



Region of Peel Website Links Supporting Kindergarten-aged Children

**Congratulations
on your child's enrolment
in school.**



Getting your Child Ready for School

You are your child's first step in helping them be successful at school. Programs at the Region of Peel are available to support your child's school readiness needs. For more information, visit peeearlyyears.com or go to peelregion.ca and search 'family literacy' or call us at 905-791-1585, ext. 7222.

Healthy Eating

Find out how consuming nutritious lunches, snacks and beverages over the school day keeps students energized and ready to learn.

peelregion.ca/health/eating/kids/

Dental Health

Learn about caring for your child's teeth, preventing cavities, visiting the dentist and our Region of Peel dental programs.

peelregion.ca/dental



Teach your Kids to be Germ Stoppers

- Wash hands often and for at least 15 seconds.
- Cover coughs and sneezes with a tissue or sleeve, don't use your hands!
- Avoid touching your face.
- Stay home when sick with fever, cough, vomiting, diarrhea or undiagnosed rash.

peelregion.ca/health/infectioncontrol/

Immunize on Time. Report Every Time

- Ensure your child receives their:
 - 4-6 year booster
 - Flu vaccine annually

For more information or to report your child's immunization, please call Peel Public Health at 905-799-7700 or visit ImmunizePeel.ca.

Physical Activity

Learn how much physical activity kids need and how to fit it into their day.

peelregion.ca/health/obesity/active/how-much/



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Safety

CAR SEAT SAFETY - Booster seats are needed for 4-8 year olds. Learn about the legislation and how to install them.

CheckYourCarSeat.ca

BICYCLE SAFETY - Wear an approved bicycle helmet because it is the law for children under the age of 18.

walkandrollpeel.ca/cycling/teach.htm

Head Lice

Don't Panic – Get the Facts. Head lice can be a common problem for school-aged children, but are not a health hazard because they do not spread disease or illness. Learn how you can identify, treat and prevent head lice.

peelregion.ca/health/shp/2008/shrg-topics/head_lice/index.htm

Resources

- Peel Public Health 905-799-7700
 - peelregion.ca
 - ParentingInPeel.ca
- Ontario Early Years Centres & Hubs, Readiness Centres - PeelEarlyYears.com/
- Family Education Centre - familyedcentre.org
- Brampton Library - BramLib.on.ca
- Caledon Library - Caledon.library.on.ca
- Mississauga Library - Mississauga.ca/portal/residents/library

