



Atikokan, The Next Generation

A Community Coalition – Atikokan, Ontario

Atikokan, The Next Generation. A Child Health Coalition. Meets Monthly. Everyone is Welcome. For more Information Contact Eva Shields at 597-6871



Telehealth Ontario

1-866-797-0000

Parent Helpline

1-888-603-9100

Kids Helpline

1-800-668-6868

Poison Control

1-800-268-9017

Motherisk

416-813-6780

Smokers Helpline

1-877-513-5333

EatRight Ontario

1-877-510-5102

The Healthy Babies, Healthy Children's Program

Supports parents of children ages 0-6 to ensure their children reach all their developmental milestones. For more information call the NWHU at 597-6871

Infant Immunization

Is available at the NWHU **by appointment only.**

For more information or to schedule an appointment call: 597-6871



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:

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



In-Line Skating and Skateboarding

During the spring and summer, we all want to spend more time outside! In-line skating (roller blading) and skateboarding are popular activities and can be a lot of fun. Be smart; keep your child safe by following these tips:

- **Always wear a helmet**
- **Replace helmet every 2-3 years, or after a major bump or impact.**
- **Make sure all equipment is in good condition and fits well.**
- **Always supervise young children.**
- **Wrist guards help prevent broken bones and cuts and scrapes.**
- **Choose a safe location with a smooth surface away from cars.**
- **Teach your child how to stop and control their speed. They need to stay alert, watching for cars, other people, and hazards such as rocks or bumps.**





IT'S M.O.M.S. CALL!

Moms Offering Moms Support

- Provides **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 more information or to register, call the NWHU at 597-6871**

PRENATAL CLASSES SPRING AND SUMMER SESSION

For more information or to register call the NWHU at (807)-597-6871



Northwords

To access speech and language services or for referral to a speech language pathologist call:

Toll-Free-1-877-533-7122



Postpartum Depression

Studies show that about 13% of women experience Postpartum Depression in the first year after they deliver baby.

Symptoms may include:

- Anxiety.
- Feeling low, sad, or empty.
- Loss of interest in activities.
- Tearfulness, crying more than usual.
- Changes in appetite or sleep patterns.
- Scary thoughts of hurting themselves or their baby.
- Fatigue.
- Decreased concentration.

Postpartum Depression is different from the "Baby Blues", which up to 75% of women experience in the first week or two after having a baby. Baby Blues are less severe than Postpartum Depression, and resolve without any treatment. Women with the Baby Blues often feel happy one minute, then start to cry the next. They may also find it hard to sleep, or have a decrease in appetite. These symptoms usually resolve after a few days.

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!

Substance Abuse & Pregnancy Workshop

Will be taking place at the NWHU in Dryden.

April 9, 2008

For more information or to register contact the NWHU at 597-6871.

Preventive Dental Services

The Northwestern Health Unit offers a number of dental program services that benefit families and children. Please contact the Health Unit for further information on any of our Free services. **597-6871**

CINOT- Children in Need of Treatment Program is a funded program that will pay for dental treatment for children whose teeth are in need of urgent care. This program applies to preschool up to grade 8. This is not a dental plan. CINOT provides for one series of treatment based on referral. If another problem occurs children must qualify again.

Dental Preventive Programs

Children attending school are part of annual *school dental screenings*. Parents of pre-school children are welcome to have their children screened during these scheduled visits if they are concerned about any dental issues.

Fluoride Varnish

Strengthens the teeth by making them harder and more able to resist decay. It takes a few minutes and should be applied two times per year.

