

November – Vision, hearing and dental screenings and youth clinics

Article for website or newsletter:

Make dental, hearing and vision checks part of a healthy routine

It's important for your child to have regular eye exams and routine dental checkups. This can help find issues early and lead to better outcomes. It is also important to recognize any hearing loss early as this is essential for speech and language development.

Dental

Tooth decay and other oral health concerns are the most common preventable chronic diseases in children. Establishing good oral hygiene habits early and ensuring regular dental checkups are essential for your child's oral health.

To find a local dentist who is accepting new patients, visit the BC Dental Association's [Find a Dentist database](#).

If your family is experiencing financial challenges and doesn't have extended health coverage, there are [programs](#) available to help make dental care more accessible. You can also reach out to the dental program at your local public health unit at [Dental Care - Fraser Health](#) to learn about community resources and support.

Vision

[BC Doctors of Optometry](#) (BCDO) recommends children receive their first eye exam when they are six to nine months old, with a follow up exam at least once between the ages of two and five, and then yearly once they enter school. You can find an optometrist accepting new patients near you on [BCDO's website](#). In B.C., one basic eye exam per year is free up to the age of 18. Some optometrists may charge a user fee of about \$35-50 per visit, so be sure to ask about any fees before you make an appointment. Find more information on BCDO's [Children's Resources](#) page.

Hearing

Good hearing is essential for speech and language development and plays an important part in a child's social and emotional growth. It is important to recognize hearing loss early and seek out testing and treatment if needed. Fraser Health's Public Health community audiologists provide free hearing services for children from birth to 19 years of age. If you have a concern about your child's hearing, referrals can be made by a parent or caregiver, a health care provider or education professional to your [local public health audiology \(hearing\) clinic](#).

Find more information on child health screenings and how to access free vision, hearing and dental exams on [Fraser Health's website](#).

Youth clinics

Let your teen know about our youth clinics. Located throughout the Fraser Health region, these clinics offer free and confidential sexual health care to youth, with age eligibility varying by site and service. Learn more about the services available at youth clinics [here](#).

November social media posts:

Facebook

Don't skip the basics – your child's quick check-up today can mean a healthier tomorrow 🔗 ✨

Routine health screenings like dental check ups and eye exams help catch issues early and support their development. 🌱

Comment on post:

📄 Learn when and how to access these services on Fraser Health's website: <https://ow.ly/oK9z50PegZB>

X

Don't skip the basics – your child's quick check-up today can mean a healthier tomorrow 🔗 ✨

Regular dental and vision screenings support their development 🌱

Reply to post:

📄 Learn more on Fraser Health's website: <https://ow.ly/oK9z50PegZB>

Instagram

Post:

Don't skip the basics – your child's check-up today can mean a healthier tomorrow 🔗 ✨

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📄 Click the link in bio to learn when and how to access these services.

Add this link to bio: <https://ow.ly/oK9z50PegZB>

Story:

Don't skip the basics – your child's quick check-up today can mean a healthier tomorrow 🔗 ✨

Learn more about child health screenings [Link sticker to: <https://ow.ly/oK9z50PegZB>]

Image to use with article or social media posts:

