

# Your Child's Health

## *Immunization*

- What immunizations does my child need?
- How can I keep track of my child's immunizations?

## *Illness*

- Does my child have a fever?
- My child is sick – When should I call the doctor?

## *Healthy Teeth*

- When should my child start to use toothpaste?
- When should I take my child to the dentist?
- When will my baby's teeth appear?
- How can I help my teething baby?
- How do I brush my child's teeth?

## *Growth and Development*

- How can I help my baby's brain develop?
- Why is tummy time important for my baby - when should I start, and how?
- Is my child meeting social and emotional milestones?
- Is my child meeting developmental milestones?
- Is my child ready for toilet-training? How do I start?
- I'm looking for a daycare – what questions should I ask?
- How can I help my child be school-ready?

## *General*

- How do I stop a nosebleed?
- How do I perform CPR on a baby?
- What do I need to know about my child's environment?



We've collected some of the best resources on the web to answer your frequently asked questions.

Click on the links to the left.

## Other Resources

- [Caring for Kids](#)
- [Healthy Baby Healthy Brain](#)
- [Parents2Parents](#)
- [About Kids Health](#)
- [Healthy Canadians](#)
- [Rourke Baby Record](#)
- [Looksee Checklist](#)



Have a question that you don't see listed here? Call our healthy growth and development intake line!

519.352.7270 ext. 2903