

KINDERGARTEN IMMUNIZATION PROGRAM

Child, Youth and Family Community Health offers immunization clinics throughout the year for Kindergarten aged children.

The following are the most common vaccines given to children at this age. Some children may be missing some vaccines and have not completed their childhood immunizations. Public Health Nurses or Family Physicians can ensure that your child is fully immunized against the following vaccine preventable diseases.

Vaccine	Vaccine Schedule
Diphtheria, Tetanus, Pertussis and Polio (given in one poke)	Most children in kindergarten are due for this vaccine.
Varicella (Chickenpox)	Most children in kindergarten are due for a <u>second</u> dose of this vaccine. <ul style="list-style-type: none"> ◆ Children who have had chickenpox disease or shingles when they were <u>over</u> one year of age do not need this vaccine. ◆ Children who had chickenpox disease when they were <u>younger</u> than one year of age OR who have never had chickenpox disease should have already been given 1 dose of this vaccine and now need a second dose. If the second dose is necessary, it can be mixed with the measles mumps and rubella, so the child will be getting only one poke.
Hepatitis B	Most children in kindergarten should have already been given 3 doses of this vaccine.
Measles, Mumps and Rubella (given in one poke)	Most children in kindergarten should have already been given 1 dose of this vaccine. Most children in kindergarten are due for a second dose or this vaccine. In kindergarten it can be mixed with chickenpox vaccine so children will be getting only one poke.
Meningococcal C	Most children in kindergarten should have already been given 2 doses of this vaccine.

All of these vaccines are provided free of charge by the health unit or your family doctor. To check your child's immunization status or to make an appointment, phone your local [Public Health Unit](#).

For more information:

- ◆ Your local [Public Health Unit](#)
- ◆ [HealthLinkBC](#) or dial 8-1-1 (a free call)
- ◆ [HealthLink BC Files](#)
- ◆ Your family doctor
- ◆ www.immunizebc.ca



Child, Youth and Family Community Health

Services for School Age Children

Child, Youth and Family Community Health staff includes public health nurses, dental hygienists, Nursing Support Services, community nutritionists, audiologists and others. We work with students, parents and school staff to promote the health of all students in schools. If you have any questions about the services listed below, contact the school or your local health unit.

Health Services

- ◆ Screens kindergarten students for hearing and vision problems. Kindergarten dental screening occurs every three years. Parents are contacted if their child needs further help with assessment or treatment.
- ◆ In conjunction with teachers of the deaf and hard of hearing, provides support for students with specialized hearing equipment.
- ◆ Consults about students who have health concerns, at the request of parents, students or school staff.
- ◆ Provides information about community health resources and services.

Child, Youth and Family Community Health Phone Numbers

- ◆ Esquimalt 250.519.5311
- ◆ Gulf Islands 250.539.3099
- ◆ Peninsula 250.544.2400
- ◆ Saanich 250.519.5100
- ◆ Salt Spring 250.538.4880
- ◆ Sooke 250.519.3487
- ◆ Victoria 250.388.2200
- ◆ West Shore 250.519.3490

Immunization

- ◆ Offers kindergarten immunization clinics at health units. These vaccines are provided to eligible students:
 - ◆ Diphtheria/Pertussis/Tetanus/Polio;
 - ◆ Measles/Mumps/Rubella/Varicella (Chickenpox).
- ◆ Immunizes grade 6 and 9 students at schools. These vaccines are provided to eligible students:
 - ◆ Hepatitis B; HPV and Varicella – grade 6;
 - ◆ Tetanus/Diphtheria/Pertussis; Meningococcal – grade 9.

Complex Health Care Needs

- ◆ Develops health/dental care plans for eligible students with complex health care needs (i.e. diabetes, seizure disorder).
- ◆ Trains educational assistants to support the health/dental needs of these students while they are at school.

For more information:

- ◆ www.islandhealth.ca/learn-about-health/children-youth/school-age-children-5-19-years-old

Eating Together, Eating Better

Studies show that eating a meal or snack together at least once a day has many benefits.

Children:

- Do better in school
- Have better social and language skills
- Are more likely to be a healthy weight
- Are more connected to their families and friends
- Have a better understanding of family values and traditions
- Are less likely to smoke, use drugs or alcohol
- Are less likely to be bullied
- Have less risk of depression and suicide
- Feel more secure and stable, with a greater sense of belonging



"I love having dinner with Grandpa! I tell him about school and the sports I play. He tells me his stories – it's cool!"

Eating together, time to connect.



"I teach my child to eat by eating with her. We make meals and memories together. It's a lesson she'll use for life."

Families:

- Build strong family ties by setting the table for sharing and talking
- Eat more vegetables, fruits and other foods high in calcium, fibre, iron and other nutrients
- Eat fewer fried foods, chips and pop
- Enjoy a greater variety of foods
- Save money by eating out less often
- Create family traditions and memories





On the run?

Tips for fast meals, not fast foods.

- Let kids choose a favourite meal or snack and help with shopping and cooking. Kids can peel, chop, stir or set the table.
- Use frozen or canned products to save time. Buy bagged salads, pre-chopped veggies or a roasted chicken.
- Keep it simple – a sandwich, milk and fruit makes a fast and healthy meal.
- Cook up a big batch of soups, stews, casseroles or pasta dishes to keep in the freezer.
- Pack a picnic to eat together before or after practice, games or work.
- Make the same meal for everybody!

For GREAT Family Meals...

- Gather around simple meals.
- Remember, families can share any meal – breakfast, lunch and snacks count just as much as dinner.
- Eat what you usually eat – to start. Later you can work on what is served if you want.
- Allow time for meals. Make them part of your routine.
- Turn off the screens – TV, computer, phones and video games.

Family meals happen any time a child and at least one adult eat together.

It is a time to role model healthier choices and for everyone to “check in”.

“We have breakfast together most days – the food is easy and it gets everyone off to a good start.”

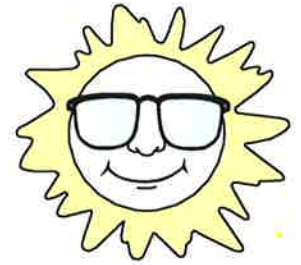


Table Talk

- Family meals are a time for food, laughter and pleasant conversation.
- Choose another time to talk about report cards and discipline issues.
- Remember, parents decide **what** to serve, **when** and **where**; children decide **how much** to eat and **whether** to eat.
- For conversation starters check out: www.makemealtimefamilytime.com/free_mealtime_conversation_cards.pdf

For more information call Dietitian Services at HealthLink BC at 8-1-1

Breakfast...



The Right Way to Start Your Day!

A healthy breakfast should include foods from at least 3 of the 4 food groups from *Canada's Food Guide*. Refer to *Canada's Food Guide* for serving sizes, and choose foods that are enjoyable to eat and give you energy to start your day. Breakfast "breaks the fast" and provides your body with important vitamins and minerals every day.

Breakfast at Home

Easy-Make Pizza Bagel

Whole-wheat bagel
Tomato sauce
Grated cheese
Strips of ham



Your favourite veggies

Place the bagel with toppings on a baking sheet and bake in a preheated oven until the cheese is melted (about 10 minutes). Serve with milk or 100% fruit juice.

Bananaberry Smoothie

1 ripe banana
½ cup berries (strawberry, blueberry, raspberry – may be frozen)
½ cup yogurt or soft tofu
½ teaspoon vanilla



Put all ingredients in a blender and mix until frothy; add water or juice to desired consistency and serve.

Hot or Cold Unsweetened Cereal

Try adding ¼ cup raisins and chopped nuts or ½ cup sliced fruit to your cereal. Serve with milk or fortified soy milk.

Fruity Pancakes

Make whole-wheat pancake batter to make pancakes. Top the pancakes with fresh fruit in season or frozen fruit in the winter and serve with milk or fortified soy drink.



Breakfast to Go

"Fast" Food for You

Cold leftovers (homemade pizza, pasta, chicken) and serve with milk or 100% fruit juice.



Banana Boat Sandwich

Spread 1 – 2 teaspoons of peanut butter on a whole-wheat hotdog bun or pita. Add 1 peeled banana and serve with milk.

Swift Serve Breakfast

Combine 3 of these options to make a balanced breakfast:

Oatmeal or bran muffin
Cheese wedge or boiled egg
Milk or soy beverage
100% fruit juice or
Apple or orange slices



Crunch in a Bag

Put 1 cup of crunchy unsweetened cold cereal in a lunch bag. Add unsalted peanuts, sunflower seeds, raisins, dried banana chips and dried apple slices and shake. Serve with yogurt.



Snack Attack!

Some of the food items on this handout may be restricted in some schools and childcare settings where children may have life-threatening food allergies. Check with your school or childcare setting for policies or practices related to food allergies.

Snacks from Canada's Food Guide . . .

Choose something from two food groups to make a healthy snack choice.

Vegetables and Fruit

- ◆ Raw veggies or fruit – any kind
- ◆ 100% vegetable or fruit juice
- ◆ Popsicle made from unsweetened fruit juice or apple sauce

Grain Products

- ◆ Homemade granola
- ◆ Whole grain bagels, muffins, crackers, pita bread, buns
- ◆ Homemade muffins

Milk and Alternatives

- ◆ Blender smoothie
- ◆ Cheese or yogurt
- ◆ Tzatziki
- ◆ Cottage cheese

Meat and Alternatives

- ◆ Hard boiled or devilled egg
- ◆ Peanut butter without sugar
- ◆ Nuts and seeds
- ◆ Hummus

These foods are healthy but high in sugar or stick to the teeth. Try to eat them only with meals . . .

- ◆ Dried fruit: raisins, prunes, apricots, figs, etc.
- ◆ Ice cream, milkshakes
- ◆ Milk pudding, custard
- ◆ Homemade cookies like oatmeal or peanut butter

Try these combos . . .

- ◆ Cheese slices on whole wheat or rye crackers
- ◆ Peanut butter mixed with raisins on celery
- ◆ Sliced tomatoes and cucumber, crisp lettuce leaves on whole grain bread
- ◆ Half a pitted peach or pear filled with cottage cheese

Crunchy, crisp foods . . .

- ◆ Don't forget old standbys like carrot sticks, raw turnip chunks, fresh peas in the pod, celery sticks, radishes – even better with a plain yogurt or relish dip!
- ◆ Apple wedges - try with peanut butter or sprinkle with cinnamon
- ◆ Mixed nuts

Thirst Busters . . .

- ◆ Add soda or carbonated water to cranberry, apple, pineapple, grapefruit or grape juice to make a fruit juice spritzer.
- ◆ Try mixing 4 cups of cold water, 1¼ cups of dry skim milk powder and 1, 6-ounce can of concentrated orange juice, then pop it in the fridge – it makes a great fruit drink!
- ◆ And don't forget . . . there's always water.

You can prevent choking in younger children . . .

Do not give foods like nuts, whole hot dogs, popcorn, whole grapes, large pieces of raw fruits or hard raw vegetables, peanut butter by the spoonful, chewing gum or hard candies, fruits with pits or marshmallows to a child under 4 years of age.

Try these Suggestions!

Lunches to Go!

Some of the food items on this handout may be restricted in some schools and childcare settings where children may have life-threatening food allergies. Check with your school or childcare setting for policies or practices related to food allergies.

Kids can help build lunches from food group favourites:

- Vegetables and fruits
- Grains like whole grain bread and cereals
- Milk and alternatives like partly skimmed milk, cheese, yogurt, fortified soy beverages
- Meat and alternatives including lean meat, fish, chicken, peanut butter, beans, lentils

The rule of thumb for a healthy lunch is to have at least one serving from 3 of the 4 food groups. Here are some healthy lunch examples:

- Pancakes or waffles, fruit, plain yogurt
- Crisp bread, hard cheese, apple
- Bran muffin, yogurt, vegetable sticks
- Pasta salad, milk, peach
- Hard cooked egg, whole wheat crackers, carrot sticks
- Bean dip, veggies, taco chips
- Rolled up sliced meat, pita bread, orange
- Whole wheat hot dog bun, sliced cheese, tomato, lettuce, grapes

Pack a Safe Lunch

- Fix lunches ahead (try after dinner) and refrigerate
- Use an insulated bag with a freezer pack or chilled thermos to keep food cool; frozen juice or milk in cartons keeps food cool
- Make sandwiches ahead and freeze (without vegetables or mayonnaise) to thaw for lunch
- Choose a thermos and reusable plastic dishes and bottles to pack lunches instead of throw-away packaging
- Don't reuse plastic bags – they can harbour bacteria
- Recycle aluminum cans if possible
- Wash lunch containers every night to keep bacteria from growing and, once a week, clean them with baking soda to get rid of odours.

Instead of Sandwiches . . .

Muffin-wiches

- Banana bran, hard cheese
- Applenut, tuna
- Cornmeal, chicken slices

Bagel-wiches

- Cheese, lettuce, thinly sliced tomato
- Tuna, red pepper, thinly sliced cucumber
- Turkey or ham, drained coleslaw, mayonnaise

Salad or Pita Pocket Combos

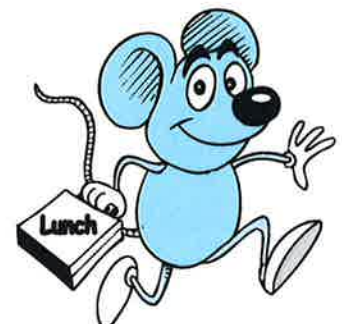
- Hard cooked egg, chopped cucumber, onion
- Chicken chunks, sliced seedless grapes
- Turkey chunks, chopped nuts, spinach
- Salmon or tuna or cooked fish, red and green pepper slices
- Ricotta or cottage cheese, fruit
- Chopped ham, pineapple
- Hummus (tahini and ground chickpea dip), vegetables
- Shredded cheese, grated carrot
- Cheese, tomato, cucumber

Salads

- Pasta
- Green
- Rice
- Bulgur or cracked wheat
- Mixed bean
- Potato
- Coleslaw
- Spinach
- Carrot/raisin

For a Change from Bread

- Bagels or rolls
- English muffins
- Scones or biscuits
- Flat bread/wraps
- Pita bread
- Rice cakes
- Crackers
- Melba toast
- Bread sticks
- Naan bread
- Bannock



More Ideas . . .

Cheese Please!

- Mix grated cheese, cottage or Parmesan with plain yogurt and mayonnaise to dip or spread
- Carrot, celery or breadstick wrapped in Swiss cheese
- String cheese
- Cheese with chili bean or taco sauce dip or salsa
- Sliced ham or turkey rolled around cheese stick
- Cored apple filled with cheese chunks
- Mini cheese balls

Peanut Butter Partners

- Banana in a hot dog bun
- Raisins, grated carrot
- Crushed pineapple
- Sunflower or sesame seeds
- Crushed banana chips
- Unsweetened applesauce, grated cheese
- Chopped celery

Hot or Cold Reruns

- Chili
- Stew
- Curry
- Perogies
- Spaghetti and meatballs
- Pasta and favourite sauce
- Macaroni and cheese
- Baked beans
- Pizza (or English muffin or pita shell with topping)
- Kebobs (ie: meat or chicken, pepper, tomato)
- Casserole
- Stir-fried vegetables with tofu
- Chicken pieces
- Burrito with refried beans, cheese, tomato
- Samosas and chutney
- Empanada or Cornish pasties
- Tortellini
- Soup or chowder

Try with:

- Cheese bread or muffin
- Soda bread
- Chapatti or roti
- Bread pretzel
- Bannock

Cool Seasonal Veggies

- Turnip sticks
- Carrot sticks or baby carrots
- Celery sticks
- Cauliflowerettes
- Broccoli or broccoflower trees
- Baby corn
- Radishes
- Zucchini sticks
- Peas in pod or snow pea pods
- Pepper strips (yellow, green, red, orange, purple)
- Cherry tomatoes

Fast Fruits

- Melon balls
- Cherries
- Berries
- Kiwi fruit
- Grapes
- Pears
- Peaches
- Canned fruit (in own juice)
- Banana
- Apple
- Orange
- 100% fruit juices and nectars (freeze in reusable cups for slush)

Little Extras

- Sunflower or pumpkin seeds
- Peanuts, almonds or other nuts
- Peanut butter or cheese with crackers
- Pepperoni stick or beef jerky
- Pretzels
- Non-sugar-coated cereal
- Air popped popcorn
- Pickles or olives
- Special napkin or straw

About Choking . . .

Don't give foods like nuts, whole hot dogs, popcorn, whole grapes, large pieces of fruits or vegetables, chewing gum or hard candies to a child under 4 years of age.

Remember to Brush Up!

These kinds of foods stick in your teeth and can contribute to tooth decay, so brush after eating:

- Raisins, dried fruit, fruit leathers
- Cookies, crackers, muffins, cakes
- Granola bars, breakfast bars, fruit bars, dry cereal

If you can't brush, then do one of the following to reduce the risk of decay:

- Chew a piece of sugarless gum
- Eat a piece of hard cheese or a few nuts
- Swish with water



CANADIAN 24-HOUR MOVEMENT GUIDELINES FOR CHILDREN AND YOUTH:

An Integration of Physical Activity, Sedentary Behaviour, and Sleep

PREAMBLE

These guidelines are relevant to apparently healthy children and youth (aged 5–17 years) irrespective of gender, race, ethnicity, or the socio-economic status of the family. Children and youth are encouraged to live an active lifestyle with a daily balance of sleep, sedentary behaviours, and physical activities that supports their healthy development.

Children and youth should practice healthy sleep hygiene (habits and practices that are conducive to sleeping well), limit sedentary behaviours (especially screen time), and participate in a range of physical activities in a variety of environments (e.g., home/school/community; indoors/outdoors; land/water; summer/winter) and contexts (e.g., play, recreation, sport, active transportation, hobbies, and chores).

For those not currently meeting these 24-hour movement guidelines, a progressive adjustment toward them is recommended. Following these guidelines is associated with better body composition, cardiorespiratory and musculoskeletal fitness, academic achievement and cognition, emotional regulation, pro-social behaviours, cardiovascular and metabolic health, and overall quality of life. The benefits of following these guidelines far exceed potential risks.

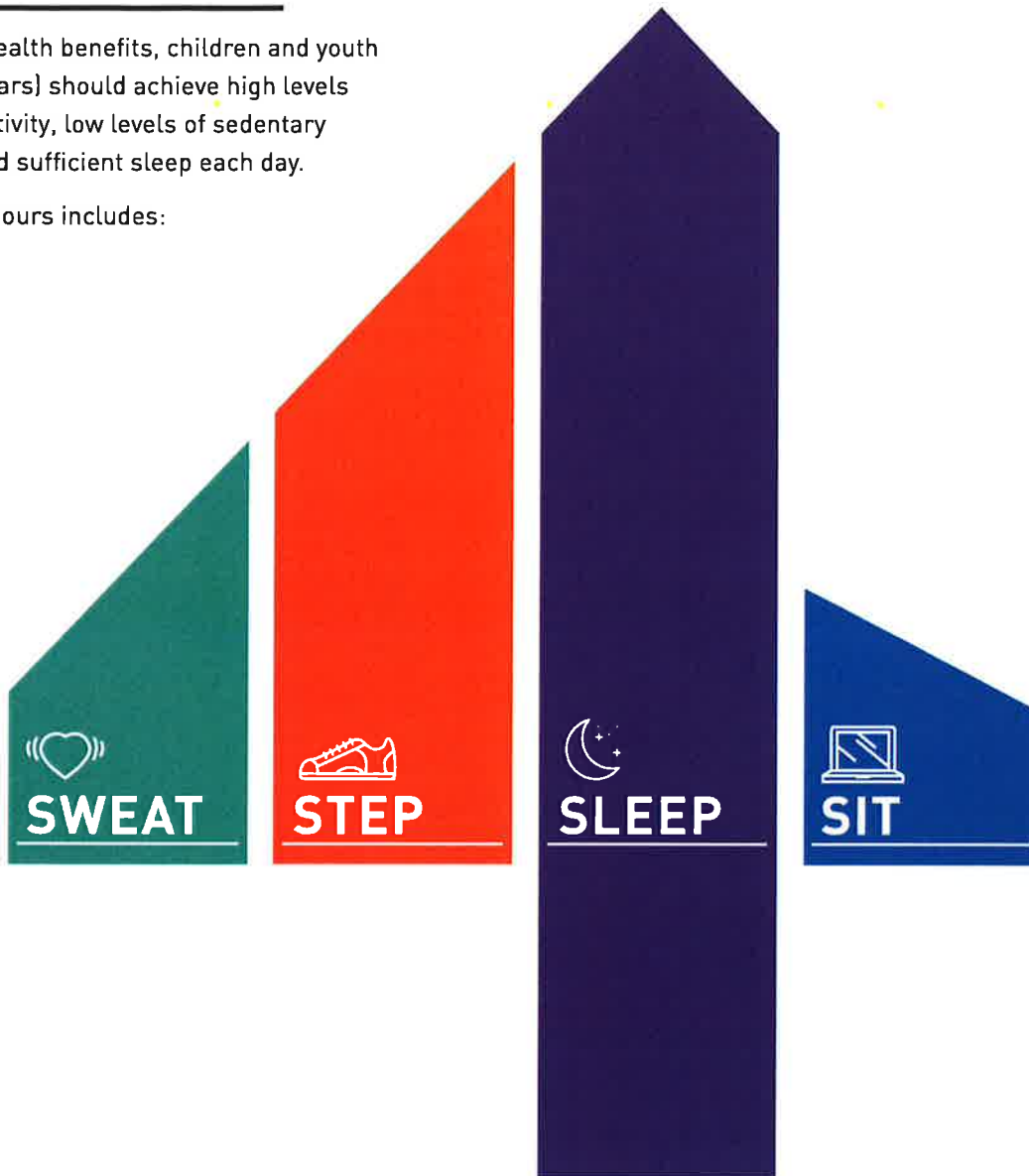
These guidelines may be appropriate for children and youth with a disability or medical condition; however, a health professional should be consulted for additional guidance.

The specific guidelines and more details on the background research informing them, their interpretation, guidance on how to achieve them, and recommendations for research and surveillance are available at www.csep.ca/guidelines.

GUIDELINES

For optimal health benefits, children and youth (aged 5–17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

A healthy 24 hours includes:



SWEAT

MODERATE TO VIGOROUS PHYSICAL ACTIVITY

An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week;

STEP

LIGHT PHYSICAL ACTIVITY

Several hours of a variety of structured and unstructured light physical activities;

SLEEP

SLEEP

Uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years, with consistent bed and wake-up times;

SIT

SEDENTARY BEHAVIOUR

No more than 2 hours per day of recreational screen time; Limited sitting for extended periods.

Preserving sufficient sleep, trading indoor time for outdoor time, and replacing sedentary behaviours and light physical activity with additional moderate to vigorous physical activity can provide greater health benefits.

Speech Language 4 - 5 Years

You can expect me to...

- Pronounce most speech sounds correctly .
- Participate in and understand conversations at home and at school .
- Re-tell a story and ask and answer questions about a story.
- Say f, y, k, g, t, d, ng.
- Use sentences with 4-6 words.



Contact Us!

- Victoria Health Unit
250-388-2200
- Saanich Health Unit
250-519-5100
- Esquimalt Health Unit
250-519-5311
- Peninsula Health Unit
250-544-2400
- West Shore Health Unit
250-519-3490

Talk to Me!

- Continue introducing your child to new words and different meanings of words.
- Involve your child in planning something in the near future or talking about the recent past to help them improve storytelling skills.
- Give your child time to respond or finish their sentences.
- Talk about the order of events that will happen in your day (using words like first, then, next, last).

Play with me!

- Play games that involve listening and taking turns to help build good conversation skills.
- Involve your child in group activities.
- Play games like "I Spy" using descriptive words.



Let's Read and Sing Together!

- Read rhyming books and have your child fill in blanks when the rhymes become familiar (like *Cat in the Hat*). Encourage them to make up their own!
- Cut out pictures from magazines or newspapers to use in making stories.
- Clap or tap out long words into their syllables (*elephant* as *e-le-phant*).

You could sing:

- There's a Hole in the Bottom of the Sea
- Alouette
- A Sailor Went to Sea
- Un Elephant se Balancait

You could read:

- *Madeline* - Ludwig Bemelmans
- *The Hockey Sweater* - Roch Carrier
- *Where is the Green Sheep?* - Mem Fox
- *Wave* - Suzy Lee
- *The Paper Bag Princess* - Robert Munsch

Community Resources

- Strong Start Programs
- GVPL Storytime
- Family Resource Programs at your Community Centre

Online Resources

- Mother Goose Club
- Community Trust UK: Small Talk
- Alberta Talk Box