

Coming Together for Kids Coalition

Fall 2008

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Prenatal Classes

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

Integrated Services

Northwest
274-9797

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:

September programs at the Best Start Hub: Mondays from 10-11am will be Mothergoose for newborns to age 2. Tuesdays from 10-12am will be story hour and from 1-3pm will be arts & crafts.

Wednesdays is Getting Back to Nature from 10-12am and Science Experiments from 1-3pm. Thursdays is Kids Craft Club from 3:30-4:30pm as well as Kids in The Kitchen from 5-6:30pm. Fridays is Play Group from 10-12am.

FORT FRANCES:

The Best Start Hub will be offering Infant Massage starting Wednesday September 10th at 10:30 am, as well as How to Talk so Kids will Listen Thursdays at 6:00 pm and Alphabet Soup will be starting Tuesday September 9th at 10:00am. Call 274-8588 for info.

Mommy and Me Yoga will be starting October 8th, at 10:00am at 335 Scott Street. Sessions will be for 6 weeks and the cost is \$12. Contact Becky for more information or to register @ 274-9827.

Folic Acid For You!

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 foliate 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.

Good Food Sources of Folic Acid

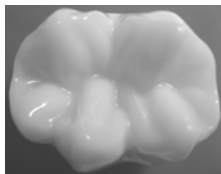
Asparagus	Broccoli	Beets	Bean sprouts	Oranges
Brussel sprouts	Cauliflower	Peas	Romaine lettuce	Eggs
Spinach	Corn	Bran	Tomato juice	Lentils
Peanut butter	Chickpeas	Avocado	Baked beans	Melon



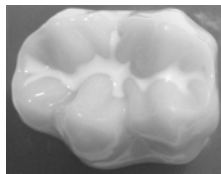
Dental Sealants... "Get in the Groove!"

Dental Sealants:

- are plastic coatings that are applied to deep pits and grooves in the teeth
- are quick and easy to apply
- make teeth easier to clean
- help protect teeth from decay along with proper brushing, flossing, eating healthy foods and regular dental visits



Tooth Before Sealant



Tooth After Sealant

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



Back to School Lunch Ideas

Packed lunches should include healthy snacks that will make an important contribution to a balanced diet. Children need food several times a day to provide the energy and nutrients their growing bodies need.

Tips:

- Include surprises such as new fruit juice, sandwiches cut in shapes, a love note, a cartoon, a joke or riddle.
- To keep the sandwich cool, either freeze it overnight (it will be thawed by noon!) or freeze the juice or yogurt.

Lunch ideas:

Apple sauce	Egg	Yogurt	Dill pickles	Soup
Bagel	Pudding	Fruit	Popcorn	Sandwich
Banana	Peanut Butter	Vegetables	Bran muffin	Cheese
Cereal	Pizza	Crackers	Milk	Oatmeal cookies



Halloween Safety Tips

Halloween is a great time for children. However, all the excitement can cause them to forget safety rules, particularly when trick or treating. The tips below will help you to keep your kids safe during this fun time.

- Children under nine years of age should be supervised by an adult when trick or treating.
- Children should stay in well lit areas and should only visit homes that have their outside lights turned on. Children should not go inside homes.
- Tell your children to bring their treats home before eating them. Before your children eat their candy, make sure you inspect it. Throw out any treats that are not wrapped, those in torn or open packages, or any that have small holes in the wrappers. Remember that small hard candies are a choking hazard for children under three years old.
- Try to buy or make costumes in a light-coloured material. Otherwise, place strips of reflective tape on the front and back of the costume so that motorists will spot your children.





Celebrate World Breastfeeding Week

October 1-7, 2008



Breastfeeding, A Golden Start!

This year's theme was developed with the 2008 Beijing Olympics in mind. It encourages mothers to give their children a "golden start" by breastfeeding. Give your future medalist a healthy start by feeding only breast milk for the first 6 months. At 6 months baby is ready to start solid food, and can continue to breastfeed for 2 years and beyond.

Support a mother to provide a golden start for her child! With breastfeeding, everyone wins! For more information look for posters around your community or check out the Northwestern Health Unit website at www.nwhu.on.ca

**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

