



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

PRENATAL CLASSES FALL AND WINTER SESSION

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



Folic Acid

Folic Acid is a B vitamin needed for the healthy development of a baby's spine, brain and skull.

Women are recommended to take folic acid as a supplement at least 3 months before becoming pregnant, as well as eat foods rich in folate everyday. These foods include leafy green vegetables, dried peas, beans, orange juice and while grain breads and cereals.

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



Healthy Pregnancy at Work

Are you pregnant or planning a pregnancy?

Be aware of risk factors in the workplace that could affect your health or the health of your unborn baby.

Generally, it is safe for most women to continue working during pregnancy. However, there are some specific risks that can be reduced by planning ahead.

Healthy Pregnancy at Work

- Good health before and during pregnancy is essential
- Make sure you are immunized before becoming pregnant
- Find out about the potential risks in your workplace and seek advice and additional information from your health care provider
- Avoid sitting or standing for long periods of time, change positions often
- Rest and relax with your feet up when you can
- Avoid heavy lifting, pushing, pulling or carrying
- Find out about risks and precautions before using any chemicals
- Try not to get too hot or tired
- Eat well and drink plenty of caffeine free fluids during the day
- Stay away from cigarette smoke
- Wash your hands often

For additional information, call the Northwestern Health Unit, Healthy Babies Healthy Children Program at 597- 6871



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**



Make & Take

Monthly cooking and craft sessions with a focus on healthy affordable eating. Once a month each participant makes the recipe of the month to take home plus a craft or learning activity. This program is an Atikokan, The Next Generation Community Project. Sessions are once a month from 6-8 pm., held at the Rainbow Daycare Centre. Transportation and childcare are provided. There is **no cost** for this program. Interested participants must register in advance as participation is limited.

For more information on our next sessions starting in the fall, contact Tammy Faykes at the Northwestern Health Unit: 597-6871.

KEEP YOUR CHILDREN SAFE. GET THE INFLUENZA VACCINE THIS YEAR!

- The flu virus spreads quickly & easily among children at school and at play.
- The virus is spread through droplets from coughing and sneezing or through contact with contaminated surfaces or object like toys or eating utensils.
- Children are often infected first and then spread the germs to their parents, caregivers and teachers.
- Infants and young children are more at risk for influenza complications resulting in increased emergency room visits and hospitalizations.
- Children under 6 months of age can also get very sick from influenza, but they are too young to get the vaccine. The best way to protect these young children is to make sure that their household members and caregivers are immunized against influenza.

For more information about the flu vaccine and scheduled clinics please contact the Northwestern Health Unit at 807-597-6871



HEALTHY FOOD BOX



HOW DOES IT WORK?

You order and pay for your Healthy Food Box on the first Thursday of each month at the Northwestern Health Unit office. You will receive a receipt that tells you where to pick up your box on the third Thursday of the month.

Cost

Each Food Box is \$25.00. In addition, a one time cost of \$5.00 is required as a box deposit. This is refunded when the box is returned.

How can a food box help me?

The Healthy Food Box can help you to include more fruits and vegetables in your diet. These foods help to promote health and prevent disease.

Can anyone take part?

Yes! The food box is great for anyone wanting to eat healthier. It is ideal for people who find it difficult to eat enough vegetables and fruit or to get out and grocery shop. It can be useful for people trying to stick to a monthly budget.

Can I decide what is in my Food Box?

No, all boxes are the same. The contents can change each month depending on what is in season. Recipes are provided.

GIVE IT A TRY!

This program is brought to you in partnership with the Clover Valley Farmers' Market and Atikokan, The Next Generation Coalition.