

# LET'S GET READY FOR KINDERGARTEN ...



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From the CSSS Vaudreuil-Soulanges

Translated in part by Micheline P. Williamson

Dear parents,

You have registered your child in kindergarten for the coming school year. The CSSS Vaudreuil-Soulanges CLSC team (nurse, dental hygienist and social worker) will be present throughout the year to provide information and offer preventive as well as follow-up services to the children of the school.

However in order for your child to be well prepared, we would ask you to pay particular attention to the following points before your child actually begins school in September.

## VACCINATION

Between the ages of 4 and 6, a booster shot (diphtheria, pertussis, tetanus and polio) is required. There are several vaccination clinics by appointment, offered throughout the year at different sites on the CLSC territory. For further information regarding these clinics you can go to the internet site of CSSS Vaudreuil-Soulanges [www.monvaccin.ca/csssvs](http://www.monvaccin.ca/csssvs) or call this number:

**(450) 455-6171 #113**

Avoid the September school rush, do it now.

## VISION

It is important for your child to have a complete eye examination by an optometrist before beginning school. An annual eye examination is free for children up to 18 years of age.

## DENTAL HEALTH

Treatment, prevention and good oral hygiene are extremely important.

Your child should see the dentist once or twice a year, as of the age of 3. If he/she has not already been seen, please make an appointment for a free examination.

In the fall the dental hygienist will visit the students in the kindergarten classes.

## HEALTH PROBLEMS

If your child has a particular health problem (physical handicap, severe illness, **and severe allergy requiring the possible administration of epinephrine**) please contact the CLSC and ask to speak to the nurse assigned to your child's school. It may be necessary to implement certain services and if so, it is preferable to establish these before school starts.

**You will be invited in May or June to visit the school with your child. We ask that you bring a copy of your child's vaccination booklet and to provide it to the school nurse at that moment.**

We thank you for the attention to this matter,

Yours Sincerely,

The Youth health team  
CSSS Vaudreuil-Soulanges

# SCHOOL SNACKS

The best snacks for school are . .

- 🍷 **Appetizing**
- 🍷 **Nutritious, contributing to your child's daily caloric intake.**
- 🍷 **Chosen from the groups "fruits and vegetables" and "milk products" of the Canada's Food Guide.\***
- 🍷 **Good for your teeth, so as to prevent decay.**
- 🍷 **Light, so as to not spoil their appetite.**
- 🍷 **Easy to eat.**

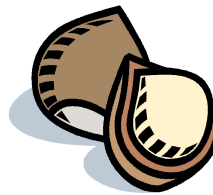
- Visit [www.santecanada.gc.ca/guidealimentaire](http://www.santecanada.gc.ca/guidealimentaire) to learn more about the new Canadian Food Guide


## Great snacks for home



Certain nutritious foods such as dried fruits, whole grain crackers and bread, homemade fruit bread, lightly sweetened whole grain cereal and popcorn are good snacks but they'll stick to your teeth. Consequently tooth decay is more likely to occur. Other foods such as 100% pure fruit juice, which is sweetened naturally, canned fruits in syrup and sweetened fruit purées also favour tooth decay because of the acidity and the sugars that they contain.

Therefore, they are better choices for home snacks where it is possible to brush your teeth.



All nuts and peanuts are good choices for snacks. They contain high levels of protein, vitamins, minerals as well as healthy fats. Unfortunately, bringing some to school can be a real danger for students who are allergic to them. 

Please consult your school's policy with regards to nuts and peanuts as well as any other types of food that may contain them.

# SUGGESTIONS FOR SCHOOL SNACKS

## VEGETABLES

Depending on the season, raw,  
cooked or juice

- Asparagus, slightly cooked
- Peeled avocado
- Beets – regular or marinated
- Raw brocco-flower
- Raw broccoli
- Raw carrots
- Celeri, with or without cheese spread
- Mushrooms
- Bite-size Chinese cabbage
- Brussel sprouts, slightly cooked
- Shredded green or red cabbage
- Raw or lightly cooked cauliflower – white, orange or purple
- Cucumber
- Zucchini
- Bite-size raw fennel
- Canned mini corn cobs
- Raw turnip, rutabaga
- Raw yellow, red, green, orange, purple or white pepper
- Radishes
- Raisin or cherry tomatoes
- Tomato juice
- Vegetable juice
- Carrot juice



## FRUITS

Fresh in season, canned in its  
own juice or puréed

- Fresh apricots
- Pineapple pieces
- Banana
- Cherries, ground cherries
- Clementines
- Peeled fresh figs
- Strawberries
- Peeled kiwi cut in quarters
- Rinsed canned lichees
- Mandarins
- Mango or other exotic fruit
- Watermelon, honey dew, cantaloupe
- Nectarines
- Oranges
- Peeled grapefruit
- Peaches
- Small fruits such as blackberries, blueberries, raspberries
- Pears – any variety
- Apples – any variety



\* Prevent fruit or  
avocado from turning brown  
by dipping them in apple or  
lemon juice

- Prunes
- Grapes
- Canned fruit in its own juice
- Apple sauce or other puréed fruit that has no added sugar

## MILK

& other alternatives

- Milk
- Flavoured milk
- Yogourt drinks
- Fresh cheese with fruit (Minigo, Danimo)
- Cheese
- Yogourt
- Dips made with plain yogourt, ricotta or other cheeses
- Smoothies & homemade milk shakes made with fruit



Milk &  
yogourt are good for  
your teeth. However,  
when buying milk  
products, choose the  
ones that contain the  
least amount of sugar.

# DENTAL HEALTH

## PREPARING FOR KINDERGARTEN

## SERVICES OFFERED TO THE KINDERGARTEN CHILDREN

- If your child has never been to the dentist, we recommend that you make an appointment for your child to see one for a complete examination and a teeth cleaning.
- To acquire good oral hygiene habits, we recommend that your child brush his/her teeth morning and night. Begin this habit from a very young age so that it becomes a routine for your child (brushing of the teeth at night should be supervised by a parent).
- Choose nutritious, unsweetened snacks (fruits, raw vegetables, cheese) that will not only provide your child with the proper amount of energy but they are good for your teeth (do not contribute to dental caries).
- Foods that stick to your teeth such as cookies, granola bars, muffins are better eaten in areas where it is possible to brush your teeth after.

### Educational meetings with the groups

- Teaching of the basics of oral hygiene.
- Demonstration of the proper way to brush your teeth.
- Screening for the need of dental treatment with a referral to a dentist if necessary.
- Screening for children who are susceptible to dental caries.

### Individual meetings with those children identified as being vulnerable to caries (Public dental health program)\*

- Go over the basics of oral hygiene and how to properly brush your teeth.
- Application of the public dental health program for the children found to be vulnerable to carries.

### \* Public dental health program

- Aimed solely at the children: identified as vulnerable to dental caries according to very specific criteria.
- If your child is eligible for the program more detailed information will be sent to you.

## INFORMATION ABOUT SLEEP

Dear parents,

The following are suggestions that can promote a good night's sleep.

1. Try setting aside a special time to spend with your child (ex.: do a puzzle, read a story).
2. Avoid stimulants such as: coffee, tea, soft drinks, chocolate.
3. At suppertime, avoid foods that are hard to digest.
4. Evening snacks should be light.
5. Create a calm atmosphere during the hour before bedtime.
6. Observe your child so as to discover what relaxes him or her (ex.: a hot bath).
7. Have your child go to the bathroom before going to bed.
8. Have a bedtime routine, such as going to bed at the same time every night.
9. Have a well ventilated room.
10. Reduce the noise levels if possible.
11. Playing soft music or reading quietly can help promote sleep.
12. A comfortable bed with a firm mattress.
13. Light and loose fitting sleepwear.
14. A stuffed animal or a favourite object can help to provide a sense of security to your child thus helping him to fall asleep.
15. Sleep a sufficient number of hours according to age and need.
16. When your child wakes up, if he/she feels rested, it is usually a sign that he/she has slept sufficiently (good mood, attentive, alert, does not rub his/her eyes).

Good sleeping habits are important because:

1. Sleep rests the central nervous system.
2. It promotes growth and tissue repair.
3. It increases your resistance to disease.
4. It helps you to be more alert.
5. It promotes your physical and mental well-being.



Sometimes students are tired and inattentive in class, it is usually because they didn't sleep enough.

Hours of sleep necessary according to age and need :

Adult...	approximately 8 hours
Teenagers...	approximately 9 hours
Schoolers...	approximately 10-12 hours
Pre-schoolers...	approximately 12-14 hours

**Sleep is most beneficial during the evening and night hours.  
What about you? How many hours do you need?**



## 10 PRACTICAL TIPS TO HELP PROTECT YOUR CHILD FROM SEXUAL ASSAULTS

1. Teach the names of the different parts of the body to your child. If you are uncomfortable in doing this, consult your librarian and ask her to suggest some books or brochures that you and your child may read.
2. As soon as your child is old enough not to be under your constant supervision, educate him/her in preventive measures. Don't be like the ostrich and simply say, "Don't talk to strangers". Remember that sexual assaults on children are generally committed by close family members, people well known by the child, and not by perfect strangers.
3. Teach your child that he/she has the right to say "NO". You also have the same right. A child should never be subjected to caresses, fondling or any other kind of behaviour by an adult that the child does not particularly enjoy.
4. Respect your child's intuition ("gut feeling"). The phrase, "I don't like my piano teacher any more" may be an important sign. Learn to be attentive.
5. Make up a hypothetical situation (role playing) which will enable your child to act accordingly in case of an emergency: "What would you do if you were home alone and your cat suddenly looked sick? What would you do if you lost your boots at school and it was snowing outside? What would you do if the caretaker asked you to touch his penis?"
6. Tell your child that an adult that has nothing to hide will never ask a child to keep a secret (unless, of course, if it is something well understood, such as a birthday surprise). Use concrete examples: "If a neighbour offers you candies, if a stranger asks you to help him find his dog, or if the corner-store owner asks you to enter the store by the back, always say you must ask for your parents permission first".
7. Observe your child's behaviour. You may also notice some signs. Children incest victims often become very aggressive and neglect their school work. Here you will notice deliberate efforts on the child's part to attract attention to what is going on in his life.
8. In describing sexual assaults, use clear and concrete terms that your children will understand well. Use expressions like, "touch my vulva" or "touch my penis". Find other expressions that correspond to situations that your child may have difficulty verbalising: "kisses and caresses that make you feel uncomfortable" or "asking you to remove your clothing".
9. If your child tells you he/she is a victim of sexual assault, do not lose your cool. Keep your reaction under control. A child who is a bit sensitive may become alarmed, worried or afraid to cause trouble for the assailant, if he/she sees you become very angry. Ask the child for details. Say, "I'm glad you told me" or "it's not your fault".
10. Almost all children assailants are repeated offenders. You may want to protect your child from very unpleasant publicity, or keep him/her from all the police reports, the police questions, court appearances and questioning. But just remember that if you allow the assailant to escape justice, you very probably will allow another child to be subjected to the same experiences.

(taken from the book "NO MORE SECRETS" by Carmen Adams and Jennifer Fay)