

# Stepping into Kindergarten Resources for Families

## Table of Contents

1. Introduction
2. Stepping into Kindergarten key messages and related resources



## Introduction:

This year **kindergarten immunizations are available by appointment** with a Public Health Nurse in Gibsons, Sechelt and Pender Harbour.

Gibsons and Sechelt Public Health would like to offer a Stepping Into Kindergarten Resource Package for children who are entering kindergarten in September. Kindergarten health screening, information and resources are available from other professionals including the Dental Hygienist (tooth and oral health), Speech and Language Therapist (communication skills), Occupational Therapist (attention, learning and fine motor skills), Hearing Screener (hearing) as well as the Dietitian (healthy eating). These health professionals are able to talk to you over the phone or set up virtual appointments to screen your child if needed. We invite you to connect with us for more information at the numbers listed below. Translation services are also available.

## Topics, Resources and Key Messages

Topic and related resources	Key messages
<p><b>Immunizations:</b> Links to the British Columbia Health Files on recommended vaccines for your child</p> <ul style="list-style-type: none"> <li>- <a href="#">Measles, Mumps, Rubella, and Varicella Vaccine</a></li> <li>- <a href="#">Tetanus, Diphtheria Pertussis, Polio Vaccine</a></li> <li>- <a href="#">Skin Numbing Cream and Patches</a></li> <li>- <a href="#">Caring for Your Child After Immunization</a></li> </ul>	<p>Immunization is one of the most important things you can do to protect your child's health and the health of their classmates.</p>
<p><b>Early Childhood Speech and Language:</b> Here are some resources that you can refer to:</p> <ul style="list-style-type: none"> <li>- <a href="#">Milestones for speech and language development</a></li> <li>- <a href="#">Keep your First Language</a></li> <li>- <a href="#">Speech and Sound Development</a></li> <li>- <a href="#">Stuttering</a></li> <li>- <a href="#">Verbal Reasoning</a></li> <li>- <a href="#">The connection between language and reading</a></li> </ul>	<p>If you would like to talk to a speech therapist about your child's speech and language development, please contact the <b>Early Childhood Speech and Language Program</b> at (604) 885-8705.</p> <p>Our speech-language therapists will be happy to discuss your concerns and <b>we are able to provide a speech and language screening checklist</b> for you to complete before your child enters school.</p>
<p><b>Occupational Therapy:</b> Occupational Therapists support children to develop skills necessary to participate as independently as possible in everyday activities including fine motor skills such as pre-printing skills, drawing, manipulating objects and the ability to attend to and participate in school activities. Here are some resources that you can refer to help support your child to develop kindergarten readiness skills:</p> <ul style="list-style-type: none"> <li>- <a href="#">VCH Pediatric Resource list</a></li> <li>- <a href="#">Learning Activities</a></li> <li>- <a href="#">Pencil Grasp</a></li> </ul>	<p>If you have any concerns regarding your child's kindergarten readiness skills, please contact the <b>Early Childhood Occupational Therapy Program</b> at (604) 885-8706.</p> <p>An occupational therapist would be happy to discuss your concerns and <b>is able to provide a screening checklist</b> for you to complete before your child enters school.</p>

<p><b>Dental Health</b></p> <p>Here are some resources you can refer to</p> <ul style="list-style-type: none"> <li>- <a href="#">Brushing and flossing for all ages</a></li> <li>- <a href="#">Mouth Care for the 3-6 year old</a></li> <li>- <a href="#">Healthy Kids Program</a></li> </ul>	<p>Regular meals and snacks and brushing regularly with fluoride toothpaste before bedtime promotes good oral health.</p> <p>Dental offices are gradually re-starting services as of May 19th. If you have questions or concerns regarding your child's teeth please call your family's dental office or the <b>Public Health Hygienist</b> at 604 984 5070 ext 6504.</p>
<p><b>Nutrition</b></p> <p>Here are some resource you can refer to</p> <ul style="list-style-type: none"> <li>- <a href="#">Sharing Food, Creating Fun</a></li> <li>- <a href="#">Positive Mealtimes</a></li> <li>- <a href="#">Dietitian Services Health Link BC</a></li> <li>- <a href="#">Lunches to Go</a></li> <li>- <a href="#">Tips for Feeding Kids during Covid-19</a></li> <li>- <a href="#">Healthy Eating for Parents and Children</a></li> <li>- <a href="#">Raising Kids with a Healthy Body Image</a></li> <li>- <a href="#">Welcome to Kindergarten Family Cookbook</a></li> </ul>	<p>Find opportunities to share meals with your children. Children respond well to structured, sit down meals and snack times.</p> <p>Try to follow the <a href="#">division of responsibility of feeding</a> when providing meals and snacks.</p> <p><i>Parent/Caregiver decides</i></p> <p><b>-What, when and where</b> food is provided</p> <p><i>Child decides</i></p> <p><b>-If and how much</b> food to eat from what is provided</p> <p>If you have nutrition questions or concerns please email <a href="#">HealthLink BC Dietitians</a> or call 8-1-1 and ask to speak to a Dietitian.</p>
<p><b>Hearing</b></p> <p>Here are some resources you can refer to:</p> <ul style="list-style-type: none"> <li>- <a href="#">Hearing Loss in Children</a></li> <li>- <a href="#">BC Healthy Kids Program</a></li> </ul>	<p>Hearing screening will be offered to all kindergarten students, with parental consent. Hearing screening will be offered at your child's school, or by appointment at the Gibsons Health Unit. If you have any concerns about your child's hearing please contact the VCH Public Health Audiology program at (604)-984-5070.</p>
<p><b>Vision</b></p> <p>Here are some resources you can refer to:</p> <ul style="list-style-type: none"> <li>- <a href="#">Young Children and Their Vision</a></li> <li>- <a href="#">BC Healthy Kids Program</a></li> <li>- <a href="#">Screen Time and your young child</a></li> <li>-</li> </ul>	<p>If you have any concerns about your child's vision, please see an optometrist as soon as services are available.</p>