



Family health & wellbeing!

September 2023 Update

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Want to make sure you don't miss health & wellbeing updates from your school nursing team? [Sign up here!](#)

Ready for School

Top tips to practice with children

Child Independence

Practice tasks:

- going to the toilet
- getting dressed
- putting on shoes
- eating - using knife and fork

Social Skills

Practice skills:

- greetings - saying 'hello'
- conversations - speaking and listening
- sharing and taking turns

Physical Development

Refine motor skills:

- Fine motor skills - making Lego models, using scissors, and threading beads onto string are fun ways to develop hand strength

Physical Development

Refine motor skills:

- Gross motor skills - develop big muscles by practicing running, jumping, hopping, skipping, spinning, turning, twisting, pushing and pulling



Top tips to parents

Practice the school run -

getting dressed in the morning, having breakfast and making the journey to school.

Create a bedtime routine and a good bedroom environment -

getting enough sleep improves mood, energy levels, concentration and learning

Label uniform, water bottles and any other items that can be taken off and lost.

Talking about exciting things - talking positively about what your child is going to do at school helps them get over any nerves.



National Fitness Day

Wednesday 20th September

National Fitness Day is an opportunity to achieve your physical activity goals and have fun. The day aims to encourage the nation to celebrate the fun of fitness. You might be trying a new activity, restarting an activity, starting or joining a group activity with family, friends or meeting new people, or even committing to an activity plan.

National Fitness Day might be the kick start to becoming more active. Below are links to fun activities that the whole family can take part in. Pick the activities you like the look of, try them out and if you enjoy the activities continue to do them.

Activities for families

These activities include short bursts, board games, trails, indoor and garden games and more. Click on the links to view the activities.

Indoor activities

Get active indoors - includes cheerleading, circus skills and old favourites

60 second activities

A 'compete against yourself' approach with a focus on resilience and perseverance

Change4Life resources

Short burst activities to test yourself or compete against family and friends

Walks in Warwickshire

[Nature Reserves](#)

[Country Parks](#)

[Woodlands](#)



Useful contacts

Mental health & wellbeing

CW RISE

Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.

Dimensions Tool

A web-based app that will help you to find well-being support in the local area specific to your needs, or someone else's needs, after you answer a series of questions.

Relate

Counselling service for young people.

Kooth

Join Kooth, the free online mental health community for young people in Warwickshire. Includes counselling via text service.

Family support

Family Lives

Support for a wide range of topics relating to family life.

Warwickshire Family Information Service

Advice and support provided by Warwickshire County Council.

Warwickshire Health Visiting

Support and advice for parents/carers with a children under 5.

[Click here for useful apps and websites for young people.](#)

Our service is here to support school-age children, young people and their parents/carers in Warwickshire with all things health & wellbeing - just get in touch to find out more.



Text ChatHealth (11-19 years): 07507 331 525
Text ParentLine: 07520 619 376
Call us: 03300 245 204
Email us: connectforhealth@compass-uk.org