



Child and Family Health Network



A Sioux Lookout Community Coalition

Spring/Summer 2010

New* Breastfeeding Support Services

The Sioux Lookout Breastfeeding Coalition in partnership with Meno Ya Win Health Centre are now hosting weekly breastfeeding support “clinics”. Every Friday from 1PM-3PM (at the 5th Avenue site) staff are available to answer any questions or concerns of breastfeeding families. No appointment needed just check in at the admissions desk.

For more information call 737-2877 Ext.3262 or 737-7922 Ext 4 or 5

Safe Kids Committee- Car Seat Inspectors

Safe Kids Committee had a great turn out for April’s 2 day Car Seat Inspector Training Course. How exciting to have 13 more inspectors in our community! They are looking into holding another training session this fall. Car seat inspection clinics are held periodically throughout the year and are advertised in the Bulletin. Not sure it’s installed properly? Need your seat inspected now?

Call Candi Edwards at 737-7922 Ext 5 or Fire Chief Rob Favot at 737-1618 to book an appointment.

Prenatal Classes and Refresher Classes

The next prenatal class will be held in August. One on one sessions and refreshers are offered year round. Call 737-2292 Ext. 34 for more information.

New* Scrapbooking Session

Offered the 1st Thursday of every month at the Sunset Women’s Aboriginal Circle. Call 737-7922 for information.

Immunization saves lives.

A century ago, because of infectious diseases too many children never saw their 5th birthday. Infectious diseases were the leading cause of death, worldwide. In Canada, infectious diseases now cause less than 5% of all deaths, thanks to immunization programs across the country. It is critically important that parents make sure their children receive all doses of the recommended vaccinations on time, so they are not at risk for developing these very serious diseases.

To inquire about the status of your child's immunizations or to book an appointment, please call you local Health Unit.

How do we reward children?

Your children may be receiving candy as a reward at school and play. One sucker a week adds up to over ½ pound of sugar in a year! Oh, those poor teeth. Try giving a small prize like a sticker or a pencil instead. Or reward with a fun activity.

A Call to the Community

We need a secure space in town to store donations and other items. Often some of our participating organizations will be offered generous donations for families in need but have to turn them down for lack of space to keep the items until a suitable family is identified. If you have some room to offer for the short or long term it would be much appreciated by the Child and Family Health Coalition and the families we serve. Call 737-2292 Ext. 34 if you can help.

Positive Communication with your Infant

What we do.....	What they think
We let our infants choose which toys to play with or games to play.....	I am an important person and my decisions are valued.
We imitate the faces, actions or sounds our babies make.....	I am smart and I must be doing something right.

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

It's M.O.M.S. Call!

737-2292, ext 34 to Register

Free confidential mother-to-mother telephone support about breastfeeding

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.

Free Baby Clothes provided by generous donation through the **Northwestern Health Unit**. We have new and gently used outfits for infants newborn to one year. If you are having difficulty making ends meet let us help you. Come on down to the Northwestern Health Unit at 47 Front Street or call Tekla at 737-2292 Ext 34

Toys for the Vision Impaired are now available for loan from the **Northwestern Health Unit**. Call 737-2292 Ext 34
Toys for everybody continue to be available for loan from the **Best Start Hub**. Call 737-3253.

Aboriginal Family Support Program located at 52 King Street offers a variety of programs for parents and their children aged 0-5 including Parent Relief, Parent Support, Kids and Crafts, Kitchen Sessions and Baking Sessions. The Center is open Monday to Friday. Call 737-7521 for more information.

Best Start Hub is a wonderful place to connect with other parents and provide a stimulating environment for your young child. Programs for children from birth to age 5 are offered to enhance your relationship with your child and your child's relationship with the world. Call 737-3253 or drop in at 73 King Street

Sunset Women's Aboriginal Circle accepts donations of gently used **maternity clothing**. They give the clothes to women who need them. For more information, or to make a donation, please call 737-7922.

Infant Massage continues to be offered at the **Sunset Women's Aboriginal Circle** free of charge. This class will teach you how to safely massage your infant and better read his/her cues. Your baby will love you for it. Call 737-7922.

The following education sessions are offered by **The Best Start Hub** depending on interest:
COPE, The Community Parent Education program for parents of children with disruptive behavior;
Nobody's Perfect education and support for parents of children from 0-5 years old;
Kids Have Stress Too helping parents and caregivers understand childhood stress.
Call 737-3253 if you are interested.

*The Child and Family Health Network meets every two months. Everybody is welcome. For more information call Tekla Rundle RN 737-2292 Ext 34
Our goal is to build partnerships with health and social service agencies that provide services to children and youth 0-18 years.*

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