



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 tetanus, diphtheria, pertussis and polio (Tdap-IPV) vaccine and the mumps, measles, rubella and varicella (MMRV) vaccine are due prior to your child starting 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 <https://www.ierha.ca/programs-services/public-health/school-age-child-resources/>

- 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/mmr.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/cfytdental_care_children/cleaning.asp
- My child's nutritional needs:**
School Lunches Made Easy:
<https://food-guide.canada.ca/en/tips-for-healthy-eating/school/>
- 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>