

# Well Child Program



**Hanover  
Family Health Team  
(F.H.T.)**

Your **Hanover F.H.T.** is pleased to offer a pre-school **Well Child Check-up** for all 3 year olds. This check-up focuses on the growth and development of your child prior to entering school.

Our evidence based program has been developed by our Nurse Practitioner, Registered Dietitian, Occupational Therapist and Registered Nurse and is supported by your family physician.

**What to Expect During This 1 Hour Visit  
Our Registered Nurse will:**

- ✓ Check your child's **weight and height**, calculate body mass index (BMI), and plot the measurements on growth charts.
- ✓ Check your child's **blood pressure and vision**, if your child is able to cooperate.
- ✓ **Update immunizations.** Immunizations can protect kids from serious childhood illnesses, so it's important that your child receive them on time. **Please bring your child's Immunization Record with you to this appointment.**
- ✓ **Ask questions, address concerns, and offer guidance** about how your child is:  
**Eating:** Growth is slow and steady during the preschool years. The *Eating Well with Canada's Food Guide* recommends offering three meals and two nutritious snacks a day. Even if your child is a picky eater, keep offering a variety of healthy foods.

- ✓ Give you a package outlining various resources in our area for you and your child. **This package includes a passport for the Hanover Drop-In Gymnastics Club.**

**Our Nurse Practitioner will ask questions, address concerns, and offer guidance** about how your child is:

- ✓ **Toileting:** Your preschooler may be potty trained or using the potty during the day. Even so, it is common for kids this age to have an occasional accident during the day and still need a diaper at night. If your child has not yet shown the signs of being ready to potty train, tell your doctor. Also let the doctor know if your child is constipated, has diarrhea, seems to be "holding it," or was potty trained but is now having problems.
- ✓ **Sleeping:** Preschoolers generally sleep about 11-12 hours a day. Most children this age still take a nap during the day.

**Developing:** By 3 years, it's common for many kids to:

- string three or more words together to form short sentences
- be understood most of the time when they speak
- pedal a tricycle
- walk up stairs alternating feet
- copy a circle
- dress and undress with a little help

- play make-believe
- take turns while playing
- ✓ **Perform a physical exam** with your child undressed. This will include an eye exam, teeth exam, listening to the heart and lungs, and paying attention to speech and language development.
- ✓ **Order tests.** Our Nurse Practitioner may assess your child's risk for anemia, high cholesterol, and tuberculosis and order tests, if needed.

**For questions or to book your appointments please contact:**

**HANOVER FAMILY HEALTH TEAM  
90 7<sup>th</sup> AVE.  
HANOVER, ON  
N4N 1N1  
8:30 AM – 4:30 PM**

**519-506-4348 (HFHT)  
Toll free: 1-855-677-4348**