

# The First Five Years Matter the Most

A good start helps your baby later in school and in life



## ✓ Actions to Support Your Baby's Growth and Development



### **Newborn and older**

Breastfeed your baby. For free breastfeeding support call Public Health at 519-575-4400.



### **Meet with your health care provider for check-ups at:**

- 8 hours after hospital discharge
- 1 & 2 weeks
- 1, 2, 4, 6, 9, 12, 15, 18 and 24 months; and then once a year

Have your child immunized on time everytime. Visit [www.regionofwaterloo.ca/ImmunizationSchedule](http://www.regionofwaterloo.ca/ImmunizationSchedule)



### **Newborn and older**

Make your home a safe place for your child. Complete a home safety checklist at [www.regionofwaterloo.ca/childhomesafety](http://www.regionofwaterloo.ca/childhomesafety)



### **Newborn to 12 weeks**

Get to know more about your baby's sleep cycle and how to respond. Reserve a free spot at [www.earlyyearsinfo.ca/sleep-sessions](http://www.earlyyearsinfo.ca/sleep-sessions)



### **Newborn and older**

Start thinking about your child care needs. Register for licensed child care near you at [www.onelistwaterlooregion.ca](http://www.onelistwaterlooregion.ca)



### **1 month and older**

Check your baby's growth with the Nippising Developmental Screen at [www.ndds.ca](http://www.ndds.ca)



### **1 month and older**

Sign up for a free library card. Read with your baby every day.



### **6 months and then once a year**

Visit the eye doctor to have your baby's eyes checked; free if you have an Ontario Health Insurance Plan. Visit [www.optom.on.ca](http://www.optom.on.ca)



### **12 months and older**

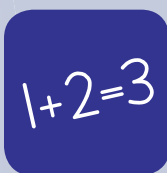
Visit the dentist to have your child's teeth checked. Call 519-575-4400 for information about financial assistance for dental care.



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### **18 months to 5 years**

Find out if your child is a healthy eater using Nutri-eSTEP at [www.nutritionscreen.ca](http://www.nutritionscreen.ca)



### **3 to 5 years**

Register your child for kindergarten.



**519-575-4400**  
**(TTY: 519-575-4608)**

