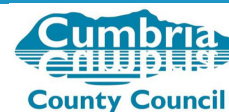


EARLY YEARS

Public Health
5-19

The Public Health 5-19 Service's ideas to support your child's transition to primary school



HELPFUL WEBSITES

Although your child's nursery teacher will be communicating with your primary school, there is no getting away from the fact that it is going to be a very different transition due to our current situation.

The start of a new school term is always exciting but when it's the transition into "big school" i.e. your child's very first school term, it can feel a little daunting! We've pulled together some key resources to help you and your child prepare for this new adventure.

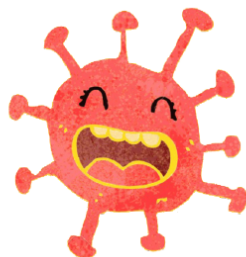
CORONAVIRUS

Many teachers have already raised that children and young people are expressing concerns and worries about Coronavirus.

This [workbook](#) by Mind Heart Kids provides some helpful tips for parents to alleviate young children's worries about the virus.

HELLO!

I am a **VIRUS**,
cousin with the **Flu** and
the **Common Cold**



My name is Coronavirus

WHY BEING 'SCHOOL READY IS IMPORTANT

The [Pacey website](#) has a great section on getting ready for school. It includes a [free downloadable](#) guide on how to prepare your child for school with tips and hints to help the next few weeks go smoothly.

It also includes a really helpful [guide](#) with resources and top tips about supporting children throughout their first year at school.

Please complete our anonymous [School Readiness Survey](#). This helps us target support and advice to schools



E-SCHOOL NURSE SERVICE

The E-School Nurse service is now running across the county every Tuesday and Thursday to support you with your child's physical and emotional health.

Please see our [E-School Nurse poster](#) and the [Service user leaflet](#) on our [website](#).

Appointments can be made by telephoning
0300 30 34 365 Monday to Friday 9-5pm.



Healthy Families Pledge

Children in Cumbria will have the best possible start in life through a joined up approach between families and everyone who works with young children.

NHS Start4Life Whatever you want to know about parenthood you should find it here.. There is an essential guide and lots of free tools for having a healthy, happy toddler.

Active Cumbria has an early years section with lots of great ideas for 'Active Play'.

Cumbria County Council have a helpful page on early years learning at home together. The Child and Families Information Service have a [Facebook](#) they post early years information. There is also emotional support and guidance via [Family Line](#), click to view their leaflet.

Activity Village website has a downloadable booklet, posters and printable's for getting ready for school.

PH 5-19 Service Your local public health nurses have a great website with lots of top tips on a range of health topics. There are also useful links and free downloadable resources in [Parent Zone](#).

Our **CAMHS** service has a website with lots of useful links for support on emotional health.

Our Occupation Health team have some helpful [transition leaflets](#) for all ages.

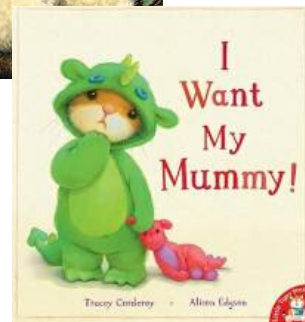
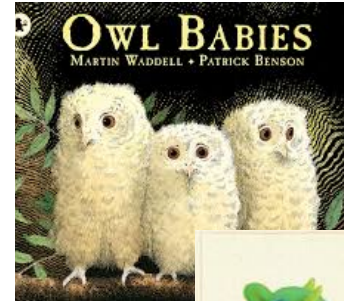
EMOTIONAL HEALTH DURING TRANSITION

Starting primary school is an exciting time but can also be a big change for children and families. For many children this may be the first time they have been away from family in a more formal or group setting and for some starting primary school may increase anxiety. At this time it is important to remember that parents and carers can feel anxious about their child starting school too; being mindful not to transfer worries to your child will help them worry less. Staff, parents and carers working together can help manage anxiety and worries.

WHAT IS SEPARATION ANXIETY?

It's common for children to be anxious about being separated from their parent or caregiver - this is often an indication that a child has developed a healthy attachment to them.

Understanding how to manage separation is an important part of a child's normal social and emotional development. For most children, feeling anxious about this separation is a temporary phase and can be supported by teachers. Books are a great way to help children understand and normalise their feelings. These popular books have a very reassuring tone that explains for example that although mummy sometimes has to go away she will come back.



MINDFUL ACTIVITIES

For children who become easily overwhelmed Mindfulness can offer an easy way to help them get 'back on track'. Mindfulness is a method of introducing relaxation; this can be done together with you or on their own when needed. There are many different types of relaxation techniques, that are all designed to help us improve happiness, general behaviour, concentration and confidence. Cumbria County Council have a [Mindfulness Ideas Booklet](#) containing activities for you to try.

You could also print some of the mindfulness colouring pages or worksheets from [Twinkl](#) for them to complete. Twinkl is currently free whilst the schools are closed.


FREE PARENTING COURSES

All parents and carers can now access free [Solihull](#) online parenting courses if you live in or your child attends an educational establishment in Cumbria. They are for ALL parents-to-be, parents, grandparents or carers of any child from bump to age 18 years.

FREE with the access code WORDSWORTH.

Starting school can be scary for some children, but believe it or not, it might be worse for care givers. So don't forget every parent/carer will have some kind of worry or concern with their child starting school. Whether that be: "they'll miss me", "they may wet themselves", "they won't eat lunch", "they won't make friends" or "they won't drink water." Starting school is a developmental milestone so its OK to feel sad but feeling bad about feeling sad just makes things worse. Give yourself permission to be sad.

It's important to remember that your're not alone in this, that all parents feel this way. Talk to other parents in the same situation. It's amazing what wonderful support you can get from other parents.



Cumbria County Council
Nurturing Wellbeing
and Attachment in the
Early Years

Breathing Buddies

What to do:
Ask the children to lie comfortably on their backs and place their breathing buddy (soft toy) on their tummy.
As you count to three the children should take a deep breath in through their nose to slowly make their breathing buddy rise. Then breath out to the slow count of four and watch the breathing buddy fall. The aim is to keep the breathing buddy on your tummy (you could tell the children they are rocking them to sleep) Repeat as many times as you feel appropriate for the children.

USEFUL LINKS

[Chill Skill activities](#)

[Mindfulness activities](#)

[Time to Change Mindfulness Activity pack.](#)

[You Tube mindfulness links](#)

[Change 4 Life](#)