

Health Resources for Kindergarten – 2024

Stepping into Kindergarten events, at the Gibsons Health Unit & Sechelt Early Years Centre, will be held this spring for children entering kindergarten in September, 2024. At these events, your child can receive health screenings, information and resources from the Dental Hygienist (tooth & oral health), the Hearing Screener (hearing) and kindergarten immunizations from a Public Health Nurse.

As well, health information and resources will be available for your child from the Speech and Language Therapist (communication skills), Occupational Therapist (attention, learning and fine motor skills), and Dietitian (healthy eating). These health professionals are available to connect over the phone or set up virtual appointments to screen your child if needed.

VCH Public Health services are all free. Check out the [BC Healthy Kids](#) Program for information about covering the cost of basic dental care, prescription eyewear, and hearing assistance for children in low income families.

We invite you to review the following resources & connect with us for more information at the numbers listed below. Interpreter services are also available.



Topics, Resources & Key Messages

Topics and related resources	Key messages
<p>Immunizations: Links to the British Columbia Health Files on recommended vaccines for your child Measles, Mumps, Rubella, Varicella Tetanus, Diphtheria, Pertussis Polio Some helpful info related to immunizations - Numbing Cream or Patches for Immunizations Care After Immunization</p>	<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>Early Childhood Speech and Language: Here are some resources that you can refer to: -Milestones for speech and language development Keep your First Language Stuttering Verbal Reasoning The connection between language and reading</p>	<p>If you would like to talk to a speech therapist about your child’s speech and language development, please contact the Early Childhood Speech and Language Program at (604) 885-8705.</p> <p>Our speech-language therapists will be happy to discuss your concerns and we are able to provide a speech and language screening checklist for you to complete before your child enters school .</p>
<p>Occupational Therapy: 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. VCH Pediatric Resource list Learning Activities Pencil Grasp</p>	<p>If you have concerns regarding your child’s kindergarten readiness skills please call 604-885-8706 to speak with the occupational therapist before your child enters school.</p> <p>An occupational therapist would be happy to discuss your concerns and is able to provide a screening checklist for you to complete before your child enters school .</p>
<p>Dental Health: Promote oral health by offering your child healthy foods most often, water to drink when thirsty and milk with meals only. Help</p>	<p>Call the public health dental hygienist (604-984-5070 ext 6504) with questions, or to ask for mouth screening, or fluoride varnish.</p>

<p>your child brush every day with fluoride toothpaste, especially before bedtime, and schedule regular check-up appointments with your dentist.</p> <p>Brushing and flossing for all ages Canada Dental Benefit for Families</p>	
<p>Healthy Eating & Nutrition: Find opportunities to share meals with your child. Children respond well to structured, sit down meals and snacks. Try to follow the division of responsibility of feeding when providing meals and snacks. The parent/caregiver decides what, when and where food is provided, and the child decides if and how much food to eat from what is provided.</p> <p>Positive Mealtimes Lunches to Go Healthy Eating for Parents and Children Raising Kids with a Healthy Body Image Welcome to Kindergarten Family Cookbook</p>	<p>If you have nutrition questions or concerns please call 8-1-1 and ask to speak to a Dietitian.</p>
<p>Hearing: Check out this resource – Hearing Loss in Children HealthLink BC</p>	<p>Hearing Hearing screening will be offered to all kindergarten students, with parental consent. Screening will be offered at your child’s school, or by appointment at the Gibsons Health Unit.</p> <p>If you have concerns about your child’s hearing please contact the VCH Public Health Audiology program at 604-984-5070.</p>
<p>Vision/Eyesight: Check out this resource - Screen Time and Your Young Child</p>	<p>If you have any concerns about your child’s vision, or to schedule a routine eye exam, please contact an optometrist.</p>