

Coming Together for Kids Coalition

Spring 2009

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Prenatal Classes

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

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:

Sneaker and Strollers starting up May 5th at the Library Parking Lot. Tuesdays at 10:00am. Child care available for older children. Contact Lori at 482-2211 if interested.

Baby Food Making clinic May 29th at the Emo Best Start Hub. Call Lori at 482-2211 to register.

FORT FRANCES:

Mom and Baby Pilates will be offered at Energy Fitness from April 20-June 1/09 at 10:00am. Contact Becky Holden at 274-9827 to register or for more info.

Make the Connection Parenting Program for parents and babies 0-12 months at the Best Start Hub in Fort Frances starting April 17/09-June 5/09 at 10-11:30am. Call Miranda @ 274-9827 to register.

Infant massage at the Best Start Hub June 12, 19 & 20th. Call 274-8588 to register.

Mickey Mouse Club House Wednesdays 1:30-2:30pm and Circle of Friends Tuesdays at 10:00am rhymes, songs, movement activities and snacks, at the Best Start Hub.

RAINY RIVER:

Music & Movement at the Rec. center from 10:30-11:30am every Tuesday starting April 21 for 6 weeks. Contact Nikki at 852-3362 at the Toy Library to register.

Is My Child Eating Enough?

At one year of age your child is growing more slowly and his/her appetite may change. It is normal for children to eat more some days and little other days. Appetites even vary from meal to meal. Sometimes children say no to food to have control. Some children want to eat only one food for days at a time. As frustrating as all this may be, it is a healthy part of growing up.

Children need a variety of foods from each food group every day. To create a personalized food guide for your child with sample portion sizes, visit **My Food Guide** at:

http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/myguide-monguide/index_e.html

For more information contact your local Northwestern Health Unit or visit www.nwhu.on.ca



Dental Health for Your Children

April is Dental Health Month!



Help your child:

- Brush morning and night
- Limit sugary snacks and drinks
- Drink fluoridated water



A little help from you can brighten your child's smile.



Preventive Dental Services
www.nwhu.on.ca
1-800-465-4377



Healthy Living Tips for Children

All children are unique. Good health does not happen automatically. Ongoing support is needed as they grow and develop.

- Routines are important, but maintain some flexibility.
- Kids learn by watching you. Practice good hand washing, eat nutritious foods, take part in physical activity and read with your children.
- Education is a tool for life. We need our children to stay in school and gain skills they will use their entire life. Help with homework and volunteer for their after school activities and sports.
- Respond to your child's signals and cues.
- Listen.
- Children need to feel safe and protected.
- Provide praise and encouragement.

For more information, contact your local Northwestern Health Unit office, or call the Healthy Babies, Healthy Children program toll free at 1-800-465-4377.

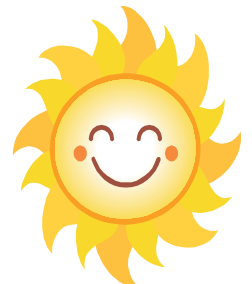


Splash into Safety

Keep your kids safe when in, on or around water.

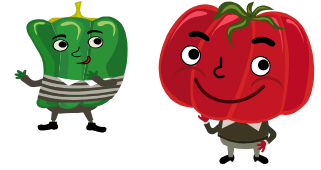
At the Beach?

- Stay within sight and reach of your children when in, on or around water
- Know how to swim or have an experienced adult swimmer supervise children
- Learn First Aid and CPR
- Know how to call 9-1-1 or your local emergency number
- Only let your children swim where you know it is safe
- Put young children and weak swimmers in lifejackets, when in, on or around water
- Teach your children the water safety rules
- Keep safety equipment close by
- Put your children in swimming lessons



For more information contact your local Northwestern Health Unit or visit www.nwhu.on.ca or visit www.safekidscanada.ca

Summer Nutrition Tips



Summer is Coming!

When kids are swimming at the beach, playing on the playground, or going for an adventure walk, they are using up energy. A good way to replenish that energy is a healthy snack. Food fuels our bodies and gives us the energy we need to stay healthy, happy and strong! Choose from a variety of healthy snacks such as grapes, cheese and whole-wheat crackers, cut-up carrots or yogurt. And remember to keep them hydrated!

For more information on nutrition and healthy eating, call your local Northwestern Health Unit office.

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 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 Métis
United Native Friendship Center

