

Health Checklist for Your Kindergarten Aged Child

This checklist will help you prepare your child for school. Being healthy will help your child focus on learning and reach his or her full potential in the classroom.

Immunization

Vaccines help your child's body to make its own protection against some diseases. Immunizations are due at 4 – 6 years. Your child can receive free vaccines at the Health Centre. Call the local Health Centre to make an appointment or HEALTHLink Alberta for information.

Vision

Your child's vision should be tested yearly by an eye health professional. This is especially important before starting school. The cost of a vision test is covered by Alberta Health Care for children up to 19 years of age.



Physical Examination

Make sure you have access to a family doctor and / or pediatrician. Contact HEALTHLink Alberta or access Alberta Health Service website (www.albertahealthservices.ca) to find a physician who is taking new patients

Dental

Your child's dental health professional can check for any dental problems during regular checkups and cleanings. If your child hasn't had a yearly check, now is a good time. Contact your local dental health professional to schedule an appointment.



Hearing / Speech

If you suspect your child may have a hearing problem or speech / language difficulties, call HEALTHLink Alberta. If your child attends elementary school, talk to your school principal about a referral for a hearing screening or a referral to a speech language pathologist.



Nutrition

Offer 3 meals and 2 – 3 snacks each day from Canada's Food Guide. Healthy lifestyle habits that are taught during childhood can last a lifetime. If you are concerned about your child's eating habits or growth, contact HEALTHLink Alberta or speak to your healthcare provider.

For More Information

For questions or concerns you can speak to the Community Health Nurse at the local Health Centre, your child's school or preschool site. Call HEALTHLink Alberta for health information 24 hours a day at 1-866-408-5465.