

North Bay Parry Sound District

Health Unit



Bureau de santé
du district de North Bay-Parry Sound



Kindergarten Readiness Guide

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Welcome to Kindergarten

As your lifetime partner in healthy living, the North Bay Parry Sound District Health Unit has programs, services, and information that may be of value as your child makes the exciting move to kindergarten. Please feel free to contact the Health Unit with any questions.

Vaccination Information

Vaccinations protect your child against serious diseases. The Health Unit is required by law to keep an updated vaccination record throughout your child's school years. Children must be up to date with their routine vaccines. Visit www.myhealthunit.ca/Vaccinations for more information.

Healthy Smile



Healthy teeth and gums are very important as your child grows. Oral hygiene helps your child to develop healthy eating habits, social skills, and good sleep patterns.

You should brush their teeth two times a day for two minutes each time. Help your child with brushing until they can print their own name and don't forget to floss. Yes, even baby teeth.

Visit myhealthunit.ca/public-health-dental-clinic-for-children for more information.

Preventing the Spread of Germs

Proper hand washing is the best way to prevent the spread of germs. It is important your child knows how to wash their hands before they start school. Encourage your child to wash their hands with soap and water for 15 to 20 seconds. The best times to wash their hands are:

- Before eating.
- After using the bathroom.
- When their hands are dirty.
- When they are sick or around others who are sick.



Fun Outside

Outdoor play is a basic childhood need and taking risks is anecessary part of play. Your child will be going outside to play and learn. Dress them appropriately for the weather and protect them from the sun's harmful rays with a hat, sunglasses, and sunscreen.

Encourage Your Child to be Active Every day!

As your child grows, it is important that they get agood balance between moving, sleeping, and sitting.

Move: At least 180 minutes spent in a variety of physical activities spread throughout the day, of which at least 60 minutes is energetic play - more is better!

Sleep: 10 to 13 hours of good quality sleep with consistent bedtimes and wake-up times.

Sit: No sitting for extended periods. Sedentary screen time should be no more than one hour -less is better!



School Lunch

Eating a variety of nutritious foods can help your child be more alert and ready to learn. Here are some tips to help pack a school lunch:

- Pack foods from each of the three groupings in Canada's Food Guide - vegetables and fruit, protein foods and whole grain foods.
- Involve your child in planning and packing their lunch. Send water to school in a reusable bottle.
- Use an insulated lunch bag, an ice pack, and a thermos to keep cold food cold and hot food hot.
- Visit unlockfood.ca for school lunch ideas.

Eye See...Eye Learn®



It is recommended that your child see an optometrist prior to starting school in the fall. In Ontario, yearly eye exams for children are covered by OHIP until they turn 20 years old.

The Eye See...Eye Learn® program will be available starting July 1 to children enrolled in kindergarten this fall. If required, Eye See...Eye Learn® will supply one pair of glasses courtesy of participating optometrists and corporate partners. Visit eyeseeyearn.com for more information.