

August 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>CIVIC HOLIDAY</p>	<p>2</p> <p><u>Together Time Drop In</u> MacGregor: 9:30 – 11:30 Sherbrooke: 6-8</p> <p>Breastfeeding Support Group & Breastfeeding Clinic 1-3 Call 625-5972</p>	<p>3</p> <p><u>Caregiver Stay & Play- Make & Take</u> Sherbrooke: 9:30-12:00</p> <p><u>Together Time Drop In</u> Sherbrooke: 1:00-3:30</p>	<p>4</p> <p><u>Together Time Drop In</u> Sherbrooke: 9:30-12:00</p> <p><u>Babies Day Out – Routine & Sleeping</u> Sherbrooke: 1:00-3:30 Drop Off Money for Good Food Box by 4 pm</p>	5	6
7	<p>8</p> <p><u>Together Time Drop In</u> Sherbrooke: 9:30-12:00</p> <p><u>Playskills for Children with Autism</u> Sherbrooke: 6-8</p>	<p>9</p> <p><u>Together Time Drop In</u> MacGregor: 9:30 – 11:30 Sherbrooke: 6-8</p>	<p>10</p> <p><u>Caregiver Stay & Play- Franklin St. Water Park</u> 9:30-12:00</p> <p><u>Together Time Drop In</u> Sherbrooke: 1:00-3:30</p>	<p>11</p> <p><u>Together Time Drop In</u> Sherbrooke: 9:30-12:00</p> <p><u>Babies Day Out – Parent & Infant Drop In</u> Sherbrooke: 1:00-3:30</p>	12	13
14	<p>15</p> <p><u>Together Time Drop In</u> Sherbrooke: 9:30-12:00</p> <p><u>Playskills for Children with Autism</u> Sherbrooke: 6-8</p>	<p>16</p> <p><u>Together Time Drop In</u> MacGregor: 9:30 – 11:30 Sherbrooke: 6-8</p> <p>Breastfeeding Support Group & Breastfeeding Clinic 1-3 Call 625-5972</p>	<p>17</p> <p><u>Caregiver Stay & Play- Redwood Park</u> 9:30-12:00</p> <p><u>Together Time Drop In</u> Sherbrooke: 1:00-3:30</p>	<p>18</p> <p><u>Together Time Drop In</u> Sherbrooke: 9:30-12:00</p> <p><u>Babies Day Out – Stimulation & Play</u> Sherbrooke: 1:00-3:30 Pick up Good Food Box by 4 pm</p>	19	20
21	<p>22</p> <p><u>Together Time Drop In</u> Sherbrooke: 9:30-12:00</p> <p><u>Playskills for Children with Autism</u> Sherbrooke: 6-8</p>	<p>23</p> <p><u>Together Time Drop In</u> MacGregor: 9:30 – 11:30 Sherbrooke: 6-8</p>	<p>24</p> <p><u>Caregiver Stay & Play- Picnic on the Playground</u> Sherbrooke: 9:30-12:00</p> <p><u>Together Time Drop In</u> Sherbrooke: 1:00-3:30</p>	<p>25</p> <p><u>Together Time Drop In</u> Sherbrooke: 9:30-12:00</p> <p><u>Babies Day Out – Parent & Infant Drop In</u> Sherbrooke: 1:00-3:30</p>	26	27
28	<p>29</p> <p><u>Together Time Drop In</u> Sherbrooke: 9:30-12:00</p> <p><u>Playskills for Children with Autism</u> Sherbrooke: 6-8</p>	<p>30</p> <p><u>Together Time Drop In</u> MacGregor: 9:30 – 11:30 Sherbrooke: 6-8</p> <p>Breastfeeding Support Group & Breastfeeding Clinic 1-3 Call 625-5972</p>	<p>31</p> <p><u>Caregiver Stay & Play- Boulevard Lake</u> 9:30-12:00</p> <p><u>Together Time Drop In</u> Sherbrooke: 1:00-3:30</p>	<p>Hyde Park School: 2040 Walsh Street East Kingsway Park School: 315 Empire Avenue MacGregor Recreation Centre: 800 Lakeshore Drive http://www.yourbeststart.ca</p>		<p>Join us on Facebook for information and updates: Best Start Northwood Hub</p> 

Best Start Northwood Hub Sherbrooke News

Highlights for this Month

- Good Food Box money & order are due: Thursday August 4
- Good Food Box Pick up is: Thursday August 18

Making the FOOD Connection for Northwestern Ontario.

Do you know where your food comes from?

The Food Action Network encourages you to take a closer look and to buy local food more often.

Buy local, buy fresh!

There are many benefits to buying food that is grown locally.

Locally produced food: is fresh, nutritious, and loaded with flavour; keeps money in the local economy, creates jobs and supports farmers; uses less packaging which means less garbage in our landfills; and uses less fossil fuel for transport, contributing less to pollution and global warming.

Call 625-8315 for a copy of the [Get Fresh Guide 2011](#)

[Get Fresh Guide 2011](#)
(your guide to local food)

Do you know where your food comes from?
Take a closer look.

Food produced around Thunder Bay is better for your health, the economy and the environment.

Buying foods from our local farmers will help your family understand where their food comes from.

It connects you to the people who produce the food you eat.

The crisp, juicy freshness is more available than you think!



<http://www.tbdhu.com/Highlights/Get-Fresh.htm>



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<http://www.yourbeststart.ca>



Join us on Facebook!

Best Start Northwood Hub

**Check on the Events tab
to see which playgroups
are happening each day**

Northwood Site

Supporting Families with Children From Birth Through to the Transition into School with a Free Place to Meet, to Learn and to Grow Together.

Programs Offered

Together Time Drop In

Together Time Drop In is for children aged newborn to 6 years and the people who care for them. This free, non-registered drop in provides parents and children the opportunity to play and learn together; Early Childhood Development Workers are on site to help provide activities, information and resources to participants. Come and share in the songs, stories, fun activities and learning.

Babies Day Out

Public Health Nurses (PHN) and Early Childhood Development Workers (ECDW) will be available to share information, resources and supports to parents and caregivers of infants from newborn to 12 months. Please join us in a comfortable and inviting atmosphere filled with fun and stimulating activities for infants and parents. There is no fee and no registration.

Preschool Play and Learn

Preschool Play and Learn is a fun and free registered program for the preschool aged child (3.5 to 6 years) that is ready to experience a kindergarten atmosphere. This program will feature many of the routines and activities found in our junior and senior kindergarten settings. Please contact 624-2376 to register.

Caregiver Stay and Play

Caregiver Stay and Play is a time for Caregivers who look after other people's children to meet and explore a variety of activities with the children in their care. An Early Childhood Development Worker will be on site to assist caregivers with the environment and activities. No registration required.

Playskills for Children with Autism

This Social Learning Opportunity is designed to give families with young children (up to 8 years of age) an opportunity to connect socially with other families who are facing similar challenges. Children and parents will engage in social activities such as story time, sing song, and much more! Parents will be encouraged to make friends and establish play-dates outside of the group, as well as be supported to facilitate social interaction in their young children

POLICIES

Illness

We use the same exclusion criteria for illness that schools and child care programs use. The Thunder Bay District Health Unit recommends that a child with the following symptoms should not be in the program:

1. Fever
2. Lethargy
3. Flushed appearance
4. Heavy congestion
5. Vomiting
6. Diarrhea

If your child has contracted a contagious disease like chicken pox or RSV after attending the centre, please let us know so we can inform other parents.

Accidents

The recording of accidents assists the Centre to track furniture, equipment or activities that may be unsuitable or unsafe. Our goal is to prevent accidents, please let us know if you notice anything that is unsafe.

Beverages

Beverages such as tea and coffee are available for the adults. We ask that you use mugs with lids to provide a safer environment for the children.

Videotaping and Photographs

Pictures and videos of the children and families will be taken by staff in the Hub and will be used in the program. For pictures and videos to be used in the media, a separate authorization form will be used.

Parents may take pictures or videos of their child with other children in the program. If you do not want this to happen for your child, please let staff know. We request that any pictures taken at the Hub not be posted on social web sites like Facebook.

Guidance

Our goal for every child is self-discipline or internal control. We encourage respect for each other with 3 basic limits. We discourage any activity that:

1. Hurts another person – adult or child
2. Hurts oneself
3. Damages the environment or equipment

Best Start Hubs and Satellites have staff who are responsible for planning the program and environment for you and your child.

Parents are responsible for their child(ren) in the program.

If you need to be away from your child for a period of time, please ask another participant to support your child to follow the basic limits.

Footwear

We ask that all participants wear socks or indoor shoes while in the program. We have clean socks available for you and your child while at the centre.

Emergency Evacuation

Please sign in each time you attend the program. In the event of an emergency evacuation, this provides staff with a record of who is in the building. The evacuation procedure is posted so please familiarize yourself with it.

Snacks and Food Allergies

You are welcome to bring a piece of fruit, vegetable or **nut free** item for the snack.

The Centre will also contribute, so do not feel you must bring something each time you drop in.

To ensure the safety of children, please inform staff of any allergies.



FAIR START

Research shows that over 75% of a child's brain actually develops after his/her birth, and with most taking place in the first five years of life. These years are most critical in shaping each child's ability to think, love, trust, and build a strong and positive sense of themselves.

Fair Start is for every child from 18 months to JK entry.

Visit the Fair Start web site at <http://www.fairstart.ca/> for a schedule of the screening dates and times or call 625-8817 to book an appointment.



TRIPLE P POSITIVE PARENTING PROGRAM

Support for every parent and every family

The **Triple P Positive Parenting Program** helps you give your child the best start in life. Every child and family has unique needs. The great thing is Triple P has different ways of helping. For example you might just want to attend a public seminar, or maybe you like the idea of a parenting group. Perhaps you would rather talk to a Triple P Practitioner on an individual basis. Whatever your parenting needs may be, Triple P is there to help.

What is 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.

Why Triple P?

Triple P is for every parent, whether you have a specific problem or are just looking for advice on common, everyday issues. It provides easy to use tips and new ideas that will help you build confidence and new skills.

What does Triple P Teach?

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. You can also find more detailed information about the Triple P approach to parenting by visiting the Triple P International website: www.triplep.net



The Good Food Box

The Good Food Box is a non-profit program for families and individuals who want to purchase high-quality, fresh, local produce at a lower price than shopping at grocery stores.

You can purchase a family box for \$20 or an individual box for \$12.

Boxes are ordered and paid for by the first Thursday of each month. Food is packed and distributed from a main site to local host sites for pick up the second last Thursday of each month. This means food is accessible at a time when some have less money available for buying food.

Drop off payment for your Good Food Box:
The first Thursday of each month

Pick up your Good Food Box:
The third Thursday of each month

HOW CAN YOU HELP?

- ☺ Help sort and pack the produce
- ☺ Be a host site! Get a group of friends and neighbours together to enjoy this opportunity.
- ☺ Help deliver the produce to neighbourhood sites.
- ☺ Help produce the monthly newsletter
- ☺ Contribute recipes, food and cooking tips to the monthly newsletter
- ☺ \$\$ to help subsidize food



Keep your germs to yourself!

During cold and flu season, germs are spread through coughing and sneezing. The germs will travel in little drops that spray out of an infected person's nose and mouth. It's possible to catch the germs when you breathe in some of the tiny germ-infected drops.

Cover your mouth, cover your nose. Use your sleeve for all your blows!

To stop the spread of these germs, it's important to cover up... but not with your hands! Germs like to travel on hands. They can spread to others when germ-covered hands touch common items like doorknobs and computer keyboards.

Encourage them to sneeze or cough right into their elbow; their sleeve will catch all their germs. Model the technique for children and coach them with reminders. Have some fun practicing as a family by holding a "do it in your sleeve" contest. Judge each other on "technique and form". Did anyone score a 10?

You can download resources, including a parent fact sheet, posters and colouring pages, on both hand washing and covering coughs and sneezes the right way at tbdhu.com/id ("Clean Hands").

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, ½ an orange

Help your child blast off with breakfast everyday!

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

1 banana

1 cup strawberry yogurt

½ 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.

Thunder Bay District Health Unit
999 Balmoral Street
Thunder Bay, ON P7B 6E7
Phone: (807) 625-5900
Toll-Free: (888) 294-6630
<http://www.tbdhu.com>

Preventing Winter Sport Injury

Winter is a great time to explore the great outdoors through such activities as skiing, snowboarding, and sledding.

Though these activities are fun, they result in many injuries each year. The following are some safety tips that can reduce the chance of winter sport injury.

- Before you get out on the slopes, be sure you're in shape. Do stretches to warm up muscles.
- Take skiing or snowboarding lessons from a qualified instructor. It is important to learn how to fall correctly and safely to avoid serious injury.
- Check your equipment: have ski/snowboard bindings adjusted correctly at local ski shop, wrist guards and knee pads protect snowboarders when they fall.
- Be a positive role model for your children. To prevent head injury from falls or collisions, parents and children should wear ski/snowboard helmets.
- Head injuries while sledding can be serious. Children need to wear a ski or hockey helmet.
- Safest position when sledding is kneeling. Sliding on your stomach, headfirst, offers the least amount of protection from head injury. Laying flat on your back increases the risk of a spine injury.
- The young or inexperienced need parental supervision when sledding, skiing, or snowboarding especially until they've mastered the basic skills required.

The truth and consequences of engine idling:

- **It wastes fuel:** 3% of Ontario's fuel is wasted by idling. An idling gas engine burns about 3.5 litres an hour.
- **It wastes money:** \$1.8 million of fuel is idled away by Canadians every day.
- **It contributes to reduced air quality:** An idling engine produces twice as many exhaust emissions as an engine in motion, significantly contributing to local air pollution.
- **It contributes to global climate change:** Idling engines account for 8 million kilograms of greenhouse gas (GHG) emissions per day. Passenger transportation is responsible for 18% of Canada's total GHG emissions.
- **It is harmful to your engine:** An idling engine is not operating at its peak temperature, which means fuel combustion is incomplete. Soot deposits can accumulate on cylinder walls leading to oil contamination and damaged components. Idling, while warming an engine, does not warm the wheel bearings, steering, transmission and tires – only driving does this.

Grow It with the Kids!

Children are often more willing to try a green bean they have planted, watered and observed along the way. Cherry tomatoes and sugar snap peas from the vine can't be beat for a backyard snack. Getting kids out into the garden will help them to learn where real food comes from and you will both be proud to serve up home grown veggies at the dinner table.

Keep it simple with container gardens. A wooden half-barrel with a cherry tomato plant or two and some basil, and perhaps another with carrots and lettuce or strawberries, might be enough for your first gardening adventure. You want to feel successful, not overwhelmed.

Pick a spot. Create a full vegetable garden or give your child a patch to work on within your own. You can also plant pots on your deck, or borrow a little room from among your flowers.

Select the plants. Plant herbs, veggies and fruit that your family enjoys eating. Beets, broccoli, squash, cabbage, carrots, garlic, green beans, lettuce, onions, peppers, spinach and tomatoes are some vegetables that grow well in our climate.

Watch them grow! Keep your plants well fed and watered. A perfect job for kids is to pick off snails, slugs, beetles, and caterpillars - they actually *like* touching bugs!

You don't need a green thumb to start gardening. Check out this website for easy ideas to get you growing: <http://www.kidsgardening.com/family.asp>

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.