

Coming Together for Kids Coalition

Spring 2008

Volume 8, Number 1,
Spring 2008

May 2008

Prenatal Classes

For more information about prenatal classes call Anne Marie (Emo) 482-2211 or Miranda (Fort Frances) 274-9827 or Sandra (Rainy River) 852-3268.

Healthy Babies Healthy Children

1-800-465-4377

Telehealth Ontario

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

North Words

1-877-553-7122

Motherisk

1-800-267-1373

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

Community Network for Coming Together for Kids would like you to know...

Our Mission

The Fort Frances and area Coming Together for Kids Coalition aims to provide support to families in the community to attain optimal health.

Meetings are held every 2 months, and are open to anyone interested in attending. For more information or meeting dates, contact Miranda @ 274-9827.



Upcoming Events in the District

EMO:

In Emo, come and join Public Health Nurse Anne Marie Vanderaa for the "Sneakers and Strollers" walking program at the Ontario Early Years Centre parking lot Tuesdays at 10:00 am. Call 482-2211 for more information.

FORT FRANCES:

The Best Start Hub will be offering Infant Massage starting Wednesday May 21st at 10:30 am, as well as Esso Math on Thursdays at 6:00 pm. Call 274-8588 for info.

Starting in June, the Northwestern Health Unit will be starting a Moms and Babes Walking group on Thursday mornings at 10:00. Call 274-9827 for more details.

RAINY RIVER:

The Healthy Living Food Box program is kicking off during the month of May. Partnership program offered by the Clover Valley Farmer's Market and Take Action for Healthy Living program. Drop off money at the Northwestern Health Unit office in Rainy River on the first Thursday of the month and pick up food box on the third Thursday of the month. Food boxes are \$25.

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.
- A significant change in your baby's movement.



*Call the
Northwestern
Health Unit
Healthy Babies
Healthy Children
program toll free
for more
information at
1-800-465-4377.*

Dental Health for Your Children

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



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.

For more information contact your local Northwestern Health Unit or visit www.nwhu.on.ca



Summer Safety Tips

In-line Skating and Skateboarding

Now that summer is here, 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.



For more information contact your local Northwestern Health Unit or visit www.nwhu.on.ca

Breastfeeding and Vitamin D Supplementation

Did you know that vitamin D plays a role in preventing Rickets? Rickets is an illness in babies and young children that causes soft bones. Vitamin D helps bones absorb calcium to make them strong.

Sunlight is the main source of vitamin D. In Northwestern Ontario the amount of sunlight we are exposed to is limited. This is also affected by current sun protection advice.

Health Canada recommends that all breastfed, healthy term infants receive a daily dose of 10 µg (400IU) vitamin D. This should begin at birth and continue until the breastfed infant reaches one year of age.

It's M.O.M.S. Call
Breastfeeding Peer
Mentor Program

Breast Pump Loaning Information

Do you require a breast pump?
Call the United Native Friendship
Centre at 274-3762, the
Gizhewaadiziwin Health Access
Centre at 274-3131, or Pharmasave
at 274-5383 to inquire about
loaning/renting a breast pump.

Moms Offering Moms Support

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

Call the NWHU Healthy Babies Healthy
Children program for more information at
274-9827 or visit our website
www.nwhu.on.ca

Community Partners

Aboriginal Headstart
Couchiching Community Nurse
Country View Child Care
Family & Children's Services
First Nation Inuit Health Branch
Fort Frances Clinic
Fort Frances Public Library
Fort Frances Nursery School
Fort Frances Tribal Area Health
Authority

Gizhewaadiziwin Health Access Centre
Integrated Services Northwest
Northwestern Health Unit
Best Start Hubs: Emo, Fort
Frances, Rainy River, Stratton
Rainy River District Social Services
Administrative Board
Riverside Health Care Facilities Inc.
Sunset Country Metis
United Native Friendship Center

