



NOVEMBER 2011

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

Thunder Bay Indian Friendship
Centre 345-5840

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

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McIntyre Hub, Algonquin Hub, CD Howe and Five Mile 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 the McIntyre Hub, the visits from the Public Health Nurse are as follows: For Babies 0-12 months of age.

Nov 3rd With "Warmth and Wonder" Public Health Nurse

Nov 10th - Drop in

Nov 17th -Christmas Safety

Nov 24th - Drop in

Fair Start Screening- dates will be posted at each centre.

Workshops - Tuesday afternoons 12:30-2:30 at the Red River Hub see sign-up sheets at the centres.

Breastfeeding supports will no longer be running at the Algonquin Hub. This program will be offered at the Northwood Hub 623-2376.



Information taken from the Thunder Bay District Health Unit Website

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.



NOVEMBER

Diabetes Month www.diabetes.ca

Bullying Awareness Week (13th-19th) www.bullying.org

Start the Day Right with Breakfast!

The common saying is true - breakfast really is the most important meal of the day! When you wake up, your body is like an empty tank of gas, and by eating breakfast your child's fuel tank will be full and ready to go! A healthy breakfast has at least three of the four food groups from Canada's Food Guide.

Try one of these healthy and quick breakfast options:

- Fruit smoothie (see recipe below) with whole grain toast
- Whole grain cereal (e.g. Cheerio's) with bananas and milk
- Scrambled eggs, whole grain toast, $\frac{1}{2}$ an orange

Help your child blast off with breakfast everyday!

One-Minute Breakfast Recipe: Strawberry-Orange-Banana Smoothie

1 banana

1 cup strawberry yogurt

$\frac{1}{2}$ cup orange juice

Mix all ingredients in a blender until smooth. Enjoy!

Have a question on healthy eating? Call EatRight Ontario at 1-877-510-510-2 or visit ontario.ca/eatright to talk to a Registered Dietitian for free.





Celebrate by Connecting!

There's a new trend among parents - to slow down and reconnect with the family. Interestingly, this connection can often be found by playing actively with your children. With Christmas about a month away, there's time to choose Christmas gifts that will help re-create the family connection that we are so longing to preserve.

Consider gifts that foster sharing, laughter and movement:

- A family gift certificate to a recreational or fitness facility.
- New/used skates, skis, a sled, or snowshoes to get active outside this winter.
- Outdoor reflective clothing (mitts, hats, jackets, boots) to ensure your family is warm & safe.
- If your child has a special interest in a particular activity, purchase lessons or sporting equipment for him or her.

Over the holidays, remember to check out the "priceless fun" places to get you up, out and active! For example, Centennial Park has a chalet with an indoor picnic area, cross country skiing trails, and toboggan slides. The lights are on until 10 p.m. Also, there are several outdoor skating rinks in our city. Log onto www.thunderbay.ca for locations.

Most importantly, give your child the gift of your time this holiday season. Do an activity together that will create a lifelong memory for both you and your children



Good Food Box

Family Food Box \$20.00
Individual Food Box \$12.00

November 10th order deadline

November 24th pick up from centre

See Margaret/Bonnie/Karen or Wilma to order a box for your family or someone in the community.

The Good Food Box is picked up from Our Lady of Charity Location between 3:00 and 3:30 on the pick-up date.



Triple P®

TRIPLE P is a parenting program for parents and is supported by 30 years of research. It follows a helpful, positive approach to raising children. The goal of Triple P is to help you create a positive, caring relationship with your children and family.

The Triple P program is built on five principles of positive parenting:

1. Ensuring a safe, interesting environment
2. Creating a positive learning environment
3. Using assertive discipline
4. Having realistic expectations
5. Taking care of yourself as a parent

Triple P offers information and tips on the following main parenting skills:

- ◆ Developing positive relationships
- ◆ Encouraging desirable behaviour
- ◆ Teaching children new behaviours and skills
- ◆ Managing misbehaviour

For more information about Triple P in the Thunder Bay District, visit www.triple-p.ca or call 211.

Tip #4

Give your child lots of descriptive praise when they do something that you would like to see more of.

Children generally enjoy being praised. Use descriptive praise to encourage behaviour you like. For example, saying, "Thank you for playing quietly while I was on the phone" lets your child know exactly what they did well, and that you appreciate their efforts. Praise works best when it is genuine and you mean what you say.

Some children can find praise embarrassing when others are present. At these times a wink, smile, or thumbs up can show you are pleased with what they are doing.