



Parenting

Planning for a
Healthy Pregnancy



Parenting is an important, rewarding and sometimes difficult job and we would like to help. Niagara Region Public Health has created a series of resource guides to provide you some support in your parenting journey.

All parents want their children to grow up healthy, happy, and successful. Researchers have found several important areas that help children to become successful adults. They are called the '40 Developmental Assets,' and include such things as:

- Being involved and feeling supported by parents, neighbours, school and community
- Having boundaries, expectations and activities to be involved in
- Enjoyment of school and learning
- Learning positive values like honesty, responsibility and getting along with others
- Feeling good about oneself

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The more assets children have, the better able they will be to make good decisions, get past challenges and avoid risky health behaviours.

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The more assets children have, the better able they will be to make good decisions, get past challenges and avoid risky health behaviours. The good news is you can build assets in your child. See the Search Institute to find out more about asset building at www.search-institute.org.

Adults also need care. Parents feel better when they fuel their bodies with healthy foods, get some exercise and enough sleep, and don't smoke. Your children will not suffer if you take time for an activity you enjoy, so go ahead – and don't forget the value of laughter.

It is also important to be able to cope with stress in a positive way. If you find that you are unable to manage your stress, ask for help. Talk to your physician or health care provider.

Our staff members are happy to answer any parenting questions that you may have by calling our Parent Talk Information Line at 905-688-8248 or 1-888-505-6074, ext. 7555. You can speak to a qualified public health nurse Monday through Friday from 8:30 a.m. - 4:30 p.m. They can put you in touch with many excellent community resources and parenting groups. You may also want to visit www.niagararegion.ca for more information.

A good life needs a good start. Remember, we're here, along with your primary care provider, to help you. Enjoy the journey of parenthood.

Dr. Valerie Jaeger

Introduction



When expectant parents are asked whether they would prefer a boy or a girl, most would say their only wish is to have a healthy baby. However, most expectant parents only begin to consider how their lifestyle, health, and relationship will be affected by the baby after they become pregnant.

This parent resource guide was developed for those individuals who are planning a pregnancy, and for expectant parents. The first part of the guide will introduce you to the idea of parenting before you even become pregnant. If you're already pregnant, the next section of the guide will help prepare you for your journey into parenthood.

As an expectant parent, one of the best things you can give your child is a strong, supportive relationship with your partner. Becoming parents is a life changing event, and good communication and support for one another will be the key to positive parenting. This guide includes some activities and suggestions for maintaining a healthy relationship.

As parents, you are your child's first experience with relationships. Attachment is the strong emotional tie of affection and connection that develops between a baby and their caregivers. A healthy attachment with at least one adult helps wire a child's brain to deal with stress, anxiety and any new experiences.

So get ready for pregnancy and parenting.

Once a parent, always a parent.

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Preconception



Parenting Considerations
Plan for a Healthy Pregnancy...

Parenting Considerations

Having a baby will change your life. It is an exciting time, but you may feel anxious and uncertain. This is a big decision and your mixed feelings are very natural. There are many things for you and your partner to consider prior to becoming parents.

We all have different ideas about what parenting will be like. Now is the time to talk with each other and share some of your hopes, doubts and expectations about becoming parents.

Take some time to talk to your partner about having a baby. Here are some questions that are important to discuss:

- Why do I want a baby? How many children do I want?
- Do I have a strong relationship with my partner? Do I respect my partner? Trust him/her?
- Do we have a sense of humour in our relationship?
- What kind of parent do I think I will be? What type of parent will my partner be?
- How will the way I was raised affect my own parenting style? My partner's?
- Will we take part in religious customs? If so, what type?
- How will our relationship change? Our social life? Our relationship with our friends or family?
- Will one of us stay home with the baby after it is born? If not, who will care for the baby while I/we are at work? Will a baby affect my work or career goals?
- How much does it cost to have a baby? Can we afford it? (check the free Mom and Baby to Be app downloadable on the App Store for a detailed baby budget list)



Plan for a Healthy Pregnancy...



Babies begin to develop even before you may know you are pregnant. This means that the time to prepare for your baby's health is before you even get pregnant. There are things that both men and women can do to improve the health of their future children.

- Obtain your free copy of **Planning Ahead for a Healthy Pregnancy: Resource Kit** from Niagara Region Public Health by calling 905-688-8248, ext. 7237 or email plan4pregnancy@niagararegion.ca
- Make an **appointment** with your health care provider for a full preconception check-up
- **Start** eating healthier and stop drinking alcohol
- **Reduce** caffeine beverages to two cups per day
- **Begin** taking a multivitamin with at least 0.4mg of folic acid every day
- **Quit** smoking
- **Ensure** your home and cars are **smoke free**
- **Talk** to your partner about your future as parents
- **Sign up for prenatal classes** or eLearning once you are pregnant
- **Download** the free iOS Mom and Baby to Be app on the App Store

Learning about Stress



The impact of stress on pregnancy...Scientific studies suggest that high levels of stress during pregnancy may lead to premature births and possibly to low birth weight, even in full term babies. Women who experience high levels of stress may not be following good health habits. They may not eat properly, or they may react to stress by smoking, drinking alcohol or taking other drugs which can place a baby at greater risk.

- Planning for pregnancy is a good time to look at the stresses in your life and identifying how you deal with them. Getting pregnant and becoming parents will create changes in your life. Even during pregnancy, there are physical and emotional changes you have to deal with. As for the stress associated with parenting, well, just ask anyone who has kids!
- Trying to get pregnant can be stressful. While preparing for pregnancy may be an exciting and fun time, it can be stressful if it does not happen as quickly as you expect. Stress is difficult for researchers to measure as we all feel and deal with stress differently.
- What is known about stress and infertility? Generally, scientists agree there is a relationship between the two. However, it is hard to determine if stress is a cause of infertility or if infertility is the cause of stress. While it is possible that chronic or extreme stress may have some effect on the hormones associated with the reproductive system, there is no conclusive evidence that normal day-to-day stress causes infertility.



Everyone reacts to stress differently. Understanding how stress affects you is the first step in learning how to manage it. Complete the following checklists to identify your level of stress. For help close to home contact one of the people you identify on page 9.

I know I am stressed when....

- I feel worried or anxious
- I get sick more often
- I sleep too much or have trouble sleeping
- I can't concentrate or make decisions
- I have an unexplained physical problem like headaches, diarrhea or heart flutters
- I am too sensitive (I cry or have angry outbursts)
- I am sad or irritable
- My mind wanders throughout the day
- My appetite changes
- I am unusually tired
- I feel restless
- I take alcohol, medications or other drugs to relax
- Other:

Things that stress me...

At work:

At home:

In my relationships:

About myself:

Dealing with stress ... Alter, Avoid or Accept?

When you are feeling the effects of stress, you can deal with it in three different ways: Alter It, Accept It or Avoid It. The strategy you choose depends on how you view the situation.

Altering: Involves removing the source of stress by changing something about the situation. Improving communication skills, settling differences, planning your time differently, or asking for help are ways to alter a situation.

Avoiding: Ignoring the issue may be the best solution. However, be careful that you are not sweeping it under the rug only to have it resurface in a much bigger form. Avoidance might work for the small stuff that gets us all worked up. For example, if

you know the grocery store is always busy on Friday nights, you may choose a time early in the morning. Avoiding stress may also involve saying “no” at times.

Accepting: Many problems are out of your control. The only option may be to accept them and try to increase your capacity to tolerate stress. Exercising, eating well and learning methods of relaxation can help with this. Change your perception of a situation by using humour, positive self-talk, or seeing it as a learning experience. This can help you redefine a situation so that it is seen as less stress provoking.

Now that you are familiar with the three A's (alter, avoid and accept), go back and look at the sources of stress you identified in the previous activity. Which “A” would you use with each issue?

Where	Alter	Avoid	Accept	Action
At work				
At home				
In relationships with others				
With myself				

When I feel stressed I can....

- Talk regularly with my partner...

- Go for a walk or exercise by myself or with...

- Read a good book or magazine such as...

- Listen to my favorite music called...

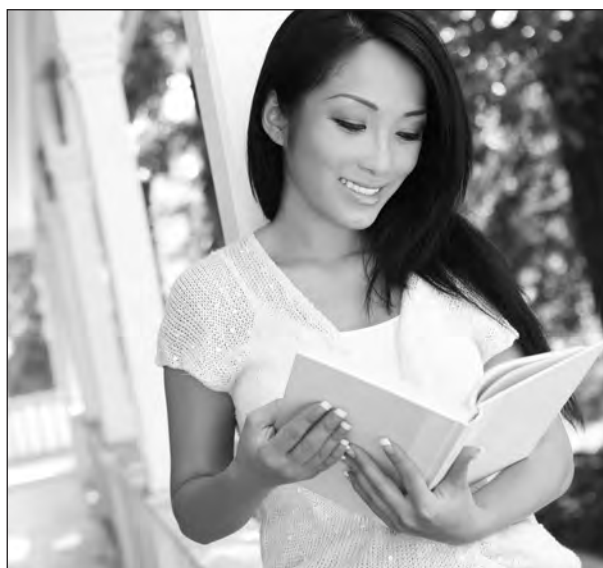
- Spend time with my friends or relatives...

- Make a nutritious meal or snack...

- Take a nap or get a good night's sleep...

- Try natural stress reduction techniques like
(ie. Yoga, meditation)...

- Other things I like to do...



If you are already pregnant, learning more about your pregnancy can be a great stress reducer. If you are not already registered in a prenatal class go to www.niagararegion.ca/health to sign up for an in-class session or eLearning. You can also download the free iOS M+B 2B app on the App Store. If you continue to suffer from stress or you find your stress level rising, seek professional help or look for community resources that can help you find ways to reduce your stress and deal with challenges.

The amount of support you receive from the people around you plays an important role on how much stress you feel during your pregnancy. If you receive very little support, you may feel anxious, alone or depressed. Take steps towards dealing with the stress in your life! In planning your course of action, do not forget to use family and friends who could help you in accomplishing your goals.

For help close to home contact:

Niagara Region Public Health – Parent Talk Line:
905-688-8248 or 1-888-505-6074 ext. 7555

Health care provider:

Employee Assistance Program at your workplace:

Social worker:

Family counsellor:

Psychologist:

Safe Relationships



Pregnancy demands a harm-free home. When you think about pregnancy, you may picture love, security and bonds that pull relationships closer. It is every person's right to live in a safe relationship that nurtures and lends support – a relationship free of harm.

Did you know that abuse can start during pregnancy, or get worse while you are pregnant? One in five abused women report that abuse started or got worse during their pregnancy. Abuse in pregnancy is more common than some pregnancy complications. Emotional abuse often comes first. The woman is insulted, threatened, put

down in public, blamed and told what to do. If left unchecked, this control can turn into physical abuse such as slapping, hitting, shoving and more. Abuse gets worse over time and will not stop when the baby arrives.

Why do women suffer abuse? They may become survivors by shutting out their reality. Thoughts like, "My baby needs a father," may keep a woman in a harmful relationship for years. Physical abuse can cause miscarriages, premature labour and stillbirths. Any kind of abuse can cause stress. Stress affects children before and after birth. Women might also turn to drugs or alcohol to cope, putting a developing baby in more danger.

Abuse – What are the signs?

- ✓ Feeling sad and alone
- ✓ Feeling anxious
- ✓ Feeling bad about yourself
- ✓ Having pain and injuries
- ✓ Turning to alcohol and drugs
- ✓ Not eating or sleeping well



Both partners should ask themselves these questions...

- Is it OK for you to behave in a certain way, but not your partner?
- Have you ever forced your partner to do something to get what you want?
- Do you blame your partner for everything that goes wrong?
- Does your jealousy stop your partner from going places or seeing other people?
- Do you have set ideas about what each partner should be like or should do?

If you answered yes to any of these questions you might want to take a closer look at your relationship. Facing differences now will be easier than letting them take their toll when a pregnancy comes along. Fill your family album with smiles, not bruises.

Having a baby does not make a bad relationship better; it adds to the stress. Start your family in a healthy way. Know your relationship. Your values and beliefs about togetherness tell you how you will treat each other in a relationship.

Abusive relationships can mean any relationship that involves physical, psychological, verbal, sexual, spiritual, or financial abuse.

Physical Abuse

- Slapping, hitting, shoving, biting, hair pulling
- Throwing things
- Threatening someone with a weapon
- Holding someone against their will
- Denying her access to her health care provider
- Taking away aids such as a guide dog or cane

Psychological or Emotional Abuse

- Threatening to take the children away from her
- Stalking or harassing her
- Controlling her time and what she does
- Isolating her from family and friends
- Threatening to hurt someone she cares about

Verbal Abuse

- Calling her names and other verbal means of attacking her self esteem
- Humiliating her in the presence of others

Sexual Abuse

- Denying sexual intimacy or forcing her into unwanted sexual acts
- Forcing her to get pregnant or have an abortion
- Infecting her with sexually transmitted infections

Spiritual Abuse

- Belittling her spiritual needs
- Not allowing her to attend a place of worship

Financial Abuse

- Limiting access to family finances
- Using her credit cards without her permission

Relationship Quiz

1. Do you find that your partner doesn't want you to see other friends or participate in activities that do not include him/her?
2. Does your partner criticize the way you dress, talk or look?
3. Are there times when your partner's teasing hurts your feelings?
4. Does your partner make fun of you in front of your friends or family?
5. Do you ever feel pressured to do something?
6. Has your partner ever hit or slapped you?

Abuse often starts or gets worse during pregnancy. Talk to someone you trust.

For help close to home contact:

Niagara Region Sexual Assault Centre
(CARSA Inc.)
24 HR Crisis Line: 905-682-4584

Women's Place of South Niagara Inc.
Phone: 905-356-3933

Gillian's Place
24/7 Support Line: 905-684-8331

 To find a shelter in your area visit:
www.endvaw.ca

Assaulted Women's Help Line
Toll Free: 1-866-863-0511
Mobile: #SAFE (#7233)

Transition to Parenting



Parenting Tasks
Transition Issues
Expectant Fathers

Parenting Tasks

It is a good idea to take a look at the tasks around the house prior to the arrival of your baby. Ask yourself who does the house cleaning now and who will do it after your baby arrives? Who does the laundry and who will do it in the first few weeks after your baby is home? When will mom have time for her own baths and other care? How will you spend time together as a couple in the first few weeks?

Take a look at the check list below and take a realistic look at your present workload and how it will change once your baby enters the picture.

Partner (or support person)	Tasks	Hers
I do this job: 1 Never 2 Sometimes 3 Always		I do this job: 1 Never 2 Sometimes 3 Always
Before baby is born		
	Cooking meals	
	Meal cleanup	
	Grocery shopping	
	House cleaning	
	Spring cleaning (windows, oven, cupboards)	
	Home computer maintenance	
	Doing laundry	
	Ironing	
	Cutting grass	
	Shovelling snow	
	Gardening	
	Car cleaning	
	Arranging car maintenance	
	Planning & packing for holidays	
	Feeding the animals	
	Cleaning cages/litter boxes	
	Paying bills	
	Negotiating loans, mortgage, insurance	
	Other:	
After baby is born		
	Feeding baby	
	Diapering baby	
	Bathing baby	
	Comforting baby	
	Playing with baby	
	Other:	

There are many decisions to make before taking that final step toward parenthood. Keep your communication lines open and honest. A strong relationship between the two of you will establish a firm foundation on which to build a family.

Don't forget to take some time to talk with your family and friends. They probably have some valuable insights and information to share.

For help close to home contact:

Family and friends:

Niagara Region Public Health – Parent Talk Line:

905-688-8248 or 1-888-505-6074 ext. 7555

Ontario Early Years Centre:

905-934-9622 ext. 265



Transition Issues

The transition to being a parent is one of the most significant life events that a person can experience. Few things change life like the birth of a child. Have you ever thought about the changes that you can anticipate with a baby's birth? Relationships? Your social life? Your emotional life? Finances? Housework? Time? Sleep?

Just as a mother needs to learn how her body and emotions will change as she prepares for a child's birth, couples need to know about the changes that may occur for them as they make the transition from partners to parents. Both parents

share some changes that occur with the arrival of a child. However, men and women may experience differences in the key issues they identify as concerns in the transition to becoming a parent.

“His” vs. “Hers” Transition to Parenthood – An Exercise

The transition to parenthood brings common stresses. However, some are more challenging to women while others are more challenging to men. To get a sense of what transition issues most affect each of you in the couple relationship, fill out the brief Transition Quiz.

The Transition Quiz

Select from the Transition Issues listed on the next page and try to identify the top five issues for yourself and also for your partner. Have your partner do the same thing. Compare your lists and see how you are similar and different in issues that have been important to you. Use this to discuss transition issues with each other.

Next, compare your responses to the top five concerns listed for men and women on page 18.

How are you similar or different?

The Transition Quiz	
His Transition Issues – Top 5	Her Transition Issues – Top 5
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Transition Issues List:

- Lack of sleep and tiredness
- Changing diapers
- Expensive baby clothes
- Financially providing for the family
- Anxiety about child illnesses
- Increased chores and housework
- Decline in sexual interest
- Nutritional needs of the child
- Lack of time for watching television
- Dissatisfaction with personal appearance
- Concern about spouse's needs
- Unpredictable shifts in mood and anxiety
- Cost of child care
- Time together as a couple
- Loss of free time for self and social activities
- Change in work situation
- Overstimulation of the child
- Personal doubts about parental competence or skills
- Recovery from labour and delivery
- Intrusive in-laws
- Marital communication
- Changes in body figure
- Financial preparation for child's schooling
- Individual stress about roles and responsibilities
- Couple disagreements about roles
- Decisions about child care



All of these topics can be a concern for one partner or the other in a relationship. The issues for each person may differ. Understanding one another's concerns and being sensitive is helpful to coping with the transition to parenthood as a couple. Research that examines the transition to parenthood for married couples has identified some of the top issues from this list for both men and women.

For men, the top transition issues tend to include:

- Financially providing for the family
- Lack of sleep and tiredness
- Increased chores and housework
- Intrusive in-laws
- Loss of free time for self and social activities
- Decline in spouse's sexual interest
- Couple disagreements about roles

For women, the top transition issues tend to include:

- Lack of sleep and tiredness
- Changes in body figure
- Personal doubts about parental competence or skills
- Unpredictable shifts in mood and anxiety
- Dissatisfaction with personal appearance
- Increased chores and housework
- Individual stress about roles and responsibilities
- Change in work situation

Couples should take the time to discuss the particular issues that concern them and find ways to be supportive of each other in coping with the transition from partners to parents.



For more information and helpful tips on transitioning into parenthood, visit www.ag.ndsu.edu (Bright Beginnings #2).

Pages 16-18 adapted with permission from North Dakota State University and Sean Brotherson, Family Science Specialist, NDSU Extension Services. The Transition from Partners to Parents: Bright Beginnings, No.2 (FS-604).



Expectant Fathers

Father Readiness Quiz

Becoming a parent is a lifelong commitment. You may have a number of questions about how prepared you are to take the next step in becoming a father. Take this quiz to test yourself on your thoughts on becoming a dad.

1. How do you feel about the responsibilities and commitment of becoming a father?

- I am ready for and committed to the idea of becoming a father.
- I am nervous about making this commitment.
- I am not ready to commit to anyone other than myself or my partner right now.

2. Do you enjoy spending time with children?

- Yes, I really enjoy it.
- Yes, sometimes.
- No, I dislike children!

- **Having mixed feelings about becoming a parent is perfectly normal for both men and women.**
- **Share your expectations, hopes and concerns about having a child with your partner.**
- **Talking with other new dads is a great way to find out what kinds of things they went through at this stage. Chances are - they went through all the same thoughts and feelings as you are!**

3. How do you cope with stress?

- I try to come up with a sensible way of dealing with it and talk to someone about my stress.
- I stay calm on the outside, but on the inside I feel out of control.
- I tense up and feel like I can't do anything to fix the problem.

- **During pregnancy, you and your partner will begin to notice a lot of these changes as you begin the transition from partners to parents.**
- **Take the time now to identify stresses in your life and learn how to deal with them. Becoming a new parent will create changes in every aspect of your life.**

4. What is your parenting support system like in your own home?

- I have a partner and believe they would be a great parent.
- I have a partner but he/she isn't sure if they are ready to be a parent.
- I have a partner but they are not ready to become a parent.

5. How is your parenting support system outside home?

- I have family and friends who are available to help.
- I do not have family or friends to depend on but I am not afraid to ask for help of others when we need it.
- We don't need any help from anyone. How hard could it be to be a parent?

- **It's important to look at what goals would be best met before you start a family.**
- **This will help put things into perspective for you in understanding how prepared you are in becoming a parent.**
- **Some of these goals may relate to career, education, finance or personal.**
- **If parents can work out their differences and work together, they are much more able to respond positively to the challenges of raising a child and provide a nurturing atmosphere.**
- **Focus on supporting each other and making your child's life safe and positive.**

6. Are you ready to share household responsibilities with your partner?

- Yes, my partner and I have discussed what we can do to help each other.
- No, my partner can handle the household chores because she did it before.
- Not really, but I'm sure it will work itself out.

- **A great way to manage the division of work with your partner is to identify and discuss what your expectations are about who will do what tasks and why.**
- **Make a list of specific child care and housework tasks- discuss how you feel about it and then decide who will be responsible for what.**





7. Are you ready to make adjustments to your daily lifestyle (e.g., hobbies, free time) once you become a father?

- I am ready and willing to make the sacrifices I need to for a child.
- It's about compromise; I might only have to give up a few of the things I do.
- I don't see how I would have to give up any of my hobbies or free time.

8. Have you achieved all of your life goals (e.g. career, travel) you wanted to before starting a family?

- Yes I have met my goals and feel ready to become a dad.
- I'm not really sure and will definitely take more time to think about this.
- No, I plan to do more schooling and travelling before starting a family.

9. How do you feel about having limited time with your partner once you do have a baby?

- I understand why there will be less time but I will make it a priority to schedule our time together once a week.
- My fear is that my partner will forget about me when the baby comes.
- I don't see any reason why our personal time together would change.

- **No relationship goes unaffected by a child's birth.**
- **You and your partner may feel less connected to one another for a time.**
- **Scheduling time as a couple just to talk, share feelings and express support or get away for some personal time is very important.**
- **Having personal time together is an opportunity to express concerns and support one another.**

10. Do I qualify for parental leave as a father?

- I have checked with my employer about my parental leave options.
- I am unaware of my parental leave options and plan to look into this ahead of time.
- I had no idea that fathers could get parental leave.

11. Do you feel you are financially stable? Do you think you can afford all the extra expenses?

- Yes, I have a regular income, pay my bills and have some money left at the end of the month for savings.
- For the most part, I can usually pay my bills but don't have much left at the end of the month for savings or anything else.
- No, I live pay cheque to pay cheque. I have had a hard time keeping a job and still have quite a bit of debt.

- **Providing financially for your family's needs is a common concern of men.**
- **Although you and your partner's financial priorities may differ, working and talking things out in a healthy way can help parents work through differences and find common ground.**
- **A good rule of thumb is to avoid discussing money matters when you are tired, highly stressed or ill.**
- **Set up time to talk about money concerns and focus on solutions.**

12. With a typical meal, do you include at least three of the four food groups according to Canada's Food Guide (i.e., vegetables, fruits, grain products, milk and alternatives, meat and alternatives)?

- Yes, with most of my meals.
- Yes, with some meals.
- No, not usually.

- **You are what you eat.**
- **If your body is poorly fed and nourished, so are your sperm and sex drive.**

- **Sperm quality can be affected by smoking, therefore affecting your chances of that your partner will become pregnant.**
- **Research also indicates a slight increase in cancer in children of smoking fathers.**

13. How many cigarettes do you smoke per day?

- 0
- 1-16
- more than 16

14. How many alcoholic beverages do you consume per day?

- 0
- 1-2 per day
- 3 or more per day

- **Alcohol can damage the quality of sperm also affecting your partner's ability to get pregnant.**
- **Research says heavy alcohol use may affect sperm formation and function, or may cause impotence.**

Niagara Region Public Health Contact Information



Contact Information

Our locations

Niagara Region Public Health

Niagara Region Public Health: 905-688-8248
or toll free: 1-888-505-6074

The school nurse

Every elementary and secondary school in Niagara has a school nurse.

The school nurse provides teachers, parents and students support and resources on health related topics, including:

- Healthy eating
- Physical activity
- Tobacco use prevention
- Parenting
- Mental and emotional health
- Puberty and sexual health
- Drugs and alcohol

In public secondary schools, nurses also provide:

- Sexual health counselling
- Birth control
- STI testing

To learn more about the school nurse, please call ext. 7379 or visit:



www.niagararegion.ca
search school nurse

Services for healthy children and families

- Planning for pregnancy and prenatal classes
- Breastfeeding support and clinics
- Parenting resources
- Home visits for new parents
- Baby Talk, Triple P, @NiagaraParents
- Post-partum mood disorder support group
- Car seat installation classes

Parent talk line, ext. 7555

Immunization for children and adults

- Travel immunizations
- Flu shot clinics (seasonal)
- School-based immunizations for grade seven and eight students
- General clinics for routine childhood immunizations

Flu clinics, ext. 7443

Travel health, ext. 7383

Immunization clinics, ext. 7425

Immunization reporting, ext. 7459

Dental health services

Six dental clinics and one mobile dental clinic provide free dental screening for children and youth 17 years and younger. Dental staff will identify children and youth eligible for various programs and services.

Dental screening is provided annually to children in grade JK, SK, two, four, six, and eight. Parents will be notified if their child has an urgent dental condition or if preventive services are recommended.

Dental health, ext. 7399

Safe and healthy communities

- Tobacco control, prevention, and quitting
- Mental health treatment, counselling, and support
- Physical Activity and Community Food Advisors
- Health bus and outreach nursing
- Disease, injury, drug and alcohol misuse prevention
- Road, home, and outdoor safety
- Workplace health and safety

Health bus/outreach nursing clinics, ext. 7512

Tobacco, ext. 7393

Mental health referral, ext. 7262

Volunteer supervisor, ext. 7395

Safe food and water

- Niagara InfoDine, InfoInk, InfoSplash, and InfoBeauty - restaurant, tattoo, public pool and salon inspections
- Food handling and preparation course
- Private well water testing
- Beach water testing

Food handler certification, ext. 7230

Well water testing, ext. 7268

Beach hotline, ext. 7789

Infection prevention and control

- Outbreak and disease management
- Clean your hands education
- Rabies investigations
- West Nile virus and Lyme disease surveillance
- Nursing home and migrant worker housing inspections

West Nile virus line, ext. 7335

Rabies, ext. 7269

Sexual health services

- Sexual health counselling with public health nurse
- Sexually transmitted infection (STI) testing and treatment
- Birth control at a reduced price
- Pregnancy testing
- Free condoms

Clinics:

Fort Erie: 905-871-5320

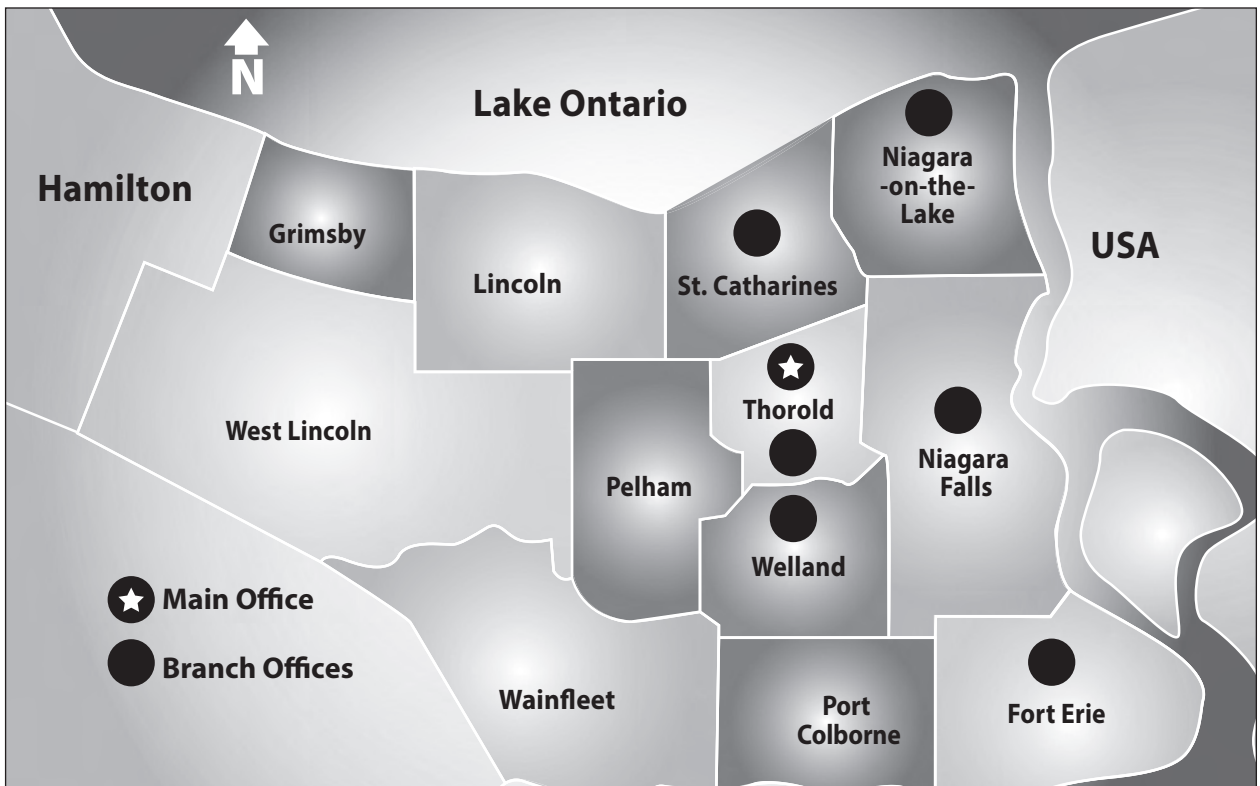
Niagara Falls: 905-358-3636

St. Catharines: 905-688-3817

Welland: 905-734-1014

Emergency Medical Services

- Pre-hospital emergency medical services
- Paramedics and emergency medical dispatchers
- Community outreach for injury prevention, CPR, safety, and when to use 9-1-1



Our locations

Main Office

Office of the Medical Officer of Health

2201 St. David's Road, Campbell East,
Thorold

Phone: 905-688-3762

Toll Free: 1-800-263-7248

Fax: 905-682-3901

Branch Offices

Niagara Falls

5710 Kitchener Street

Phone: 905-356-1538 Fax: 905-356-7377

Sexual Health Centre

Phone: 905-358-3636

Fax: 905-358-2717

Welland

200 Division Street

Phone: 905-735-5697 Fax: 905-735-4895

Sexual Health Centre

Phone: 905-734-1014

Fax: 905-734-1770

Fort Erie

43 Hagey Avenue

Phone: 905-871-6513 Fax: 905-871-3020

Sexual Health Centre

Phone: 905-871-5320

Fax: 905-871-3333

St. Catharines

Sexual Health Centre

277 Welland Avenue

Phone: 905-688-3817

Toll Free: 1-800-263-5757 Fax: 905-688-6063

Thorold

Niagara Region Mental Health

3550 Schmon Parkway,

2nd floor, Unit #2

Thorold, ON L2V 4T7

Phone: 905-688-2854 Fax: 905-684-9798

Niagara-on-the-Lake

Niagara Emergency Medical Services

509 Glendale Avenue East

Phone: 905-984-5050 Fax: 905-688-5079

Community Resources



Register your Baby
Agency Contact Information

Remember to register your baby for the following:



Remember to register your baby for the following:

Birth Certificates

1-800-461-2156 or www.serviceontario.ca

Health Cards

1-800-664-8988 or www.health.gov.on.ca

Social Insurance Card

1-800-206-7218 or www.servicecanada.gc.ca

NOTE: Must show birth certificate

Universal Child Care Benefit

1-800-959-2221 or www.cra-arc.gc.ca/uccb

Canada Child Tax Benefit

1-800-387-1193 or www.children.gov.on.ca

Based on income

Ontario Child Benefit

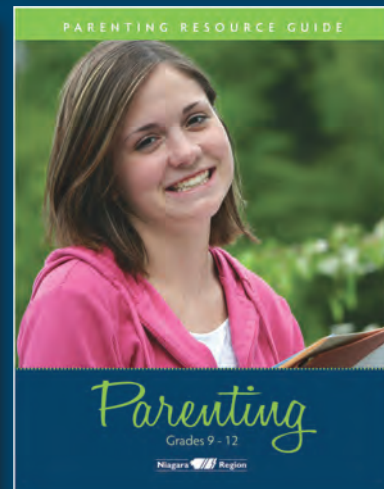
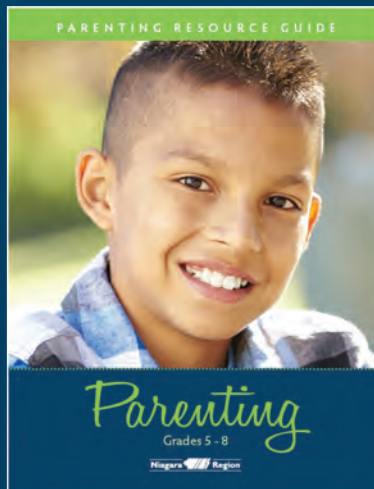
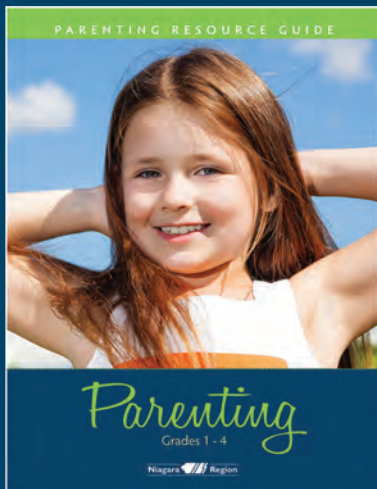
1-866-821-7770 or www.ontariochildbenefit.ca

Based on income

Pregnancy Information	
Best Start	Ontario's maternal newborn and early childhood development resource center. www.beststart.org www.healthbeforepregnancy.ca
Eat Right Ontario	Resources and tips for eating healthy before and during a pregnancy. www.eatrightontario.ca
Public Health Agency of Canada	If you are pregnant, or are planning to become pregnant, this website is full of reliable information. www.phac-aspc.gc.ca/hp-gs/index-eng.php
Motherisk	Canada's expert on the safety of medications, infections, chemicals, personal products and everyday exposures during pregnancy and breastfeeding. 1-416-813-6780 toll-free 1-877-439-2744 http://motherisk.org/
Infertility	
Ontario Ministry of Children and Youth Services - Infertility Information	Information on infertility and assisted reproduction. www.children.gov.on.ca/htdocs/English/infertility/index.aspx
Health	
Canadian Paediatric Society	Information to help parents make informed decisions about their children's health. www.cps.ca
College of Physicians and Surgeons of Ontario	For assistance in finding a family doctor. www.cpsso.on.ca/docsearch
Positive Living Niagara	Support, education and advocacy services and programs for people infected or affected by HIV and AIDS. 905-984-8684 www.positivelivingniagara.com
The Society of Obstetricians and Gynaecologists of Canada	The facts on pregnancy and childbirth from Canada's experts. http://pregnancy.sogc.org/
Telehealth Ontario	The government's Telehealth Ontario program is a free, confidential telephone service you can call to get health advice or general health information from a Registered Nurse, 24 hours a day, 7 days a week. Always dial 911 in emergency situations. 1-866-797-0000 TTY: 1-866-797-0007 Telehealth Ontario offers 24/7 Breastfeeding advice and support service. Phone: 1-866-797-0000
Crisis	
Distress Centre Niagara: 24-hour distress line	St. Catharines 905-688-3711 Welland/Port Colborne 905-734-1212 Grimsby/West Lincoln 905-563-6674 Fort Erie 905-382-0689

Domestic violence shelters	Gillian's Place 905-684-8331 Women's Place of South Niagara 905-356-5800 Nova House Niagara Falls 905-356-3933
Mental Health & Addictions Access Line	For adults who want to connect with an appropriate mental health and/or addictions support for themselves or a loved one. 1-866-550-5205
Fatherhood	
Fatherhood Information	Both websites provide relevant information for fathers and for individuals, agencies, and programs working with fathers. www.dadcentral.ca www.fathers.com
Teen Pregnancy	
Hannah House maternity home	Residential program for females during and after pregnancy in Niagara Falls. 905-353-8552 www.hannahhouse.ca
Strive Niagara	Supports for young moms and families going to school. 905-735-2566 www.striveniagara.ca
Teen Pregnancy – Young and Pregnant in Niagara (YPN)	Free prenatal education program for teens. Welland 905-735-9934 Niagara Falls 905-988-3528, Ext. 244 St. Catharines 905-934-0021 Thorold 905-321-2523 Fort Erie 905-871-0236 Port Colborne 905-650-2363
Multiple births	
Multiple Births Canada	Support, education, research, and advocacy for families interested in multiple birth issues. 1-866-228-8824 www.multiplebirthscanada.org
Niagara Chapter of the Parents of Multiple Births Association (POMBA)	Follow NiagaraPOMBA on Facebook to connect with families of multiples. https://www.facebook.com/NiagaraPOMBA www.niagarapomba.ca
Parenting	
Ontario Early Years Centres	Offering parenting programs, workshops and interactive play for parents/ caregivers and children 0-6 years of age. Welland 905-734-3563 Fenwick 905-892-3533 Grimsby 905-945-6777 South Pelham 905-734-3563 Early Years Mobile Services 905-734-3563 www.oeyc.edu.gov.on.ca

PARENTING RESOURCE GUIDES



www.niagararegion.ca/health

Niagara  Region

@niagara
parents

Parent
Talk Line