



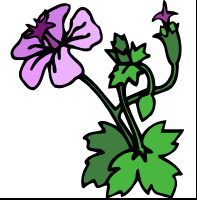
# Reproductive Health Network

A Red Lake/Ear Falls Coalition

Spring/Summer 2008



The Red Lake and area Reproductive Health Network meets every 2-3 months. We are always looking for new members. Everyone is Welcome. For more information contact the Northwestern Health Unit at 727-2626 or 222-3098.



"The Reproductive Health Network addresses gaps in service for expectant parents and parents of young children".



### 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 won'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.

### 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 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 | Peas          |
| Spinach   | Broccoli      |
| Corn      | Romaine       |
| Peanuts   | Peanut butter |
|           | Lettuce       |

### IT'S MOM'S CALL

**Mom's Offering Mom's Support-**  
A new look for the breastfeeding support program.

We match a prospective new mother who wishes to breastfeed her baby with a caring volunteer who has breastfeeding experience and training.

This program is available in Ear Falls and Red Lake. Contact your local Health Unit Office.

**Ear Falls – 222-3098**  
**Red Lake – 727-2626**

**Infant Immunization Is available at the Northwestern Health Unit Offices by appointment only.**

**Red Lake – 727-2626**  
**Ear Falls – 222-3098**



The routine schedule for children beginning immunization in early infancy is as follows:

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- 2-months: Pentacel +Pevnar**
  - 4 months: Pentacel +Pevnar**
  - 6 months: Pentacel +Pevnar**
  - 12 months: MMR#1 + Menjugate**
  - 15 month: Varicella +Pevnar**
  - 18 months: Pentacel +MMR#2**
  - 4-6 years: Quadracel Booster**
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### RHN Community Partners include:

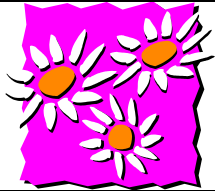
- Red Lake Indian Friendship Center
  - Healthy Starts
  - Community Counselling & Addictions Services
  - Northern Chiefs
  - Ontario Early Years Center
  - Patricia Center for Children & Youth
  - Northwestern Health Unit
  - Red Lake Hospital
  - Red Lake Diabetes Program
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**Where can you drop in and weigh your baby?**

**At Northwestern Health Unit in:**

<b>Red Lake</b>	<b>Ear Falls</b>
<b>2 Discovery Road N.</b>	<b>25 Spruce Street</b>
<b>727-2626</b>	<b>222-3098</b>





**Never Leave Children Unattended In Or Around Vehicles... Not Even For Just A Minute!**

Many Caring and responsible parents have left their children alone in a car, not realizing the risks involved. Some parents think it is okay to leave a child alone in a car while they run to an ATM, quickly drop off dry cleaning or while dropping off another child at school. The results of leaving a child unattended in or around a vehicle can be deadly.

- The temperature inside the car can reach deadly levels in minutes
- Children can set the vehicle in motion
- Your child can be abducted
- Drivers have difficulty seeing small children when they back up

**Remember...**

A car is not a toy!

A car is not a playground!

**And...**

A car is certainly not a babysitter!

For more information, visit the KIDS AND CARS Web site at:

[www.kidsandcars.org.or](http://www.kidsandcars.org.or) contact Kids and Cars, 2913 West 113<sup>th</sup> Street, Leawood, KS, 66211



**Local Breast Pumps**

The RHN breast pumps are stored at the Northwestern Health Unit in Red Lake. For assistance contact a Public Health Nurse at **727-2626**. The Healthy Starts Program also lends out Manual Breast pumps at **727-2165**. Breast pumps are available to Ear Falls residents at the Northwestern Health Unit in Ear Falls. For assistance contact a Public Health Nurse at **222-3098**.

**Sticky Business!**

Sweet snacks and drinks all cause acid to form in your child's mouth. This acid remains in their mouth for up to 20 minutes and can lead to tooth decay.

**You can help by following these simple steps:**

- Limit sweet treats or drinks to meal or snack times.
- Help or remind children to brush for two minutes in the morning and before bed.
- Encourage children to rinse their teeth with water when they can't brush.
- Reward children with a hug, a sticker, or special activity instead of sweets.
- Choose healthy snacks, drink water often, and be a good example to them.

For the best dental health, bring your child to a dental professional by age one.

**Fun in the Sun Activities**

**Take your kids outside for some creative and hilarious fun in the sun!**

**Bubble Art!** Take bubble mix, pour some into a cup and add a few drops of food coloring. Blow rainbow bubbles into the air, and try to catch them with a white sheet of paper! After the paper dries, use crayons and/or markers to finish your masterpiece!

**Ready Aim Squirt!** It's target practice time, got your squirt bottles ready? To play this game, label each of several plastic cups with a different number, letter or word. Have the children sit side by side on the ground. Ask each child to balance a cup on their heads with the labelled side aligned with their back. Then give another child the squirter! Call out a letter, number or word, and see how long it takes the "squirter" to knock the designated cup off the child's head.

**Telehealth Ontario  
1-866-797-0000**

Toll-free health information line 24 hours, 7 days a week

**Kids Help Phone Line  
1-800-668-6868**

Toll-free 24 hour help line

**Smokers Helpline**

Toll Free **1-877-513-5333** or contact your local Northwestern Health Unit

**Motherisk**

**1-800-267-1373 or 416-813-6780**

Provides information for women about the use of different products, chemicals, drugs, herbs, and environmental / workplace hazards.

**Nausea and Vomiting During Pregnancy**

**1-800-436-8477**

Monday – Friday: 9 a.m.-5 p.m.

**Alcohol and Drug Use During Pregnancy**

**1-877-327-4636**

Monday – Friday: 9:a.m.-8p.m.

**HIV/ Aids and Pregnancy**

**1-888-246-5840**

Monday – Friday: 9 a.m.-5 p.m.

**Lactation Consultants**

**1-204-787-1166**

Service is FREE

**Developmental Assessments**

Are you concerned about your child's development? The Patricia Center for Children and Youth provide developmental assessments for children ages 0 to 6 years. Call **727-2165**

**North Words**

For access to speech and language services, infant/child hearing tests or referral to a Speech-Language Pathologist contact

**NORTH WORDS**

Toll-free **1-877-553-7122**

**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 Northwestern Health Unit

**Red Lake 727-2626  
Ear Falls 222-3098**