

Online Resources for Early Childhood

Here are some resources about caring for your child's health.

To access these resources, click on the title or scan the QR code.

Keeping Your Child Healthy and Safe

[Toddler's First Steps](#)



Use this handbook to learn what to expect of toddlers from 6 to 36 months (3 years). It has information about eating healthy, parenting, keeping your toddler safe, and more. This handbook is also available in Chinese and French.



[Life with a toddler](#)

Explore different ways to support you and your toddler's journey from 6 to 24 months.

[Keeping track of your toddler's development](#)



Learn more about how children grow and develop. Fill out the checklists at 12 months and 18 months. They help you keep track of how your child is doing. The checklists have links to more information that help you keep your toddler healthy.



[Children and youth](#)

Explore programs, services, and resources for your growing child.

[Immunizations](#)



Learn about immunizing children, including why, when, and where to immunize. Find what to expect when getting immunized and how to keep track of your appointments. Call for an appointment:

If you live in Abbotsford, Agassiz, Chilliwack, Hope, or Mission: 604-702-4906

If you live in all other Fraser Health areas: 604-476-7087

Looking after your child's eyes



[Keeping your child's eyes healthy](#)

Learn about how to keep your child's eyes healthy and when to see an eye care professional (optometrist).

[Eye health](#)



Explore HealthLinkBC for more tips on how to keep your child's eyes healthy.



[Eye exams](#)

Find an optometrist near you.

Visit BC Doctors of Optometry online or call: 1-888-393-2226

Looking after your child's teeth and gums



[Keeping your child's teeth and gums healthy](#)

Learn what to expect of your child's teeth and gums as they grow.
Explore resources to help keep your child's teeth and gums healthy.

[Dentists](#)

Find a dentist near you. See a dentist within six months of your child's first tooth coming in or by their first birthday.



[Fluoride varnish program](#)

If you do not have a dentist, children up to 36 months can visit us to learn how to prevent early childhood tooth decay. There is no cost to you for this program.

Helping your child hear and communicate

[Hearing](#)

Learn what to expect of your child's hearing. Find hearing services for children from birth to 19 years.



[Speech and language](#)

Learn how speech and language change as your child grows.
Explore ways to help children from birth to 5 years communicate.



[Audiology and speech-language clinics](#)

If you have concerns about how your child is hearing or communicating, you can visit an audiology or speech-language clinic. Fill out this form and call the clinic near you.

Other

[Healthy Kids Program](#)

Explore how the Healthy Kids Program can help children of low-income families with the costs of basic dental, vision, and hearing care.



[Fraser Health Virtual Care](#)

Have questions or concerns about your health?
Speak with a registered nurse from 10:00 a.m. to 10:00 p.m., available every day.
Scan the QR code to access the web chat or call: 1-800-314-0999

[Public Health Units](#)

Abbotsford 604-864-3400 104 - 34194 Marshall Road	Delta – South 604-952-3550 1826 - 4949 Canoe Pass Way	New Westminster 604-777-6740 218 - 610 Sixth Street	Surrey – North 604-587-7900 220 - 10362 King George Blvd
Agassiz 604-793-7160 7243 Pioneer Avenue	Hope 604-860-7630 444 Park Street	Port Coquitlam 604-777-8700 2266 Wilson Avenue	Tri-Cities 604-949-7200 200 - 205 Newport Drive
Burnaby 604-918-7605 300 - 4946 Canada Way	Langley 604-539-2900 20389 Fraser Highway	Surrey – Cloverdale 604-575-5100 205 - 17700 56 Avenue	White Rock/South Surrey 15476 Vine Avenue 604-542-4000
Chilliwack 604-702-4900 45470 Menholm Road	Maple Ridge 604-476-7000 400 - 22470 Dewdney Trunk Road	Surrey – Guildford 604-587-4750 10233 - 153 Street	
Delta – North 604-507-5400 11245 - 84 Avenue	Mission 604-814-5500 1st Floor 7298 Hurd Street	Surrey – Newton 604-592-2000 200 - 7337 137 Street	

www.fraserhealth.ca

This information does not replace the advice given to you by your health care provider.