



North Bay Parry Sound District  
**Health Unit**



# Kindergarten Readiness Guide

Your lifetime partner in healthy living.  
Votre partenaire à vie pour vivre en santé.

[myhealthunit.ca](http://myhealthunit.ca)

📍 345 Oak Street West,  
North Bay, ON P1B 2T2

☎ 1-800-563-2808  
705-474-1400

📠 705-474-8252

📍 90 Bowes Street, Suite 201,  
Parry Sound, ON P2A 2L7

☎ 1-800-563-2808  
705-746-5801

📠 705-746-2711

# 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. Visit the Health Unit's [Immunization Schedule](#) to see if your child is up to date with their routine vaccines.

## 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 the Health Unit's [Dental Clinic](#) page 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 a necessary 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 a good 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:** Limit sitting for extended periods of time. 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](http://unlockfood.ca) for school lunch ideas.

## **It takes a village to raise a child – Make us part of your village.**

It's normal to have questions and challenges around parenting - and it's more than okay to ask for help!

Our Healthy Families team is here to listen and offer support, free of charge. We can also help you grow your village by connecting you with the resources that will be most helpful to you.

When you contact us, you'll be connected with a local nurse who has experience helping parents navigate the ups and downs of having children. We have the knowledge to give you trustworthy information. We know it's not always as easy as the books and social media make it out to be.

Call us at 1.800.563.2808 ext. 5351 or by email at [healthy.families@healthunit.ca](mailto:healthy.families@healthunit.ca)

Be sure to check our [Family Health Information Line](#) website page for helpful information and resources.



## **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 [www.eyeseeeyelearn.com](http://www.eyeseeeyelearn.com) for more information.

