



New Generation Network

A Community Coalition—Dryden, Vermilion Bay, & Ignace, Ontario

The Dryden and Area New Generation Network meets every 1-2 months to identify and address needs of families in the community.

Everyone is welcome.

For more information, contact Kathy at (807) 223-3301, or Twyla at (807) 934-2236.

Our Mission.

The Dryden and Area New Generation Network meets to identify and address the needs of families in Dryden, Vermilion Bay, and Ignace.

This coalition reflects interests from preconception through to sexual health, prenatal, infant development and parenting issues.

If you have an idea for a new service or way of improving a service, we want to hear from you.

For more information, contact:
- Kathy (807) 223-3301, or
- Twyla (807) 934-2236.

Children and second-hand smoke

Did you know that...

Second-hand smoke is more harmful to children than adults because they breathe faster and their lungs are smaller.

Children who live in a smoke-free home are less likely to suffer from:

- bronchitis or pneumonia,
- ear infections,
- asthma attacks,
- sudden infant death syndrome (SIDS).



Second-hand smoke is more dangerous than directly inhaled smoke. Second-hand smoke releases the same 4,000 chemicals as directly inhaled smoke, but in even greater quantities.

For further information on tips to make your home and vehicle smoke-free, contact your local Northwestern Health Unit office.

Folic Acid

Folic Acid is a B vitamin needed for healthy development of baby's spine, brain and skull. Women are recommended to take this as a supplement at least 3 months before coming pregnant, as well as eat a diet rich in folic acid foods. These foods include leafy green vegetables, dried peas, beans, orange juice and whole grain breads and cereals.

For more information on folic acid ask your family doctor or contact the Northwestern Health Unit.



TIP: Vision Recommendations for Children

Children need their eyes examined at 6 months, 3 years, before starting school then every 12 to 24 months.

**Healthy Babies,
Healthy Children**
1-800-465-4377

Telehealth Ontario
(24-hour service)
1-866-797-0000

Kids Help Phone
1-800-668-6868

North Words
1-877-553-7122

Prenatal Classes
Dryden 807-223-3301
Ignace- 807-934-2236



Postpartum Depression

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

Women who are experiencing Postpartum Depression may have a wide range of symptoms including anxiety, feeling low, sad, empty or lonely, loss of interest in activities they used to enjoy, being tearful or crying more than usual, changes in appetite or sleep patterns, scary thoughts of hurting themselves or their baby, fatigue and 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.

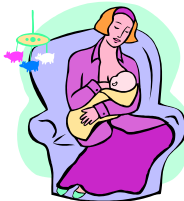
If you think you may be experiencing Postpartum Depression, talk to your doctor. **Remember, you are not alone!**

It's M.O.M.S. Call

Moms Offering Moms Support
Breastfeeding Peer Mentor Program

Provides a free confidential mother-to-mother telephone support to expectant mothers planning to breastfeed, or new mothers who are breastfeeding.

We match prospective new mothers who wish to breastfeed with a caring volunteer who has breastfeeding experience.



The program is available in Dryden and Ignace. Contact your local health unit office.

Preterm Labour

A normal pregnancy lasts 37 to 42 weeks. Preterm labour, or labour that begins before 37 weeks, may lead to preterm birth.

If a pregnant mother experiences any of the following, encourage her to seek prompt medical attention:

- Bad cramps or stomach pains, lower back pain.
- Bleeding or trickling of fluid from the vagina.
- Fever, chills, blurred vision.
- Contractions
- Decreased fetal movements.



Work & Pregnancy DO MIX!



Many women continue to work during pregnancy. Here are some tips that will help you have a healthy pregnancy at work:

- Take breaks often
- Keep healthy snacks handy
- If you stand at work, sit with your feet up when possible
- If you sit at work, move around when you can. Stand up and stretch.
- Stay away from cigarette smoke
- Drink at least 6 glasses of water, milk, or juice every day.
- Find out about chemicals you may be using at work
- Try not to get too tired or too hot

For more information contact the Healthy Babies, Healthy Children program at your local Northwestern Health Unit.

