

Services For Young Children on the North Shore



Public Health Nursing

Public Health Nurses are available to provide information regarding health, development and community resources. An On-Call Nurse is available to answer questions weekdays from 8:30am – 4:30pm at 604-983-6700.

Hearing

The highest incidence of middle ear problems occurs between 0-5 years of age. Newborns have their hearing tested within the first days after birth. Once children enter Kindergarten, their hearing is screened at school by the Hearing Clinic. If you have any concerns about your child's hearing, please contact the Vancouver Coastal Health Hearing Clinic at 604-983-6704.

More information can be found at:
www.healthlinkbc.ca/healthfiles/hfile71b.stm



What to watch for:

- Does everyone who knows the child think he/she hears well?
- Does your child hear when you call him/her from behind?

Speech & Language

Children with strong speech & language skills are better prepared to learn, play and get along with each other. They will be better prepared for school.

Identifying speech & language difficulties early can make learning to talk easier. If you have any concerns about your child's speech & language development, call 604-983-6760 and ask for Speech and Language Service.

More information can be found at:
http://www.vch.ca/locations-and-services/find-health-services/?program_id=2447



Immunizations

It is recommended that children are immunized for all publically funded vaccines according to the BC Immunization schedule.

More information can be found at:
www.immunizebc.ca



Please call Public Health at 604-983-6700 for drop-in times & locations, or contact us or your family doctor to make an appointment.

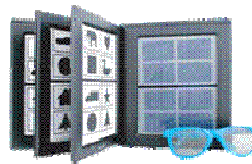
Vision

Vision is very important to a child's learning. Some vision problems like lazy eye (amblyopia) or crossed eyes (strabismus) can be treated most effectively in young children. It is recommended to have your child's vision checked at age 3. All Kindergarten children are screened in the school year.

More information can be found at:
www.healthlinkbc.ca/healthfiles/hfile53b.stm

What to watch for

- Does your child complain of headaches, double vision, or trouble seeing?
- Do you notice red eyes, rubbing, squinting, one eye turning (which is constant or intermittent)?



Medical Alert

Parents of a child with a life threatening condition (anaphylactic allergy, severe asthma, diabetes, seizure, clotting or heart disorders) must ensure that the childcare facility/school has a Medical Alert Plan for their child. Medical bracelets should be worn.

More information can be found at your child's school or at: www.medicalert.ca

Healthy Eating & Active Living

Eat healthy meals and snacks together at the table. Children who eat meals with an adult are healthier, learn better, and have better social skills. Young children eat better when they have a routine of regular meals and snacks.

Eating Well with Canada's Food Guide promotes healthy eating for children aged 2 years and up.

See <http://www.hc-sc.gc.ca>

Children and youth need at least 60 minutes of physical activity a day. It is recommended that screen time (T.V., computer, video games etc.) be very limited in young children.

Be a positive role model for your child by eating well and staying active.

For a free consultation with a Registered Dietitian contact either:
VCH Outpatient Nutritional Counselling
604-984-5752 (8am-4pm weekdays)
Or
HealthLinkBC, Pediatric or
Allergy Dietitian 811



Raising a Healthy Eater

- Parents decide what, when and where food is offered
- Children decide how much to eat

Pediatric Resource Team

This team provides assessment, consultation and treatment for children who have complex medical needs or for children at risk for gross motor delays and/or chronic disabilities. We provide Nursing Support Services and Pediatric Physiotherapy. Please contact 604-904-6200 ext. 4162.

Dental

Take your child for their first dental check-up at 1 year of age. Brush your child's teeth twice a day with a small amount of fluoride toothpaste. Parents need to brush and floss for their children until they are at least 8 years of age.

For more information call the Dental Program at 604-904-6200 ext. 4159.

To find a dentist visit www.bcdental.org



Texas Dep. Of State Health Services ©



What to Watch For

- Dental decay can first appear as white chalky spots at the gum line. Lift your child's lip to see the gum line when brushing. These spots can be treated with fluoride.
- Limit sugary drinks and snacks. Offer plain water between meals.

Kids Need Breathing Space

Second-hand smoke is more harmful to children than adults because their lungs are smaller and they breathe more quickly. Children who breathe second-hand smoke are more likely to suffer from:

- bronchitis and pneumonia
- frequent and severe asthma attacks and allergies
- ear infections
- SIDS
- learning and behaviour difficulties

It is important to keep your home and car smoke-free. For more information on going smoke-free, call 1-877-455-2233.



Hand washing

Hand washing is the best way to stop the spread of germs. Teach children to always wash their hands before eating and after using the toilet. Show them how to wash thoroughly with warm, soapy water for at least 30 seconds.

For more information visit:

http://www.vch.ca/media/Sneezes_And_Diseases_December_2014.pdf

For school health information please visit:

www.vch.ca/schoolhealth/ns