

'CHECK IT OUT' Drop-ins

Come and check out your child's development

Dear Parents/Guardians,

'Check it out' is a **free** service where you can speak to people who have a lot of information about children 0 to 6 years of age. You can:

- ask questions about how your child is growing and developing and find out if they are on track
- talk with a public health nurse, registered early childhood resource teacher, speech and language pathologist and/or a registered early childhood educator
- drop in without an appointment

At the 'Check it Out' drop-ins you will have the chance to ask about:

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| <input type="checkbox"/> Growth | <input type="checkbox"/> Eating | <input type="checkbox"/> Speech & Language |
| <input type="checkbox"/> Behaviour | <input type="checkbox"/> Sleep Habits or Routine | <input type="checkbox"/> Crying or Soothability |
| <input type="checkbox"/> Attachment | <input type="checkbox"/> Development | <input type="checkbox"/> Health |
| <input type="checkbox"/> How to cope with stress and other challenges | ...and more! | |

When you are at the 'Check It Out' drop-in, the staff will ask you if they can let your family doctor know about what you talked about and what was suggested to you. By saying yes we can work together to help your child be as healthy as they can be.

If you are not able to go to any of the 'Check it Out' drop-in times or locations you may decide to have a "designate" like a caregiver or grandparent go and ask questions on your behalf. You can ask your doctor's office for a copy of this consent or "designate" form.

For more information about the Check It Out drop in or to find times and/or locations- please contact the Early Years Information Line at 905-524-4884