



November 2010

Programs

Drop In

0-6 Years

Babies Day Out

0-12 Months

Caregiver Morning

0-6 Years & their caregivers

Breastfeeding Support

Health Unit 625-5900

Call 344-6498 for information on our Satellite programs at CD Howe, Five Mile, and St Paul School's

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Babies Day Out

Thunder Bay District Health Unit Tip

Dad's Drop In

Fair Start Screening/ Fluoride Varnish

For the Love of Books and The Gift of Giving Call Serena at 345-5840

Breastfeeding Support

Triple P Parenting Seminar Series

Good Food Box
Good Food Market

McIntyre Hub, Algonquin Hub, CD Howe, Five Mile and St Paul Satellite Programs

Support for families with children from birth to 6 years of age. We offer children and families a place to meet, to learn and to grow together. The programs are **FREE** to families.

Baby's Day out Program-This program runs every Thursday afternoon from 1-3 at Our Lady of Charity site, the visits from the Public Health Nurse are as follows: For Babies 0-12 months of age.

November 4th - Warmth and Wonder

November 18th - Christmas Safety

Fair Start Screening- Dates are: Friday November 5th 9:00-12:00 at Our Lady of Charity Site, Wednesday November 17th 9:30-11:45 at the Algonquin Site. See staff to book your time for the screening.

Fluoride Varnish Program-November 18th Algonquin Site, November 15th Our Lady of Charity Site 10-11.

For the Love of Books-continues November 3rd and 10th
The Gift of Giving November 17th-December 15th offered by the Indian Friendship Centre on Wednesday afternoons from 12-3.

Breastfeeding Support- Breastfeeding support group meets the 2nd and 4th Tuesday afternoon from 1-3, Public Health Nurse available to answer questions as well as other breastfeeding moms.

Workshops- Wednesday's 12:30-2:30 – call 577-7456 for topics or to register.



Information taken from the Thunder Bay District Health Unit Website

<http://www.safekidsCanada.ca/Parents/Safety-Information/Scalds-and-Burns/Check-Hot-Water-Temp/Check-your-Hot-Water-Temperature.aspx>

Burns & Scalds

Install smoke detectors on every level of your home (mandated by Ontario Fire Code) and outside each sleeping area. Alarms should be tested every month and batteries changed annually.

Keep lighters and matches out of sight and out of reach.

Place a barrier around your gas or wood fireplace or at doorways to rooms with a fireplace. Children under the age of five are most at risk for this type of burn.

Check the hot water temperature in your home:

- Use a thermometer that can show high temperatures (meat or candy thermometer)
- Turn on the hot water tap in your bathroom, letting it run for 2 minutes
- Fill a cup with the hot water and place the thermometer in it
- If the temperature is higher than 49 Celsius or 120 Fahrenheit, you need to lower your water temperature

If you are unsure how to do this, talk to a qualified plumber, the company that made your heater or the rental company for your water heater.

NEW!!! Dad's Drop- In Program
Wednesday November 3rd, 6:00-8:00
Our Lady of Charity School/ McIntyre Hub call 344-6498



Triple P Parenting Seminar Series

#1 - November 10
#2 - November 17
#3 - November 24

Wednesday evenings 6-8
McIntyre Hub
Our Lady of Charity School

Call 624-5690 to register/childcare space is limited

Triple P Positive Parenting Program



For every parent & every family



Small changes, big differences

Seminar #1- 5 Steps to Positive Parenting
Seminar #2- Building Blocks for Confident Competent Children
Seminar #3- Building Blocks for Resilient Children

www.triple-p.ca



The Good Food Box for November
Payment Due by November 4th

Pick up date November 18th

See staff for payment and pick up arrangements. If you are not interested in purchasing a box for your family, you may be interested in purchasing for another family in the city.

The Good Food Market (NEW) Wednesday
November 3rd McIntyre Hub/Our Lady of
Charity School 3:30-5:30

Reasonable priced, fresh produce will be available for families to purchase. Please bring your own bags.

