



YOUR HEALTHY KINDERGARTEN SURVIVAL GUIDE



North Bay
345 Oak St. W.
705-474-1400

Parry Sound
70 Joseph St.
Unit #302
705-746-5801

Burk's Falls
17 Copeland St.
(by appointment
only)
1-800-563-2808

myhealthunit.ca

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. Kindergartners must be up-to-date with their routine vaccines.

Vaccination boosters are due between the ages of 4-6 years. Parents/guardians are required to provide updated information to the Health Unit, as health care providers do not necessarily report this information to the Health Unit. Call the Health Unit to review your child's vaccination record or online at myhealthunit.ca/vaccinationrecords.

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|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> Diphtheria | <input type="checkbox"/> Chicken Pox |
| <input type="checkbox"/> Pertussis | <input type="checkbox"/> Measles |
| <input type="checkbox"/> Tetanus | <input type="checkbox"/> Mumps |
| <input type="checkbox"/> Polio | <input type="checkbox"/> Rubella |

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



HEALTHY 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 provide one pair of glasses courtesy of participating optometrists and corporate partners. Visit eyeseeeyelearn.com for more information.

LOOKSEE CHECKLIST

The Looksee Checklist is an easy-to-use tool designed to help monitor a child's development from one month to six years of age. Explore lookseechecklist.com.

