proactive rather than reactive, supporting families early and potentially reducing the need for formal referrals later.

Following the success of these sessions, we have now been invited to attend another Reception Readiness event at a school in Medway, and I look forward to continuing to promote the school nursing service through this valuable initiative.