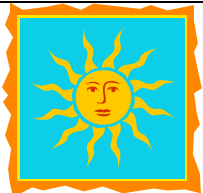




# Reproductive Health Network

A Red Lake/Ear Falls Coalition

Spring/Summer 2010



The Red Lake and area Reproductive Health Network meets every 2-3 months. We are always looking for new members. Everyone is Welcome. For more information contact the Northwestern Health Unit at 727-2626 or 222-3098.



"The Reproductive Health Network addresses gaps in service for expectant parents and parents of young children".

### Preterm Labour

A normal "term" pregnancy lasts 37- 42 Weeks. Preterm Labour may lead to baby being born too early and too small.

A pregnant woman who has **any** of the signs of preterm labour should **go to the Hospital** for prompt medical attention.

### Signs of Preterm Labour

- Bad cramps or stomach pains that won't go away.
- Bleeding, trickle or gush of fluid from your vagina.
- Lower back pain/pressure, or a change in lower backache.
- A feeling that the baby is pushing down.
- Contractions, or a change in the strength or number of them.
- Fever, chills, dizziness, vomiting, bad headache, blurry vision or spots before your eyes. Significant change in your baby's movement.

### Folic Acid

Folic acid is a B Vitamin. It is important during the early weeks of pregnancy for the healthy development of a baby's spine, brain and skull. To reach your daily intake of folic acid, you must take a multivitamin that contains a minimum of 0.4mg of folic acid. Taking a vitamin does not reduce or replace the need for eating a healthy, well-balanced diet based on Canada's Food

Guide to Healthy Eating.

#### Good food sources of folic acid:

Oranges	Orange Juice
Eggs	Baked Beans
Chickpeas	Peas
Spinach	Broccoli
Corn	Romaine
Peanuts	Peanut butter
	Lettuce

### IT'S MOM'S CALL

#### Mom's Offering Mom's Support-

A new look for the breastfeeding support program.

We match a prospective new mother who wishes to breastfeed her baby with a caring volunteer who has breastfeeding experience and training.

This program is available in Ear Falls and Red Lake. Contact your local Health Unit Office.

Ear Falls – 222-3098  
Red Lake – 727-2626

**Infant Immunization Is available at the Northwestern Health Unit Offices by appointment only.**  
Red Lake – 727-2626  
Ear Falls – 222-3098



The routine schedule for children beginning immunization in early infancy is as follows:

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- 2-months: Pediacel + Synflorix
  - 4 months: Pediacel + Synflorix
  - 6 months: Pediacel + Synflorix
  - 12 months: MMR#1 + Menjugate
  - 15 month: Varicella + Synflorix
  - 18 months: Pediacel + MMR#2
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- 4-6 years: Quadracel Booster
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### RHN Community Partners include:

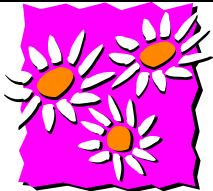
- Red Lake Indian Friendship Center
  - Healthy Starts
  - Community Counseling & Addictions
  - Northern Chiefs
  - Best Start Hub
  - Patricia Center for Children & Youth
  - Northwestern Health Unit
  - Red Lake Margaret Cochenour Memorial Hospital
  - Red Lake Diabetes Program
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**Where can you drop-in and weigh your baby?**

**At Northwestern Health Unit in:**

**Red Lake**  
234 Howey Street  
727-2626

**Ear Falls**  
25 Spruce Street  
222-3098



**Traveling Safely With Children**

Car crashes are the #1 cause of death for Canadian children. A properly installed car seat can significantly reduce the risk of serious injury and death.

By law, drivers are responsible to ensure the following criteria is met:

**Infants** (birth to 20lbs)

Use a rear-facing seat

**Toddlers** (20-40lbs)

Forward-facing seat; use with a tether strap

**Pre-school to 8 years old** (40-80lbs)

Booster seat; use with a lap and shoulder belt

A child can use a seatbelt alone once any **one** of the following criteria is met:

- ✓ Child turns 8 years old
- ✓ Child weighs 80lbs
- ✓ Child is 4'9" tall

**How Active Is Your Child?**

Take this quiz to see if physical activity is a regular part of your child's life.

<input type="checkbox"/>	Does your child watch less than 3½ hours of television each day?
<input type="checkbox"/>	Does your child walk or bike to school?
<input type="checkbox"/>	Does your child take gym class (at least 30 minutes) at school each day?
<input type="checkbox"/>	As a family, do you take part in activities like hiking, biking, walking, swimming, or skating?
<input type="checkbox"/>	Does your child play outside most days?
<input type="checkbox"/>	Is your child involved in an organized sport or recreational activity in his or her school or community?
<input type="checkbox"/>	Is your child physically active for more than 3 hours each week?

If you answered NO to ANY of these questions, your child may not be enjoying all the benefits of active living.

**Did you know that...**

- Children need at least 30 minutes of physical activity every day for good health?
- According to the Ontario Medical Association, children are 40% less active than they were 30 years ago?
- The average child watches 26 hours of television each week? That doesn't include time spent on the computer and playing video games.

**Breast pump**

The RHN breast pumps are stored at the Northwestern Health Unit in Red Lake and Ear Falls.

For assistance contact a Public Health Nurse at **727-2626** or **222-3098**.

The Healthy Starts Program also lends out Manual Breast pumps at **727-2165**.

**Sticky Business!**

Sweet snacks and drinks all cause acid to form in your child's mouth. This acid remains in their mouth for up to 20 minutes and can lead to tooth decay.

**You can help by following these simple steps:**

- Limit sweet treats or drinks to meal or snack times.
- Help or remind children to brush for two minutes in the morning and before bed.
- Encourage children to rinse their teeth with water when they can't brush.
- Reward children with a hug, a sticker, or special activity instead of sweets.
- Choose healthy snacks, drink water often, and be a good example to them.

For the best dental health, bring your child to a dental professional by age one.

**How to Prevent Burns and Scalds**

Make sure that your child is safe in the kitchen:

- Keep your child out of the way when you are making hot food or drinks.
- Keep hot drinks away from your child.
- Put a lid on all hot drinks even when you are at home.

Up to 75% of burns in children are from hot liquid scalds!

**Learn more from:  
1-888-SAFE-TIPS**

**Telehealth Ontario  
1-866-797-0000**

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

**Kids Help Phone Line  
1-800-668-6868**

Toll-free 24 hour help line

**Smokers Helpline**

Toll Free **1-877-513-5333**

or contact your local Northwestern Health Unit

**Motherisk**

**1-416-813-6780**

Provides information for women about the use of different products, chemicals, drugs, herbs, and environmental / workplace hazards.

**Nausea and Vomiting During Pregnancy  
1-800-436-8477**

Monday – Friday: 9 a.m.-5 p.m.

**Alcohol and Drug Use During Pregnancy  
1-877-327-4636**

Monday – Friday: 9 a.m.-8p.m.

**HIV/ Aids and Pregnancy  
1-888-246-5840**

Monday – Friday: 9 a.m.-5 p.m.

**Lactation Consultants  
Healthy Babies Healthy Children  
Northwestern Health Unit  
Kenora  
1-800-465-4377**

**Developmental Assessments**

Are you concerned about your child's development? The Patricia Center for Children and Youth provide developmental assessments for children ages 0 to 6 years.

Call **727-2165**

**North Words**

For access to speech and language services, infant/child hearing tests or referral to a Speech-Language Pathologist contact NORTH WORDS

Toll-free **1-877-553-7122**

**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 Northwestern Health Unit

**Red Lake 727-2626  
Ear Falls 222-3098**