

The Kenora Family Connection (KFC)

An active community partnership since 1986 working together to identify and address the needs of prenatal and parenting families in the Kenora area.



**Coalition meets monthly. Everyone is welcome.
For information contact: Sue at 468-9207**

Fall/ Winter 2008

Kenora Family Connection (KFC) Coalition

Although the coalition adopted a new name in December 2001, this has been an active community partnership since 1986.

- **Members meet monthly to identify and address the needs of prenatal and parenting families in our community.**
- **KFC Community Partners include:**

Parents
Anishinaabe Abinoojii Family Services
Aboriginal Head Start
Addictions Services Kenora
Best Start Hub
Best Start Network
Canada Prenatal Nutrition Program (CPNP)
Infant Development Program (IDP/KACL)
Integrated Services Northwest (ISN)
First Nations & Inuit Health
Kenora Anishinaabe-Kweg - Brighter Futures
Kenora Metis Council
Kenora Midwives
Kenora Patricia Child & Family Services
Lake of the Woods Child Development Centre (CDC)
Lake of the Woods District Hospital
NeChee Friendship Centre
Northwestern Health Unit -Healthy Babies, Healthy Children (HBHC)
Ontario Works
Parents Attending Secondary School (PASS)
Wassay-Gezhig Na-Nahn-Dah-We-Igamig (Kenora Area Health Access Centre)
Women's Shelter. Saakate House

Breastfeeding and Vitamin D Supplementation

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

Sunlight is the main source of vitamin D. In northwestern Ontario our exposure to sun is limited, and this is further affected by current sun protection advice.

Health Canada recommends that all breastfed, healthy term infants in Canada receive a daily vitamin D supplement of 10 µg (400IU).

Supplementation should begin at birth and continue until the infant's diet includes at least 10 µg (400IU) per day of vitamin D from other dietary sources or until the breastfed infant reaches one year of age.

If you would like more information, talk with your family physician, pharmacist, contact the Northwestern Health Unit or visit www.nwhu.on.ca.



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.

Prenatal Class schedule for 2009

The Northwestern Health Unit in Kenora will be adding a summer session to their prenatal class schedule in 2009. A post partum class will also be offered approximately 6 weeks after the last class of each series. The classes take place on Wednesday evening in the Rotary Room at the Kenora Wellness Centre.

To register, please contact Healthy Babies Healthy Children at 468-4948.

WHAT IS RSV??

Respiratory Syncytial Virus is the most common cause of respiratory infections in children under four years of age. Babies less than a year of age can develop a severe pneumonia that may need to be treated in hospital.

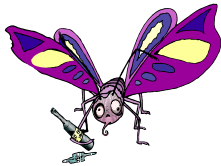
Call the doctor if your baby:

- Has a fever.
- Has a hard time breathing.
- Has a deep, frequent cough.
- Has lots of thick mucus from the nose.
- Is not feeding well.

RSV spreads through the air by an infected person when they cough or sneeze **or on hands** infected with droplets and mucus that touch toys, doorknobs and other things.

To reduce the spread of RSV:

- Wash your hands!
- Keep baby away from anyone who is coughing or sneezing.
- Do not let your baby play with other children's toys.

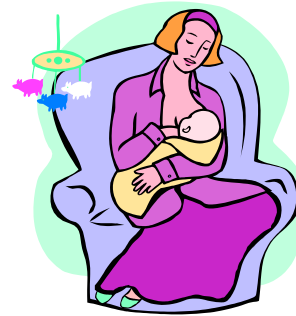


IT'S MOMS CALL

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



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.

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.

NORTH WORDS

Do you know what your child should be saying?

To find out more about speech and hearing call:
1-877-553-7122

TELEHEALTH ONTARIO
1-866-797-0000

CRISIS RESPONSE SERVICES
1-866-668-6868

KIDS HELP PHONE LINE
1-800-668-6868