

EN ROUTE to kindergarten



Dear 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 hygienists



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** or call **1-877-817-5279.**



How to brush your teeth properly



Ask Mom and Dad to be with you when you brush your teeth with your fluoride toothpaste.

1. Put a pea-sized amount of fluoridated toothpaste on your toothbrush.
2. Make sure the toothbrush's bristles touch your gums when you brush your teeth.
3. Don't forget to brush your tongue.
4. Spit out your toothpaste, don't rinse your mouth and try not to drink water for 30 minutes.

Tell Mom and Dad it's so that the fluoride toothpaste will continue to protect your teeth.



A PROGRAM FROM THE MINISTÈRE

Each year, the ministère de la Santé et des Services sociaux requests that CLSC dental hygienists screen all second-grade students for dental sealant needs.

Once adult molars have erupted and are healthy, students are eligible to receive free dental sealants at school.

The application of dental sealants is recognized as the best practice for cavity prevention.

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	Client 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?

For a professional opinion, or to find out where to go or who to consult, call **Info-Santé** at 811, option 1. Nursing staff will assist you 24 hours a day, 7 days a week.



2305 (400-3928)

www.santemonteregie.qc.ca/est

Centre intégré de santé et de services sociaux de la Montérégie-Est



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