

The Kenora Family Connection (KFC)



An active community partnership since 1986 working together to identify and address the needs of prenatal and parenting families in the Kenora area.

Coalition meets monthly. Everyone is welcome.

For information contact: Sue at 468-9207 or Donna at 468-6729

Spring/Summer 2008

KFC Community Partners include:

Parents

Anishinaabe Abinoojii Family Services
Aboriginal Head Start
Addictions Services Kenora
Canada Prenatal Nutrition Program (CPNP)
Infant Development Program (IDP/KACL)
Integrated Services Northwest (ISN)
First Nations & Inuit Health
Keewatin Patricia District School Board
Wassay·Gezhig Na·Nahn·Dah·We·Igamiig
Kenora Anishinaabe-Kweg - Brighter Futures
Kenora Health Providers
Kenora Metis Council
Kenora Midwives
Kenora Patricia Child & Family Services
Lake of the Woods Child Development Centre (CDC)
Lake of the Woods District Hospital
NeChee Friendship Centre
Northwestern Health Unit Healthy Babies Healthy Children (HBHC)
Ontario Early Years
Ontario Works
Parents Attending Secondary School (PASS)
Saakaate House

Folic Acid: Folic acid is a B vitamin. It is important during the early weeks of pregnancy for the healthy development of a baby's spine, brain and skull. To reach your daily intake of folic acid, you must take a daily multivitamin that contains a minimum of 0.4mg of folic acid. Taking a vitamin does not reduce or replace the need for eating a healthy, well-balanced diet based on Canada's Food Guide to Healthy Eating.

Good food sources of folic acid:

Oranges, orange juice, eggs, baked beans, chickpeas, spinach, peas, broccoli, corn, peanuts, romaine lettuce, & peanut butter.

Is there a baby in your future? Plan for it...

As well as ensuring an adequate intake of folic acid, there are several other steps that you can take to prepare for pregnancy. For more information about planning a healthy pregnancy contact:

The Northwestern Health Unit
Reproductive Health Program
469-4948.



LIFE WITH A NEW BABY IS NOT ALWAYS WHAT YOU EXPECT

Are you feeling sad, empty, anxious, tearful, or not enjoying things like you used to? Have you had changes in your appetite, ability to sleep, or scary thoughts of hurting yourself or others?

Postpartum mood disorders are real.
There is help. There is hope.

Seeking help for Postpartum Depression is not a sign of weakness, but a sign of strength and bravery. Many women do not want to tell others what they are going through, or feel ashamed for feeling the way they do.

If you think you may be experiencing Postpartum Depression, talk to your doctor.
Remember, you are not alone!

We would like your input; what supports would be or have been helpful for yourself or a family member who experienced postpartum depression? Please call Donna or Sue at 468-4948.

Paint a Healthy Smile with Fluoride Varnish

Help your child prevent needless dental pain and suffering. Applying fluoride varnish to a child's teeth as well as good nutrition and proper brushing have been shown to be effective in reducing tooth decay.

Getting fluoride varnish is simple and takes about one minute. It strengthens the teeth by making them harder.

The teeth are wiped dry and the varnish is painted on. It can be applied as soon as teeth appear and on children up to six years old. To be effective, it should be applied at least twice a year

Think about your child's teeth!
Call the Northwestern Health Unit Preventive Dental Services toll free at 1-800-830-5978 or visit www.nwhu.on.ca

Preterm Labour

A normal "term" pregnancy lasts 37-42 weeks. Preterm labour may lead to baby being born too early and too small.

A pregnant woman who has **any** of the signs of preterm labour should **Go to the Hospital** for prompt medical attention.

Signs of Preterm Labour

- Bad cramps or stomach pains that don't go away.
- Bleeding, trickle or gush of fluid from your vagina.
- Lower back pain/pressure, or a change in lower backache.
- A feeling that the baby is pushing down.
- Contractions, or a change in the strength or number of them.
- Fever, chills, dizziness, vomiting, bad headache, blurry vision or spots before your eyes.
- Significant change in your baby's movement.

Sun Safety Tips



Children learn by example. They follow their parents' actions in day-to-day living.

Be a positive role model for your children by following the saying, "*practice what you preach.*"

Before heading outside, remember the following tips:

- Cover up with long sleeves & long pants.
- Wear a wide brimmed hat that provides shade to the face & back of the neck.
- Seek shade or limit time spent in the sun between 11 a.m. and 4 p.m.
- Apply a sunscreen of SPF 15 or more, 30 minutes before heading outside
- **DO NOT** apply sunscreen on babies less than 6 months old.
- Wear 100% UV protected sunglasses.

TELEHEALTH ONTARIO
1-866-797-0000

KIDS HELP PHONE LINE
1-800-668-6868

EatRight Ontario
1-877-510-510-2

NORTH WORDS

Do you know what your child should be saying?

To find out more about speech and hearing call:
1-877-553-7122

CAR SEAT SAFETY

KARS (Kenora Area Road Safety) will be offering car seat inspection clinics throughout the year. Watch the newspaper for the next clinic date and location!

For information regarding car seat inspection clinics contact:
Melanie Georgiou at The Co-operators at 468-5588

IT's M.O.M.S. CALL! Moms Offering Moms Support

- **Confidential** mother-to-mother **support** for pregnant women planning to breastfeed, or new mothers who are breastfeeding.
- Mothers who breastfed have volunteered to become breastfeeding peer mentors.
- **FREE** support offered over the telephone!

For additional information or to register call your local Northwestern Health Unit HBHC Program
468-4948



Have Your Child Immunized

For a copy of the revised schedule contact the Northwestern Health Unit.

Infant Immunization is available at the HBHC office in Market Square on Tuesdays **by appointment only.**
For information or to schedule an appointment call 468-9207.