



**Lambton
Public Health**

Healthy **Growth** & *Development*

Lambton Public Health provides programs, services, and resources to support healthy growth and development.



Kindergarten Checklist

Our resource list to help parents prepare their child for school.



Is your kindergartner ready?

- Learn about **healthy eating** by visiting www.unlockfood.ca, or by calling Lambton Public Health to speak with a Public Health Nurse or Public Health Dietitian.
- Support your child in developing their **physical literacy** by visiting www.activeforlife.ca.
- Ensure your child's **immunizations** are up-to-date and reported to Lambton Public Health. Visit GetTheVaccine.ca.
- Book an appointment with your Health Care Provider for a **routine checkup**.
- Visit an **optometrist** for a comprehensive **eye exam**. Eye exams are covered by OHIP for **children aged 0-19**.
- Prioritize **dental health**: schedule a yearly exam or contact **Lambton Public Health** to learn about eligibility for free Dental Services.
- Read books** every day! Visit your local library with your child. Visit www.lclibrary.ca for hours and locations.
- Visit an **EarlyON Child and Family Centre** for playgroups, resources, toy lending, and parenting information. **Visit earlyONLambton.ca**.
- Prepare for kindergarten by teaching **social-emotional learning**. Find resources at **School Mental Health Ontario**: www.smho-smsso.ca/parents-and-caregivers

Related Services at Lambton Public Health

Dental Services

Call: 519-383-8331 ext. 3531

Immunizations & Vaccines

www.GetTheVaccine.ca

Family Health Line

Call: 519-383-3817

A Public Health Nurse is available Monday to Friday 8:30 am. to 4:30 pm., to answer your questions related to your child's growth and development.