



Your Pre-Kindergarten & Kindergarten Child's Health IMMUNIZATION

- Children are due for an immunization "booster" dose of **Tetanus, Diphtheria, Pertussis and Polio (Tdap-IPV)** at 4 years of age.
- Vaccinations should be done before your child starts school.
- If your child has not been immunized at age 4, please call your local Public Health Office to book an appointment:

In the City of Regina:

- **Phone:** 306 – 766 – 7500
Press # 1 for North Network- 204 Wascana St
Press # 2 for East/South Network- 1911 Park Street
Press # 3 for 4 Directions (Central Network)- 1504 Albert Street

In the Rural areas and surrounding communities of:

- Cupar, Southey, Holdfast, Imperial, Bethune, 306- 766-7500 ext. 1
Lumsden, Regina Beach
- White City, Kronau, Milestone, Balgonie, Pilot Butte, 306- 766-7500 ext.2
Grand Coulee, Pense, Sedley, Odessa

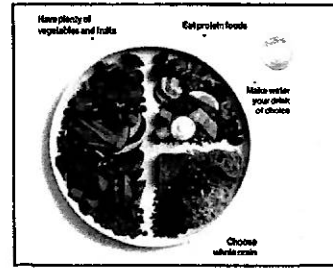
Quick Tips to Prepare Your Child for Immunization

- ✓ *Dress your child in short sleeves, and remove jackets / sweaters while still in the waiting room.*
- ✓ *Be honest with your child. Tell her / him that it may sting a bit, but not for long.*
- ✓ *Tell your child that getting immunized is an important way to keep healthy. Your child does not have to agree with you that getting a needle is a good idea, but will often reflect your positive attitude.*
- ✓ *Encourage your child to ask questions and to talk about his / her feelings. Some parents start this preparation a few days ahead of time, some parents wait until just before the immunization. You are the expert on your child and know when the timing is best.*

More information about immunization: www.rqhealth.ca/immunization, www.saskatchewan.ca/immunize, www.immunize.ca

Nutrition:

- Breakfast is a **MUST** to be alert enough to learn.
- Make snacks count - avoid sugary treats.
- Follow Canada's Food Guide.



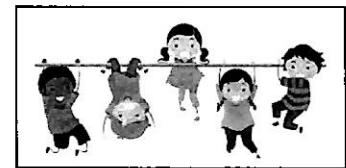
Sleep:

- Your child needs 10 to 12 hours of sleep a night.
- Start bedtime routines before school starts.



Physical Activity:

- Children need to be physically active to be healthy.
- Your child should play actively for 60 minutes or **more** each day.
- Limit screen time for your child to:
 - **less than 1 hour** for 3-4 year olds
 - **less than 2 hours** for 5 years and older.



Vision:

- Have your child's vision checked by an optometrist before school starts and once a year after that.
- Yearly vision checks are free until 18 years of age.

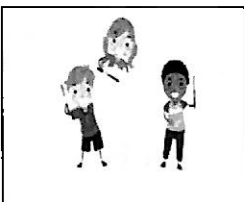
Safety:

- Help your child memorize his /her name, phone number and address.
- Practice walking to the bus stop or school.
- Your child **NEEDS** a booster seat in the car until 7 years of age, or 36 kg (80 lbs) of weight, and stands 145 cm (49") tall.
- Advise the school if your child has allergies.



Oral Health:

- Floss for your child and supervise daily teeth brushing.
- Use a soft bristled toothbrush and a pea-sized dab of fluoride toothpaste twice a day.
- Your child should visit the dentist once a year.



Communicable Disease:

- Let the school know when your child is ill.
- A child with a communicable disease should stay home for as long as he/she can spread the illness to others. Call your doctor or Communicable Disease Department at 306-766-7790 for more information.
- If your child is not well enough to go out for recess, he/she is likely not well enough to be at school.