



Child and Family Health Network

A Community Coalition – Sioux Lookout

The Child and Family Health Network meets every two months. Everyone is Welcome. For more information contact Amanda at 737-2292.

The Ontario Child Benefit

The Ontario Child Benefit is a provincial government program to help low-income families provide for their children. **Beginning in July 2009, eligible families will receive up to almost \$92 per child each month -- up to a maximum of \$1,100 a year for each child.**

Your eligibility is based on the number of children in your family and your family income. You may be eligible if you:

- Have a child under 18 and are in a low-income family
- You and your partner have filed your annual income tax return
- Are registered for the Canada Child Tax Benefit
- Are a resident of Ontario for the past 18 months.

For more information, please visit www.ontario.ca/childbenefit or call Service Ontario toll-free at 1-866-821-7770.



Integrated Services Northwest (ISN) has moved into the Patricia Centre for Children & Youth at 68 Princess Street. Case Manager Rick McKenzie is still available at the same number as always, 737-3200.

What services does ISN provide?

- ✓ ISN continues to do the intake for all referrals to the Patricia Centre for Children & Youth.
- ✓ Referrals for a team of rehabilitation specialists that come to Sioux Lookout from Kenora.
- ✓ ISN also helps families access funding for children with special needs.

Please call Rick if you'd like to know more about ISN services!

Folic Acid... We take it. Do you?

Any women who could become pregnant, **whether planning to or not**, needs to take a folic acid supplement every day and make healthy food choices.

Why, you ask?

Folic acid is a B vitamin needed for the healthy development of a baby's spine, brain and skull during the early weeks of pregnancy. By taking folic acid before becoming pregnant and in early pregnancy, you can reduce the risk of birth defects called neural tube defects.

How much should I take?

Start with a 0.4mg folic acid supplement daily and speak to your health care provider to determine the folic acid dose that is right for you.

What about the food sources?

Good food sources of folate (folic acid) include: dark and leafy green vegetables, whole grain breads and cereals, orange juice, dried peas, beans, nuts and seeds.



Telehealth Ontario

1-866-797-0000

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

Smokers Helpline

1-877-513-5333

Motherisk

416-813-6780

Provides information for pregnant and breastfeeding women about the safety of different chemicals, drugs, herbs etc.

Nausea and Vomiting of Pregnancy Helpline

1-800-436-8477

Alcohol and Substance Use Helpline

1-877-327-4636

HIV Healthline and Network

1-888-246-5840

EatRight Ontario

1-877-510-5102

Registered Dietitians will provide free information on nutrition and healthy eating, Monday to Friday 8am to 4pm.

North Words

1-877-553-7122

Call if you have concerns about your child's speech and language skills.



Infant Immunization is available at the Northwestern Health Unit **by appointment only**. For information or to schedule an appointment call 737-2292, extension 21.

It's M.O.M.S. Call! Moms Offering Moms Support

- ◆ Provides free confidential mother-to-mother telephone support to pregnant women planning to breastfeed, or new mothers who are breastfeeding.
- ◆ For more information or to register, call the Northwestern Health Unit at 737-2292, ext 34.

Play is the work of children!

Did you know play time is good for your child?

Through intentionally planned play activities, children are able to show what they know and can do. As they play, children apply new learning.

High quality play helps children develop skills that will help them do well in school.

There are important links between play and learning verbal skills, confidence, the ability to make friends, complete tasks and solve problems.

When children enter school with these skills, they are more likely to thrive in primary school and are set for later academic success as well.

Let's encourage our kids to PLAY!

Adapted from "With our best future in mind: Implementing early learning in Ontario" by Dr. Charles E. Pascal. The full report is available at www.ontario.ca/earlylearning

Upcoming Events:

Thurs. September 17, 7 p.m.
Take Back the Night March starting at the OPP station. Call First Step Women's Shelter at 737-1438 for more details.

Sat. October 3, 10:30 a.m.
Breastfeeding Challenge at Sunset Women's Aboriginal Circle - 26 Second Ave. Call Candi or Iris at 737-7922.

Sun. October 4, 2009
Sisters in Spirit Vigil
Call Jennifer Thomas at the Friendship Centre, 737-1903 or First Step Women's Shelter at 737-1438 for more details.



Child and Family Health Network Community Partners include:

- Aboriginal Healthy Babies, Healthy Children Program
- ADD/ADHD Support Group
- Akwe:go Program
- Assault Care & Treatment Program
- First Step Women's Shelter
- Friendship Centre Family Support Program
- Healthy Generations Family Support Program
- Hugh Allen Clinic
- Integrated Services Northwest
- Municipal Childcare Centres
- Northwestern Health Unit
- Patricia Centre for Children & Youth
- Sioux Lookout Best Start Hub
- Sioux Mountain Public School
- Sunset Women's Aboriginal Circle
- Waninawakang Aboriginal Head Start