

# Invitation to 3 year old Health Checkup

Your child is now three years old and we hope he/she is doing well.

Around the age of three years is the most important period in terms of body and mind development.

Imabari City provides comprehensive health checkups and health counseling such as physical and mental development, dental examinations and internal medicine examinations in the hope of children's healthy growth.

We will conduct a health checkup for 3-year-old children as follows. We would like to ask you to fill out the enclosed questionnaire and come to the checkup.



Content	<input type="checkbox"/> Reception <input type="checkbox"/> Counseling for raising a child <input type="checkbox"/> Eye examination <input type="checkbox"/> Counseling of child's dietary <input type="checkbox"/> Child measurement <input type="checkbox"/> Counseling of child's teeth <input type="checkbox"/> Medical checkup <input type="checkbox"/> Counseling for words and development <input type="checkbox"/> Dental checkup    * Please brush your child's teeth at home on Health checkup day
What to bring	Maternal and child health handbook(Boshi techo) 3 year old Health Checkup questionnaire                  1 bath towel

- \* Please contact us in advance if your child needs consideration.
- \* Please refrain from coming to the checkup if you are not feeling well.
- \* Please make sure to let us know if the date above is inconvenient for you.

We will invite you for different date.

If you don't come to the checkup, the health outreach worker will visit you and ask you about your child.



6-1 Minamihorai-cho 1-Chome, Imabari City  
 Imabari City Central Health Center  
 0898-36-1533

- \* Parking space is limited. If the parking lot is full, please use the paid parking lot nearby.

# About a visual and hearing examination



Please follow the enclosed examination form to conduct a visual and hearing examination before the day of the checkup and fill in the results on the pink questionnaire form.

## Children's Eyes

Children's eye function continues to develop from birth and almost finishes developing by the age of 6. However, strong refractive error (long sight, short sight, astigmatism) or strabismus may delay eye development and prevent good vision.

## Children's Ears

Ears play a very important role in the development of language and intelligence in children. Especially in recent years, otitis media, which causes hearing loss without pain, is increasing.

## About eye examination (eye refractive and alignment)

(Examination is conducted at the venue on the day of the checkup.)

We use a refractive instrument to determine the refraction angle required for the eye to focus.

The examination takes about one minute. This is an examination in which your child faces the instrument and pictures of the eyes are taken.

This examination can reveal the causes that prevent vision development and reduce the number of missed abnormalities.

The instrument used in the checkup can also examine large-angle strabismus. (It cannot examine small-angle strabismus or intermittent strabismus.)

Please note that measurements are subject to have some errors or limitations.

**\* This examination cannot evaluate visual acuity itself.**

**Please follow the enclosed examination form to conduct a visual and hearing examination at home before the day of the checkup.**

These abnormalities need to be detected early and receive the proper treatment and guidance from a young age.

Therefore, please conduct a visual and hearing examination at home to determine how well your child's eyes and ears work.

