



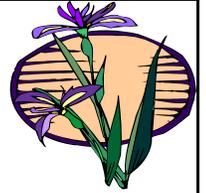
Reproductive Health Network

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:

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

4-6 years: Quadracel Booster

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**