



Health Information for Kindergarten Parents

Vancouver Coastal Health (VCH)
Public Health
North Shore, Child and Youth Team

Kindergarten Is a Time of Transition

- An exciting time for changes, learning and growing
- Your child will need “free time” to: talk, play and relax with you and your family, outside of school



Managing Your Child's Daily Activities

Your child will need your help to manage their daily needs

- **Nutrition = healthy snacks and meals –**

Canada's Food Guide

- **Exercise = 60 minutes of activity a day –**

Canadian Guidelines

- **Screen Time = 1 hour a day –** Canadian Pediatric society

- **Sleep = 10 – 12 hours a night -** HealthyfamiliesBC

Healthy Eating

Healthy food supports growth, development and learning

You will need to:

- **provide your child with healthy food choices** from Canada's Food Guide's 4 food groups
- **provide a water bottle** when they are at school – drinking water will keep your child hydrated, alert and will limit tooth decay.
- **make family meal/snack time at least once a day-**
 - can build resilience, create feelings of belonging and connectedness
 - can improve their language and understanding at school

Physical Activity

Children who are physically active are healthier and perform better at school

You will need to:

- **provide time for your child to play and exercise for at least 60 minutes a day**
- **Walking or biking to school** are good ways to get 60 minutes of exercise a day



Sleep

- Your child will need more sleep with the new changes they will be going through in kindergarten.
- Poor sleep can lead to poor: mood, behaviour and learning



You will need to:

- **Provide time** for your child to get 10 – 12 hours of sleep a night
- **Set a regular bed time routine** that lets your child know it is time to get their mind and body ready to sleep

Why We Sleep



Sleep helps our body and brain develop and grow.

Your Brain Needs Sleep, so you can:

- Remember what you learn
- Pay attention and concentrate
- Solve problems and think of new ideas

Your Body Needs Sleep, so your:

- Muscles, bones, and skin can grow
- Muscles, skin and other parts can fix injuries
- Body can stay healthy and fight sickness

Allergy Aware

You will need to:

- **Tell your child's school if your child has allergies**
- **Pack your child allergy "aware" lunches if needed**
- **Schools may have guidelines about the types of foods they allow in the classrooms**



Kindergarten Vaccination

Vaccine booster shots are recommended starting at 4 years of age before your child starts Kindergarten

You will need to:

• Provide your child's vaccination history to your child's school upon registration

The following booster shots are recommended :

- **DTPPo** – Diphtheria, Tetanus, Pertussis, Polio
- **Varicella** – Chicken Pox
- **MMR** – Measles, Mumps, Rubella



North Shore Kindergarten Coverage Rates 2016/17 school year

Region	DPTPo %	Measles %
West Vancouver	69%	73%
North Vancouver	77%	78%
Vancouver	80%	82%
Richmond	91%	92%

Herd immunity for Measles is 90-95% of the population immunized





Vaccines:

- **save lives**
 - **are safe and effective**
 - **protect everyone** – directly and indirectly
 - **keep communities healthier**
- “It’s a small world” - **travel** can spread rare diseases quickly! **Get Vaccinated!**

Where to get Vaccines?

- **VCH clinics** (drop-in or booked appointments)
- **Family Doctor, medical walk-in clinics**

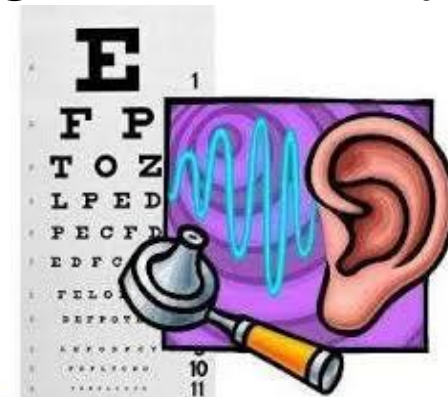
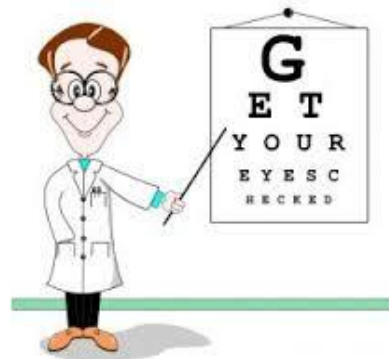
How to submit your child's records?

- At your child's school **upon** registration
- Fax to Public health 604-983-6883
- Email to Public health
- Mail to Vancouver Coastal Health
- **Need info?** Ask the PHN assigned to your school



Vision and Hearing

- Vision and hearing are very important for your child's learning
- It is recommended that regular vision screening start at **3 years of age**
- There is **no cost** for vision exams for children
- Kindergarten students will have their vision and hearing checked by VCH during the school year



Mouth Care



You will need to:

- **help to keep your child's teeth clean**
- **brush and floss** your child's teeth until they are around **8 years of age**
- **avoid sweet and sticky snacks** (raisins, granola bar..)
- **offer water** for hydrating instead of sugary drinks

- All kindergarten children will have their teeth checked by VCH dental hygienist (along with the vision and hearing checks)

Hand Washing



80% of common infections are spread by the hands

- Viruses can live on hard surfaces for up to 2 days and on hands for up to 5 minutes
- Washing your hands and your child's hands is the best way to stop the spread of germs
- Hand washing with soap and water for at least 30 seconds recommended

To help stop the spread of the germs



When should You keep Your sick child home from school?

You will need to:

- keep your child home from school if they have any of the following symptoms:
- a fever
- is too sick to take part in school activities
- a suspected or known communicable disease
- is vomiting or has diarrhea
- let the school know your child's symptoms



Health Resources

- **Each school has a Public Health Nurse attached to the school:** available by phone or email
- **Child & Youth Public Health Nurse - On Call:**
Monday – Friday
9 AM – 4:30 PM
604-983-6700
- **School Health Manual:** www.vch.ca/schoolhealth/ns
information about the health services VCH provides for school aged children and youth.



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Health Resources

- Allergysafecommunities.ca
- Canada Food Guide
- Dental Health Program www.vch.ca
- Health link BC North Shore School Health Manual
- Physical Activity Services at HealthLink BC:
- Sneezes and Diseases
- VCH main line number 604 983 6700
- **8-1-1**: Health Advice 24/7 (services available in 130 languages)



THANK YOU FOR
YOUR LISTENING

DO YOU HAVE
ANY QUESTIONS?

