



# Reproductive Health Network

A Red Lake/Ear Falls Coalition

Fall/Winter 2008



The Red Lake and area Reproductive Health Network meets every 2-3 months. We are always looking for new members. Everyone is Welcome. For more information contact the Northwestern Health Unit at 727-2626 or 222-3098.



"The Reproductive Health Network addresses gaps in service for expectant parents and parents of young children".

### 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 won'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.

**Significant change in your baby's movement.**

### Folic Acid

"Any woman who could become pregnant should be taking a folic acid supplement and eating foods rich in folic acid everyday."

Folic acid is a B Vitamin. It is important during the early weeks of pregnancy for the healthy development of a baby's spine, brain and skull. To reach your daily intake of folic acid, you must take a multivitamin that contains a minimum of 0.4mg of folic acid. Taking a vitamin does not reduce or replace the need for eating a healthy, well-balanced diet based on Canada's Food Guide to Healthy Eating.

### Good food sources of folic acid:

Oranges	Orange Juice
Eggs	Baked Beans
Chickpeas	Peas
Spinach	Broccoli
Corn	Romaine
Peanuts	Peanut butter
	Lettuce

### IT'S MOM'S CALL

**Mom's Offering Mom's Support-**  
A new look for the breastfeeding support program.

We match a prospective new mother who wishes to breastfeed her baby with a caring volunteer who has breastfeeding experience and training.

This program is available in Ear Falls and Red Lake. Contact your local Health Unit Office.

Ear Falls – 222-3098  
Red Lake – 727-2626

**Infant Immunization Is available at the Northwestern Health Unit Offices**

**by appointment only.**  
Red Lake – 727-2626  
Ear Falls – 222-3098



**The routine schedule for children beginning immunization in early infancy is as follows:**

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- 2-months: Pentacel +Pevnar**
  - 4 months: Pentacel +Pevnar**
  - 6 months: Pentacel +Pevnar**
  - 12 months: MMR#1 + Menjugate**
  - 15 month: Varicella +Pevnar**
  - 18 months: Pentacel +MMR#2**
  - 4-6 years: Quadracel Booster**
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### RHN Community Partners include:

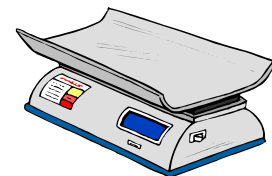
- Red Lake Indian Friendship Center
  - Healthy Starts
  - Community Counseling & Addictions
  - Northern Chiefs
  - Ontario Early Years Center
  - Patricia Center for Children & Youth
  - Northwestern Health Unit
  - Red Lake Hospital
  - Red Lake Diabetic
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**Where can you drop in and weigh your baby?**

**At Northwestern Health Unit in:**

**Red Lake**  
**2 Discovery Road N.**  
**727-2626**

**Ear Falls**  
**25 Spruce Street**  
**222-3098**





**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.



**Local Breast Pumps**

The RHN breast pumps are stored at the Northwestern Health Unit in the Red Lake and Ear Falls offices. For assistance contact a Public Health Nurse at **727-2626 or 222-3098**.

The Healthy Starts Program has Manual Breast pumps available contact **727-2165**.

The Red Lake Indian Friendship Centre has breast pumps available contact **727-2847**.

**TIP: Vision Recommendations for Children**

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

**Work and Pregnancy do mix...**

Be aware of potential hazards in your work place. Know what you can do to reduce the risks.

**Before Pregnancy**

By planning ahead you can avoid putting your baby at risk.

Be as healthy as possible before you try to get pregnant.

Ask about possible risks at work and home.

**During Pregnancy**

Take breaks often.

Keep healthy snacks handy.

If you stand at work, sit with your feet up when possible.

If you sit at work, stand, stretch, and move around when you can.

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 additional information contact your local Northwestern Health Unit.

**Telehealth Ontario  
1-866-797-0000**

Toll-free health information line 24 hours, 7 days a week

**Kids Help Phone Line  
1-800-668-6868**

Toll-free 24 hour help line

**Smokers Helpline**

Toll Free **1-877-513-5333** or contact your local Northwestern Health Unit

**Motherisk**

**1-800-267-1373 or 416-813-6780**

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

**Nausea and Vomiting During Pregnancy  
1-800-436-8477**

Monday – Friday: 9 a.m.-5 p.m.

**Alcohol and Drug Use During Pregnancy  
1-877-327-4636**

Monday – Friday: 9 a.m.-8p.m.

**HIV/ Aids and Pregnancy  
1-888-246-5840**

Monday – Friday: 9 a.m.-5 p.m.

**Lactation Consultants  
1-204-787-1166**

Service is FREE

**Developmental Assessments**

Are you concerned about your child's development? The Patricia Center for Children and Youth provide developmental assessments for children ages 0 to 6 years.

Call **727-2165**

**North Words**

For access to speech and language services, infant/child hearing tests or referral to a Speech-Language Pathologist contact NORTH WORDS Toll-free **1-877-553-7122**

**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 Northwestern Health Unit

**Red Lake 727-2626  
Ear Falls 222-3098**

