

Spring 2009



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.

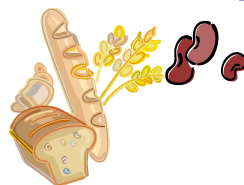
For more information, contact:
- Kathy (807) 223-3301, or
- Twyla (807) 934-2236.

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.

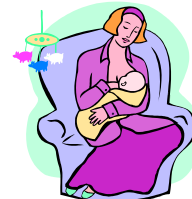
For more information on folic acid ask your family doctor or contact the Northwestern Health Unit.



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 for more information.

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



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.



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 or contact your local Northwestern Health Unit