



Dear Parent/Guardian,

As you register your child for kindergarten, the public health team is offering this health checklist to help ensure your child's first steps of school are as smooth as possible.

A school entry booster of diphtheria, tetanus, polio, and pertussis (the 4-in-1) vaccine and the mumps, measles, rubella and varicella (MMRV) vaccine are due prior to your child starting to school. The public health nurse, your physician or nurse practitioner can do these immunizations.

Please contact your local public health office (contact information on page 2) with any questions or to book an appointment for your child's kindergarten boosters.

Use the checklist below as a guide to prepare your child for kindergarten. Links below available at <http://www.ierha.ca/default.aspx?cid=9746&lang=1>

- My child's immunizations are up to date:**
School entry boosters – Vaccine fact sheets:
Tdap-IPV vaccine: <https://www.gov.mb.ca/health/publichealth/factsheets/tdapipv.pdf>
MMRV vaccine: <http://www.gov.mb.ca/health/publichealth/factsheets/mmrsv.pdf>
- My child has had their eyes checked by an optometrist:**
Call your local optometrist to book an appointment for your child's eye test – this is a free exam. Manitoba Health coverage insures basic eye exams every 2 years for children under 19 years of age.
- My child has had their hearing tested:**
Check with your school division to see if your child's hearing will be tested in school. If not, you can book an appointment with the Selkirk Hearing Centre at 204-785-7403 or the Beausejour Primary Health Care Centre at 204-268-7465. Hearing testing is also done at private audiology and hearing centers, for a fee.
- My child has been to the dentist:**
Dental Care for Children/Cleaning Teeth:
https://www.cda-adc.ca/en/oral_health/cfyt/dental_care_children/cleaning.asp
- My child's nutritional needs:**
http://childnutritioncouncil.com/wp-content/uploads/2019/04/Nurturing-Healthy-Eaters-in-the-Classroom_Early-Middle-Years.pdf
<https://www.milk.mb.ca/wp-content/uploads/2018/09/School-Milk-Brochure-MB-2018-003-FINAL-low-res-english.pdf>
- My child's physical activity needs:**
<https://www.canada.ca/en/public-health/services/health-promotion/healthy-living/physical-activity/physical-activity-tips-children-5-11-years.html>

ADDITIONAL WEBSITES:

A Parent's Guide to Vaccination (Public Health Agency of Canada) - <https://www.canada.ca/en/public-health/services/publications/healthy-living/parent-guide-vaccination.html>

Canadian Pediatric Society - <https://www.caringforkids.cps.ca/>

Immunize Canada - <https://immunize.ca/>

Public Health Agency of Canada - <https://www.canada.ca/en/public-health/services/vaccination-children.html>

Interlake-Eastern Public Health Offices

NAME	PHONE	ADDRESS
Arborg Community Health Office	204-376-5559	317 River Road
Ashern Community Health Office	204-768-2585	1 Steenson Avenue
Beausejour Community Health Office	204-268-4966	151 – 1 st Street S
Eriksdale Wellness Centre	204-739-2777	35 Railway Avenue
Fisher Branch Community Health Office	204-372-8859	23 Main Street
Gimli Community Health Office	204-642-4595	120 – 6th Avenue
Lac du Bonnet Primary Health Care Centre	204-345-8647	89 McIntosh Street
Lundar Community Health Office	204-762-5469	97 – 1st Street S
Oakbank – Kin Place Health Complex	204-444-2227	689 Main Street
Pinawa Primary Health Complex	204-753-2334	30 Vanier Drive
Pine Falls Health Complex	204-367-4441	37 Maple Street
Riverton Community Health Office	204-378-2460	68 Main Street
Selkirk Community Health Office	204-785-7500	237 Manitoba Avenue
St. Laurent Community Health Office	204-646-2504	1 Parish Lane
Stonewall Community Health Office	204-467-4400	589 – 3rd Avenue S
Teulon Community Health Office	204-886-4065	162 – 3rd Avenue SE
Whitemouth District Health Centre	204-348-7191	75 Hospital Street