

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



国語風 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).

Eve 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

www.fraserhealth.ca

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

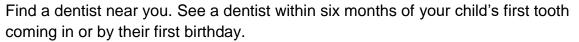
Looking after your child's teeth and gums



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







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.





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



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

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