

Fall 2008



# 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.

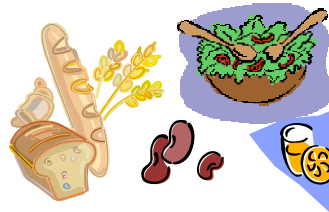
For more information, contact:  
- Kathy (807) 223-3301, or  
- Twyla (807) 934-2236.

## Folic Acid... *It's Never too Early*

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

It is recommended that women take folic acid as a supplement at least 3 months before becoming pregnant, while eating foods rich in folate everyday. 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.

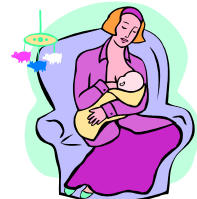


## Moms Offering Moms Support Breastfeeding Peer Mentor Program

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.



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-Kathy Bryck 807-223-3301  
Ignace-Twyla Berube 807-934-2236

## Celebrate World Breastfeeding Week!

October 1—7, 2008

Contact your local health unit office for more information on events in your community.



## ***Get vaccinated this Flu Season: Protect Yourself and Your Children***

All individuals aged 6 months of age or older who live, work, or attend school in Ontario are eligible to receive the publicly-funded influenza vaccine.

Influenza or “the flu” is a serious, acute respiratory illness caused by a virus. Some people can become very ill and develop complications, and require hospitalization.

The influenza virus spreads quickly and easily especially between children



at school or at play. The virus is spread through droplets when an infected person coughs, sneezes, or speaks. The virus can also be spread through contact with contaminated surfaces or objects like toys.

In addition to getting the flu shot, wash your hands often and cover your mouth when coughing or sneezing.

**For more information about the flu shot or to find out about flu shot clinics in your community, contact your local Northwestern Health Unit.**

## ***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, Health Children program at your local Northwestern Health Unit.*



## ***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 only takes a few minutes. The teeth are wiped dry and the varnish is painted on.

Fluoride varnish works by strengthening the teeth, making them harder and more resistant to decay. 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 Preventative Dental Services toll-free at 1-800-830-5978, visit [www.nwhu.on.ca](http://www.nwhu.on.ca) or contact your local Northwestern Health Unit