

Best Start in Life Service

Castle Unit
Isebrook Hospital
Irthlingborough Road
Wellingborough
Northants
NN8 1LP

Tel: 0800 170 7055 option 4

Web: www.nhft.nhs.uk

North Northamptonshire Starting School Letter - 2026/2027

Dear Parent/Carer,

You may remember that your child had regular health and growth checks from the Health Visiting Team during their first three years. Health Visitors and School Nurses work together to support children, young people and families from birth to 19 years of age. We offer advice and support on a range of health and wellbeing topics.

We can help with:

- Sleep
- Toileting and continence
- Managing emotions and behaviour
- Healthy eating and maintaining a healthy weight

During the 2026-2027 school year, we will send you a text message with a link to complete your child's Reception Health Questionnaire. This will be sent to the mobile phone number we currently have for you. If your contact details have changed, please get in touch so we can update our records.

Before completing the questionnaire, you may find it helpful to think about your child's development. If you have any concerns about the areas below, please contact us. We are here to help.

- Can other people understand your child's speech?
- Can they follow simple instructions?

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- Do they play and make friends with other children?
- Can they separate from you and settle comfortably?
- Can they focus on activities for short periods?
- Do they ask questions and show an interest in learning?
- Can they use the toilet and wash their hands independently?
- Can they use a fork and spoon and drink from a cup on their own?

You can also find information and advice about getting your child ready for school by visiting [Children's 0-19 Services | NHFT](#)

National Child Measurement Programme (NCMP)

During your child's Reception year, they will take part in the National Child Measurement Programme unless you choose to opt out. This programme helps the NHS understand how children are growing and helps plan health services for families.

Only your child's height and weight are shared as part of the programme. Their name, date of birth and address are not included. You will receive more information about this during the school year.

Dental Health

It is important for children to have regular dental check-ups. Dental care is free for children and can play a big part in keeping them healthy.

If your child has never been to a dentist, or has not had a dental check-up in the last 12 months, please click the link below to search for a local NHS dental practice.

[Find services near you - NHS](#)

You can also find advice about caring for your child's teeth at:

[Children's teeth - NHS](#)

Hearing and Vision

All children can have free NHS eye tests with an optician. It is recommended that children have an eye test at least every two years. Eye tests can help identify any

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problems early, which can support your child's learning and development. Don't worry if your child cannot read yet. They can still have a full eye test using tests designed specifically for young children.

If you are worried about your child's hearing, speak to their teacher and consider contacting our School Nursing Team or your GP for advice. Finding and treating hearing problems early can make a real difference.

Possible signs of hearing difficulties include:

- Difficulty concentrating
- Not responding when their name is called
- Speaking loudly or turning the television volume up high
- Difficulty telling where sounds are coming from
- Mispronouncing words
- Changes in their progress at school

Immunisations

Is your child up to date with their vaccinations?

If your child has missed any routine vaccinations, now is a good time to arrange them. If you are unsure, please contact your GP surgery.

If you have questions or concerns about vaccinations, you can speak to our School Aged Immunisation Service on:

0800 170 7055 (Option 5)

Medical Conditions at School

If your child has a health condition that may need support, treatment or medication during the school day, they may need a healthcare plan.

Please speak to your child's school about their health needs. If you or the school need help with creating a healthcare plan, you can contact us through the 0-19 Admin Hub.

Family Hubs

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Family Hubs provide support and services for families with children and young people aged 0-19, and up to 25 years for those with Special Educational Needs and Disabilities (SEND).

To find out more about your local Family Hub and the support available, please visit the Family Hub website.

[Welcome to Your Best Start Family Hubs](#)

Support for Children with SEND

Whether your child has a diagnosed condition, is waiting for an assessment, or you think they may have additional needs, help and advice are available.

You can find information about support, services and local resources through the North Northamptonshire SEND Local Offer.

[North Northants SEND Local Offer](#)

More Information

If you would like more information about health and wellbeing for children and young people aged 0-19, please visit:

[Children's 0-19 Services | NHFT](#)

The website includes advice, guidance and information about services that may be able to help your family.

Yours sincerely,



Assistant Director for Integrated Children's Services

Northamptonshire Healthcare Foundation Trust

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