

"En route" to kindergarten



Dears parents,

You've just reached a big milestone in you and your child's lives: **starting kindergarten.**

In addition to all the preparations this new phase requires, we remind you in this leaflet of some important points.

Have a great first day!

From your school health nurses and dental hygienist

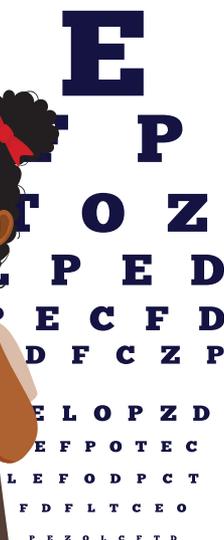


GOOD VISION FACILITATES LEARNING AT SCHOOL

We suggest you **see an optometrist** before kindergarten begins, even if your child has no vision problems.

Eye exams are free for children at this age.

Read *Problèmes visuels chez l'enfant* (in French) here. >



LICE ALSO GO BACK TO SCHOOL!

Here are some preventive measures:

- Keep long hair tied back;
- Place hats, caps and scarves in the coat sleeves;
- Tell your child to avoid touching his or her head to other people's heads;
- Check your children's heads regularly;
- Read Lice... Lice... Lice... here. >



PROPER VACCINATIONS KEEP YOU HEALTHY!

For their protection, children should get a **booster shot between the ages of 4 and 6.**

During your visit, the nurse will also check for other missing vaccines.

To book an appointment for your child's immunization visit [clicsante.ca](https://www.clicsante.ca) >

1-877-817-5279



How to brush teeth properly

4
steps

Stay close to your child when they are brushing with fluoride toothpaste.

1. Put a pea-sized amount of toothpaste on the toothbrush.
2. Make sure the toothbrush bristles touches the gums.
3. Don't forget to brush the tongue.
4. Spit out the toothpaste.

FOR 30 MINUTES AFTER

If possible, avoid rinsing the mouth and/or drinking water.

This allows the toothpaste to continue protecting the teeth.



A PROGRAM FROM THE MINISTÈRE

Every year, the ministère de la Santé et des Services sociaux requires CLSC dental hygienists to verify the need for dental sealants for all students in Grade 2 primary and Secondary II. Once their adult molars have grown in and are healthy, students can receive dental sealants at school free of charge.



It's THE BEST WAY to protect against cavities.

The dental hygienist can also support schools in implementing a supervised brushing program with fluoride toothpaste for kindergarten students age 4 and 5. Your child's school will inform you of their participation in this program, if applicable.



EATING WELL IS IMPORTANT!

Have you heard of *Canada's Food Guide*? Consult it here! >



You can also find recipe ideas your children will love by visiting here. >



A DENTAL CHECK-UP

It's important that your child visits the dentist **at least once a year** for a complete check-up.



COST OF SERVICES	Children age 9 and under	Children age 10 and over	Recipient of a financial assistance program for at least 12 months*
Annual examination, x-rays and fillings	Free	Payable	Free
Cleaning	Payable	Payable	Free of charge for age 12 and over
Fluoride	Payable	Payable	Free for 12 to 15 years old
Sealants	Payable	Payable	Payable

* Eligible programs: social assistance, social solidarity and basic income. More info at ramq.gouv.qc.ca.

YOUR BEST CHOICE: CALL 811

Are you concerned about your health or that of a loved one?
Do you have any questions or concerns?

Call **Info-Santé** at 811, option 1.
Nursing staff will assist you 24/7.



Adapted from the "En route" to kindergarten pamphlet developed by the Centre intégré de santé et de services sociaux de la Montérégie-Est.



santemonteregie.qc.ca/ouest

