

# Starting School Factsheet

Please use this fact sheet as a guide to help you prepare for your child starting school.



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**Starting school can feel daunting for parents and children, following our top tips will make you feel more confident.**

## Top Tips

- Try to meet other parents and children, for instance through Local Families with Bleeding Disorders, who have already started school so that they can share with you their experiences and things they found most useful.
- Put in place, in advance of starting school, the correct level of support your child will need. Meet with the head teacher, your child's teacher and PE teacher to discuss these needs.
- Prior to starting school, talk things through with your child to help them understand better what to expect. Your child will feel more confident about going to school if they feel that you are confident, too!
- Visit the school with your child to familiarize the classroom and playground etc
- Organise a visit to the school by your Haemophilia Nurse to speak to the staff. If this is not possible, then a Zoom call or telephone call should be organised. Put in place a plan agreed between you all: parents, teachers and nurse which includes useful contact details for the school
- Signpost the school to organisations such as The Haemophilia Society and Local families with bleeding disorders, for useful information about bleeding disorders.
- It is better for your child to have one good friend they can rely on, than twenty friends they can't. This is especially important as they become more independent, going on school trips, and when they leave school to go to college.
- Develop friendships with parents you feel able to trust with your child's disorder, especially when navigating social occasions such as sleepovers, birthday parties, school activities and clubs.
- Your child may miss classes occasionally due to hospital appointments etc. The school needs to provide additional support your child, if lessons are missed, so they are not disadvantaged educationally as well as ensure they do not miss out on attendance awards.

### **Sports and PE are an important part of school life. We encourage sport/exercise for several reasons:**

- Joints that have full range of movement and strong muscles around them are less likely to become injured.
- In the event of a bleed, pre-existing muscle strength will aid recovery.
- Sport encourages self-esteem and will enable your child to feel they fit in as part of a team.
- We advise that children with haemophilia and other bleeding disorders should not participate in contact sports. If possible, try to offer an acceptable alternative.
- Your child needs to be considered individually to ensure that a sport/activity is appropriate for their ability/body size.
- If needed, the timing of your child's bleeding disorder treatment (factor) should coincide with PE to ensure maximum protection, with this having been discussed with the haemophilia team.
- Concentrate on what your child can do and not what they cannot.

**It is so important for your child to enjoy school and all it has to offer and for them to feel that their bleeding disorder is just a part of what makes them special! Our children often cope better than us as parents, so try not to worry! If you do need any further advice or information, please contact us through our Facebook group.**