



Getting Your Child Ready for Kindergarten

It's a big step when children start their education. Because we know that healthy kids learn better, we have a checklist, resources, and websites that will help you as you get your child ready for kindergarten.

Vaccination

- ☐ Review and update your child's vaccination before kindergarten—keep them up to date to prevent disease. Make an appointment with your Community Health Centre to have your child's vaccinations brought up to date. This is a free service by Alberta Health Services.

Vision screening

- ☐ Vision screening can start as early as 6 months old. Regular vision check-ups should begin by age 3, then every year after. This service is offered at no cost by Alberta Health Services until your child turns 19.

Hearing/speech screening

- ☐ If you think your child may have a hearing or speech problem, check with your doctor or community health centre—you may need a referral to an audiologist and/or speech specialist.

Dental check-up

- ☐ Regular dental check-ups should begin by age 3, but can also be checked when their teeth first begin to show. Early and regular brushing and flossing at home is very important to a child's overall health.

Sleep

- ☐ Children ages **4 and 5 years** old need about **11 hours of sleep** each night...even on the weekends! Keep bedtimes consistent during the week and on the weekend.

Screen Time

- ☐ Limit the time spent watching TV, video games, DVD players, iPads, etc.,—no more than 2 hours a day.

Health Conditions

- ☐ Make sure the school has up-to-date information about any health or medical conditions your child may have, including allergies. Check with your school about their policy on what foods may not be allowed at school (e.g., like peanut butter and nuts).

Healthy Eating

- ☐ Offer 3 meals and 2 to 3 snacks every day. Try to include vegetables and fruit at every meal and snack.
- ☐ Offer children water when they are thirsty. Offer milk at meals or snacks.
- ☐ Role model healthy eating by enjoying family meals together. Involve children in planning and preparing meals and snacks.

Active Living

- ☐ Your child needs at least 60 minutes of physical activity every day.
- ☐ Play and have fun being active as a family.

Routine

- ☐ Routines (like bed time, mealtime, and story time) are important. They help a child cope better with new experiences.
To learn more go to www.albertahealthservices.ca/2577.asp.

Backpack basics

- ☐ A backpack should weigh **no more than 15%** of your child's body weight. It should also have wide shoulder straps.

Safety–Injury Prevention

- ☐ Review and practice road and bus safety as well as “social safety” (things like staying with the group and not talking to strangers).
To learn more, go to www.albertahealthservices.ca/injprev/Page4838.aspx.

Resources

- Eating Well with Canada's Food Guide: www.healthcanada.gc.ca/foodguide
- Healthy Eating Starts Here Resources: www.albertahealthservices.ca/2914.asp
- Information for Parents: www.albertahealthservices.ca: follow links...drop-down box “Information for Parent”...follow the many items or links.
- Health Link: 811 (Use your telephone to call 811 for health advice 24 hours a day, 7 days a week)
- Healthy Parents Healthy Children: www.healthyparentshealthychildren.ca
- MyHealth.Alberta.ca (for general health information)
- ImmunizeAlberta.ca (for information on vaccinations)