

Child Health is Important

As children grow and develop, so does the world in which they live. As a result, children become curious and begin exploring their surroundings.

It is through exploration that children begin to develop habits and attitudes towards themselves and others. These attitudes and habits stay with a child for the rest of their lives. Therefore, it is important that a child's early years involve a positive attitude towards health.

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



More Information

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

*Adapted from Department of Health
& Community Services (2009)
Health Checks.*

www.lghealth.ca



Labrador-Grenfell Health



HEALTH CHECKS

- **Infant**
- **2½ Years**
- **Preschool**



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Health Checks

Health Checks are a preventative program offered by Public/Community Health Nurses. They are available from Regional Health Authorities throughout the province, and designed to screen for health issues in children and provide information to parents.

Growth and development from infancy to the preschool years involves constant change. Health Checks provide an update of your child's progress and health in the following areas:

Growth/Development/Behavior

Vision/ Hearing/Speech & Language

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.



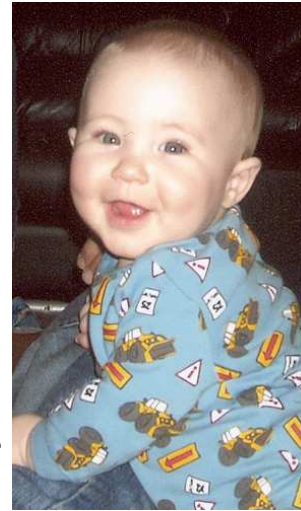
Labrador-Grenfell Health offers the following Health Checks:

Infant Health Checks

Infant Health Checks are 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 Public/Community Health Nurse will provide support and refer your child to the appropriate health professional.



2 ½ Year Health Check

This health check occurs when a child is 30 months of age. All areas of growth and development will be screened during this check. This visit provides an update of your child's health to help guide you and your child.

Preschool Health Check

This is a continuation of previous Health Checks. A visit to your local Public/Community Health Nurse, around your child's fourth birthday, screens 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.

