

Important Public Health Contacts for Parents and Guardians

Public Health can support parents with getting their children ready for the school year and beyond. Read our health tips or call one of our services below with questions about your child's health.



ext. 3616

Call Let's Talk Parenting to speak with a public health nurse about pregnancy, breastfeeding, parenting and child health. You can also connect with us online:



@LetsTalkParents



@LetsTalkParenting

Vaccinations

ext. 4746

Information about student vaccine requirements and school clinics. View and report your child's immunizations at **immunizewdg.ca**. Sign-in using your child's Ontario Health Card Number or Ontario Immunization ID.

Communicable Diseases

ext. 4752

Information about communicable diseases, advice on disease prevention and information for parents/students on staying home when sick.

Dental Line

ext. 2661

Information about school screenings, how to keep your child's teeth healthy and help with free professional dental care. Call our Dental Line to ask a question or to book an appointment at our free dental clinic.

NutriSTEP®

An online questionnaire to learn if your child is a healthy eater. Visit **nutritionscreen.ca** to fill out the survey; call Telehealth Ontario toll free at 1-866-797-0000 to talk with a Registered Dietitian or visit **UnlockFood.ca** for healthy eating information.



1-800-265-7293
wdgpublichealth.ca

Head-to-toe tips for a healthy start to Kindergarten

Mental Health



It's important to help your child recognize that stress is a normal part of everyday life. Knowing when to take action if stress starts to affect your child's thoughts, feelings, or behaviour is key. Call the Let's Talk Parenting line for advice on how to provide your child with the tools to manage stress in a healthy way.

Dental Health



Tooth decay is one of the most common reasons children miss school. Brush your child's teeth 2 times a day for 2 minutes to help keep their teeth and gums healthy.

Vaccinations



Keep your child up to date with their vaccinations. To attend school in Ontario all students must have a complete vaccination record or an exemption on file with Public Health.

Sun Safety



The most harmful effects of sun exposure occur during early childhood. Apply sunscreen before school and teach your child how to reapply. Help them identify shade, like trees and porches.

Physical Activity



Help your child get at least 1 hour of energetic play plus a variety of light physical activities every day. The more your child is active, the better! Tip: Limit screen time to less than 1 hour per day and encourage your child to walk, cycle or wheel to school by joining them on their route.



Sleep

Having a set bedtime and routine can help your child get the rest they need to learn and grow. Children aged 3-4 should get 10-13 hours of sleep per night, and 5 year olds should get 9-11 hours. Tip: Read together before bed, keep screens out of the bedroom and turn them off at least 1 hour before bed.



Vision

Routine vision exams for children can help identify possible vision issues earlier in life. Book your child's free OHIP-covered yearly eye exam with an optometrist. Find a local optometrist at findaneyedoctor.ca.



Communication

Speech and language skills help your child make friends, learn to read and succeed in school. Call the Let's Talk Parenting line to speak with a public health nurse to learn how to help your child stay on track.



Healthy Eating

Fuel your child's mind and body with healthy foods: cut up veggies & fruit for easy snacking, pack a reusable water bottle and limit 100% fruit juice to ½ cup per day.



Hand Washing

Prevent illness by teaching your child to cough and sneeze into a sleeve or tissue, and how to properly wash their hands. Use soap and water, and rub hands together for 15-20 seconds (or while singing "Row, Row, Row Your Boat").

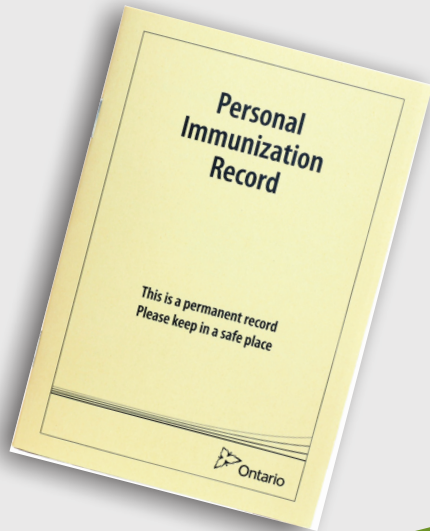


Safety

Safety on your child's journey to school is always important. Avoid overfilling backpacks and have them wear both shoulder and waist straps. Encourage your child to travel with a buddy, use sidewalks and crosswalks and wear a helmet when cycling.

PARENTS AND CAREGIVERS... DON'T FORGET

It's your responsibility to ensure that your child's immunization records are up to date with Public Health.



PublicHealth
WELLINGTON-DUFFERIN-GUELPH
Stay Well.

wdgpublichealth.ca

You can report your child's vaccines in many ways:



Online: www.immunizewdg.ca

You can also view current, overdue and upcoming immunizations.



Email: vaccine.records@wdgpublichealth.ca



Phone: 1-800-265-7293 ext. 4396



Mail: Vaccine Records
160 Chancellors Way
Guelph, Ontario N1G 0E1

