

## Child Health is Important

As children grow and develop they become curious and begin to explore. They develop habits and attitudes, toward themselves and others, which they will have for the rest of their lives. That's why it's important to foster a positive attitude toward health during the child's early years.

As your child comes into more frequent contact with the outside world, health checks support your child's growth and development.

For additional information or services contact the Community Health Office nearest you.

# Health Checks

Department of  
Health and Community Services  
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is important

## Health Checks

Public/Community Health Nurses offer **Health Checks**. It is a preventive health program available from Regional Health Authorities throughout the province, designed to screen for health issues in children and provide information to parents.

It is a time to check your child's progress and health in the following areas:

*vision / hearing / speech*

*growth / development*

*oral health / immunization*

*physical / nutrition*

The nurse will provide information to help your child grow and develop. There will be plenty of time for you to ask questions and raise any concerns you may have.



## Health Checks

### Infant Health Checks



Infant Health Checks is a series of check-ups at ages 2 months, 4 months, 6 months, 12 months and 18 months of age.

These visits provide an update of your child's health to help guide you and your child.

If there is a concern, the Nurse will provide support and refer your child to the appropriate health professional.

## Health Checks

### Preschool Health Check

This is a continuation of **Health Checks**. A visit to your local Public/Community Health Nurse, around your child's fourth birthday, to screen for health concerns before school starts, and allows time for referrals to appropriate services. For example, poor vision, hearing loss, or speech delay can affect the quality of your child's school experience.

