



# 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

### Infant Immunization

Is available at the NWHU **by appointment only.** For more information or to schedule an appointment call: 597-6871



### SUN SAFETY TIPS

Children learn by example. They follow their parents' actions in day-to-day living. Be a positive role model for your children by following the saying, "Practice what you preach."

**Before heading outside, remember the following tips:**

1. Cover up with long sleeves & long pants.
2. Wear a wide brimmed hat that provides shade to the face & back of the neck.
3. Seek shade or limit time spent in the sun between 11 a.m. and 4 p.m.
4. Apply a sunscreen of SPF 15 or more, 30 minutes before heading outside.  
**DO NOT apply sunscreen on babies less than 6 months old.**
5. Wear 100% UV protective sunglasses.



### BREASTFEEDING AND VITAMIN D SUPPLEMENTATION

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

Sunlight is the main source of vitamin D. In Northwestern Ontario the amount of sunlight we are exposed to is limited. This is also affected by current sun protection advice.

Health Canada recommends that all breastfed, healthy term infants receive a daily dose of 10 µg (400IU) vitamin D. This should begin at birth and continue until the breastfed infant reaches one year of age.

**For more information on sun safety or Vitamin D supplementation please call your local Northwestern Health Unit 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**

### PRENATAL CLASSES SPRING AND SUMMER SESSION

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



### Northwords

**To access speech and language services or for referral to a speech language pathologist call:**

**Toll-Free-1-877-533-7122**



### HANDWASHING



Handwashing using plain soap and water is still the most important way to reduce the spread of germs!

#### **Follow these 4 steps to keep your hands clean:**

1. Wet your hands with warm running water.
2. Add soap and rub your hands together, making a soapy lather. Do this for at least 15 seconds. Scrub the front and back of your hands, as well as between your fingers and under your nails.
3. Rinse your hands under warm water. Let the water run back into the sink, not down your arms. Turn the water off with a paper towel and throw it in the garbage.
4. Dry hands thoroughly with a clean towel.

#### **Here are some common mistakes to avoid when handwashing:**

1. DON'T use a single damp cloth to wash a group of children's hands.
2. DON'T use a standing basin of water to wash or rinse hands.
3. DON'T use a common hand towel.
4. DON'T use sponges or non-disposable cleaning cloths unless they are put in the laundry regularly. Remember that germs thrive on moist surfaces.

### Preventive Dental Services

**CINOT- Children in Need of Treatment Program** provides services and treatments for children whose parent/caregivers have no dental coverage and cannot afford the cost of urgent dental care. The program includes dental services such as fillings, scaling, extractions and sedation and preventive dental care. As of January 2009 the CINOT program has *expanded* the program to include children up to **age 18 years of age**.

The Northwestern Health Unit offers a number of dental program services that benefit families and children. Please contact the Health Unit for further information on any of our **Free services. 597-6871**



### KIDSPORT

KidSport Ontario, a program of the sport alliance, is a children's, charitable program which helps kids, aged 3-17 overcome social and economic barriers preventing or limiting their participation in organized sport. We accomplish this through the issuance of registration fees and or equipment so kids can enjoy a health active life.

**Atikokan KidSport Chapter Contacts:**

**Nicole Halasz at 597-2738**

**Tammy Faykes at 597-6871**

