

# Health Hints for Kindergarten

See our website at: <http://www.interiorhealth.ca/YourHealth/SchoolHealth/Pages/default.aspx>



## Healthy Body

### Immunization

Children 4 to 6 years of age need booster vaccines. Call your local public health office to find out when Kindergarten immunization clinics will be held and to make an appointment.



### Eating

- ⇒ Breakfast is important. Children who eat a healthy breakfast have energy to learn and be active.
- ⇒ Offer a variety of healthy foods at mealtime.
- ⇒ Let children decide what and how much they eat.
- ⇒ Eat together as a family at least once a day to stay connected.
- ⇒ Turn off screens and cell phones during meals.



### Drinking

- ⇒ If kids are thirsty, offer water.
- ⇒ Serve whole fruit instead of fruit juice.
- ⇒ Serve milk or fortified soy beverages with meals for strong, healthy teeth and bones.

### For more information:

<http://www.healthlinkbc.ca/healthyeating/>

### Sleep

- Children 4 to 6 years old should be getting **10 to 12** hours of sleep at night.
- Overtired children are often cranky and may have problems settling down. They may also seem energized or overexcited when they are actually worn out.
- Establish a regular bedtime routine: bath, snack, brush teeth a goodnight story and time for a cuddle.



### Hand Washing

**Help stop the spread of germs. Teach your children to wash their hands often:**

1. Wet hands.
2. Add soap and scrub for 15 seconds. Sing a song like The Alphabet Song to make the time pass.
3. Rinse for 15 seconds.
4. Dry with a clean cloth or paper towel.



Waterless hand sanitizers are an easy way to clean hands if they are not visibly dirty. Young children need to be watched when using hand sanitizers.

# Keep Healthy

## Healthy Teeth

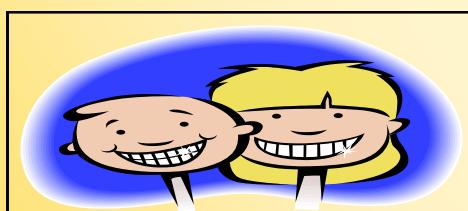
- ⇒ **Keep Cavities Away:** Brush and floss your child's teeth twice a day. Use a pea-sized amount of fluoride toothpaste.
- ⇒ **Eat Well:** Avoid sweet, sticky foods for lunchbox snacks such as dried fruit, fruit leathers or granola bars. Offer water between meals for thirst.
- ⇒ **Play Safe:** Mouth guards are the best way to prevent chipped, broken or knocked out teeth as well as jaw injuries.
- ⇒ **Dental Visits:** See the dentist at least once a year. Ask about dental sealants.



## Healthy Kids Dental Program

If your family qualifies for Medical Services Plan Assistance your children may receive up to \$1400 of basic dental treatment every 2 years.

**For more information:** Call 1-866-866-0800, or go to [http://www.eia.gov.bc.ca/factsheets/2005/healthy\\_kids.htm](http://www.eia.gov.bc.ca/factsheets/2005/healthy_kids.htm), or contact your local Public Health Dental Program.



## Healthy Minds



Reading to your child every day is important. Spending time together with books helps your child learn skills they need to be ready for school and sets them up for success.

## Healthy Eyes

Healthy eyes and good vision are an important part of your child's development. Eyes should be checked yearly, as many vision problems and eye diseases can be found and treated early.

### Eye Exams



- ⇒ Children in Kindergarten will be screened during the school year by Interior Health Vision Screeners. Watch for information about vision screening coming home with your child.
- ⇒ All children less than age 19 receive free eye care exams under the BC Medical Services Plan, however some eye doctors may charge a small user fee. Ask about this when you call for an appointment.

## Healthy Ears

Hearing plays an important part in your child's ability to learn, talk and relate to others. Your child's hearing should be checked if he or she:

- ⇒ uses speech that other people can't understand.
- ⇒ has trouble hearing certain sounds.
- ⇒ often asks you to repeat things.
- ⇒ understands you better when they see your face.
- ⇒ has trouble hearing in noisy conditions.
- ⇒ has very loud or very soft speech.
- ⇒ does not respond when spoken to from behind.

If you have any questions or concerns about your child's hearing please contact your local public health office.



# Have Fun, Stay Safe



## Helmets

### Brain injuries are preventable!

Bike helmets reduce the risk of head injury in a crash by **85%**. Bike helmets are required by law in BC.

Make sure your child wears the right protective gear and gets proper training for the sport or fun activity they play.

Make wearing helmets a habit for your whole family. **Be a role model.**



### For more information:

<http://www.parachutecanada.org/active-and-safe/item/education-on-concussion>

## Injury Prevention

Keep your child safe! See our website for more information:

<http://www.interiorhealth.ca/YourHealth/SchoolHealth/Pages/default.aspx>



## Fun and Fitness

Children 4 to 6 years old should have at least one hour of active physical play every day. Make activity part of your family's daily routine.

### Tips to Promote Activity:

- Limit the amount of screen time to less than 2 hours a day.
- Give rewards that promote activity such as a trip to the pool, a trip to the park, or a skipping rope.
- Do active things together as a family like hiking, biking, skating and swimming.

## Booster Seats



- ⇒ Children over 18 kg (40 lb.) who have outgrown their forward facing car seat must ride in a **booster seat** until they are 145 cm (4'9") tall **or** 9 years of age.
- ⇒ Booster seats must be used with a lap **and** shoulder belt; they cannot be used with a lap belt alone.

**Correctly using child car seats reduces the chance of major injury and death by 70%.**

### For more information:

<http://www.tc.gc.ca/eng/motorvehiclesafety/safedrivers-childsafety-stage3-booster-seats-1086.htm>

## Playground Safety

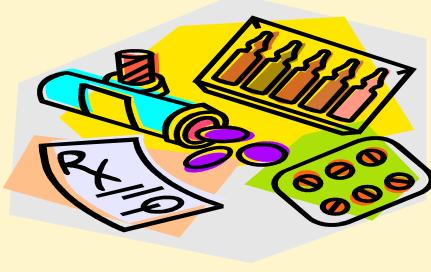
Sir Ringe says "If you see a needle don't touch it. Tell an adult."

Teach your children to leave used needles, used condoms and other unsafe items alone.



# Sneezes and Diseases

**Does your child have a serious medical condition?**



Serious medical conditions include anaphylaxis, diabetes, seizure disorder, severe asthma, blood clotting disorders and serious heart conditions.

At the beginning of each school year give the school information about your child's serious medical condition. Complete the medical forms available at the school.

**If you have questions or concerns, please contact your school or Public Health Nurse.**



**Is your child too sick to go to school?**

**Keep children at home if they have...**

- ⇒ a fever, and keep them home for **24** hours after the fever is gone.
- ⇒ vomiting or diarrhea, and keep them home for **24** hours after the last episode.
- ⇒ a severe sore throat.
- ⇒ a rash with no known cause.
- ⇒ a severe cough especially with other symptoms like a runny nose and headache.
- ⇒ redness, swelling or discharge of the eyes, ears or skin, unless treated.
- ⇒ been acting unwell and have little energy to join in school activities.

## HealthLink BC

**Want more information on any health topic?**

**Dial 811** or go to <http://www.healthlinkbc.ca> to speak with a:

- **Registered Nurse** 24 hours a day, every day of the year.
- **Registered Dietitian** every weekday from 9 a.m. to 5 p.m. PST.
- **Pharmacist** every night from 5 p.m. to 9 a.m. PST every day of the year.



HealthLinkBC

**A Quick Guide to Common Childhood Diseases can be found here:**

[http://www.bccdc.ca/NR/rdonlyres/8061A728-C969-4F38-9082-B0296EF2A128/0/Epid\\_GF\\_childhood\\_quickguide\\_may\\_09.pdf](http://www.bccdc.ca/NR/rdonlyres/8061A728-C969-4F38-9082-B0296EF2A128/0/Epid_GF_childhood_quickguide_may_09.pdf)



## Questions about Head Lice?



See head lice information on our webpage here:  
<http://www.interiorhealth.ca/YourHealth/SchoolHealth/HeadLice/Pages/default.aspx>



Interior Health