



Welcome to Kindergarten™

Supporting Healthy Learners at School

Each school has a Public Health Nurse who works with schools and families to support healthy learners. The Vancouver School Health Manual www.vch.ca/schoolhealth outlines public health services and contact information.

Getting Ready for a Healthy Start to Learning

Starting Kindergarten is a big change! It is common for children and parents to feel many emotions and have questions about making friends, the new school and routine. Many parents are not prepared for how tired their children can get. Regular and early bed times are important.

Resources for parents:

Helping kids cope with back to school emotions:

<http://www.anxietybc.com/parenting/helping-your-child-cope-back-school-anxiety>

The morning struggle:

<http://vch.eduhealth.ca/PDFs/GK/GK.600.M67.pdf>

Sleep and your preschooler:

<https://vch.eduhealth.ca/PDFs/GK/GK.600.S54.pdf>

Positive Discipline for preschoolers:

<http://vch.eduhealth.ca/PDFs/GK/GK.600.P67.pdf>

Sharing Food, Creating Fun:

<http://vch.eduhealth.ca/PDFs/BB/BB.200.E28.pdf>

Raising a Healthy Eater

Healthy eating will help your child have energy to learn and play. Be a role model for your child by eating well and being active.

How to help your child:

- Parent's/caregiver's responsibility – what, when and where to eat
- Child's responsibility – decides if and how much to eat
- Enjoy sharing food together as much as possible without TV or other distractions
- Accept that a child's taste changes often
- Involve your child in planning and preparing food

Call HealthLink BC at 8-1-1 to speak to a Dietitian or go to www.healthlinkbc.ca/healthyeating to email your question or find resources.

This free service is available in many different languages.

Keeping Your Child Well

Hand washing with soap and water, for at least 30 seconds, is the best way to stop the spread of germs. Teach children to wash their hands before eating and after using the toilet or blowing their nose.

Children Learn Through Play!

Playing with your child daily, even for a short time, supports strong parent child connection. There are many fun activities that will help a smooth transition into kindergarten. Refer to your Welcome to Kindergarten™ bag for ideas! Other resources:

Screen Time and Your Child: <http://vch.eduhealth.ca/PDFs/GK/GK.300.T45.pdf>

Best Start BC A booklet for parents: Learning to Play and Playing to Learn:

http://www.beststart.org/resources/hlthy_chld_dev/pdf/school_readiness_english_fnl.pdf

Healthy Families BC: <https://www.healthyfamiliesbc.ca/home/articles/topic/preschool-3-5-years>



Dental

Your child may qualify to receive dental services at the Vancouver Public Health Children's Dental Program.

To find out if your child is eligible go to: www.vch.ca/VancouverDentalHealth, or call 604-675-3981.

For tips on caring for your child's teeth visit: www.vch.ca/dental-health-children

BC Healthy Kids Program

If your family has limited income, your child may qualify for the BC Healthy Kids Program. This program provides dental and vision coverage for children under 19 years. For information, call Ministry of Health at 1-800-663-7100.

Vision

Vision screening will be offered to all students in Kindergarten.

Hearing

Hearing screening will be offered to all students in Kindergarten.

Kindergarten Immunization

Children starting at age 4 need a booster of Diphtheria, Whooping cough, Tetanus, Polio **and** a booster of Measles, Mumps, Rubella, Chicken Pox. For more information visit www.immunizebc.ca

Immunizations are available at your local public health kindergarten clinics or your family doctor. It is recommended children receive the kindergarten immunizations before starting school.

Immunization Records

In the event of a disease outbreak, complete immunization records will identify children who are not protected.

Please provide us with your child's immunization record by using the form "Student Immunization information for School" given by the school during registration or online: www.vch.ca/child-immunization-report

Students Requiring Additional Support

Please review with the school staff EVERY year if your child has the following:

- Anaphylaxis (severe allergy)
- Diabetes
- Seizures
- Asthma
- Attention, behaviour, learning needs
- Blood clotting disorder
- Heart condition(s)
- Another life threatening condition
- Complex feeding
- Developmental disabilities



Heart and mind well-being are connected and important for learning at home and school. For more on how to support your child's well-being www.heartmindonline.org

For more copies, go online at <http://vch.eduhealth.ca> or email phem@vch.ca and quote Catalogue No. **GK.195.K56**
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The information in this document is intended solely for the person to whom it was given by the health care team.
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