

# Healthy Beginnings



## Healthy Beginnings e-newsletter Spring 2017

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### York Region Public Health supports breastfeeding and maternal mental health

Having a new baby can be a challenging time. Those who support new families must provide information that is consistent with current evidence and relevant to each family's specific needs.

This is especially important when providing health teaching regarding infant feeding. York Region Public Health provides information and health teaching to breastfeeding and formula feeding families to help them make informed feeding decisions and safely feed their babies.

Breastfeeding is promoted as the optimal nutrition for babies and young children, contributing to positive short and life-long health benefits. Breastfeeding is important for maternal health as well, reducing several chronic health issues. Families have a right to this information to make informed decisions.

While breastfeeding, especially exclusive breastfeeding for the first six months of a child's life, is promoted; the overall hydration

status of a newborn is most important. When breastmilk is not available, commercially prepared infant formula is recommended. Families are encouraged to continue to provide breastmilk, as able, and are supported to increase breastmilk production during this time. Families are encouraged to follow their health care provider's recommendations, have baby's weight monitored and feedings assessed.

Having a baby is not always easy. Adjusting to parenthood can be challenging for families and can contribute to mood changes or perinatal mood disorders. A mother who feels that challenges with breastfeeding are contributing negatively to her mental health will be supported by Public Health Nurses to make informed decisions that work best in her situation.

Families can access support with infant feeding or maternal mental health by contacting Health Connection at 1-800-361-5653 or at [york.ca/babytalk](http://york.ca/babytalk)



## Members of the Healthy Beginnings Committee

### Child & Family Health

[Evelyn te Nyenhuis](#) (Breastfeeding Program)  
[Ingrid LeClaire](#) (Reproductive Health Program)  
[Christine Kasperavicius](#) (Child Health Program)  
[Lisa Hardill](#) (Dental Program)  
[Kathryn Van Pelt](#) (Health Connection)

### Health Protection

[Tamika Latibeaudiere](#) (Food Safety Program)  
[Becca Chan](#) (Infection Prevention and Control – Child Care)

### Healthy Living

[Rachel Morgan](#) – Chair (Nutrition Services)  
[Laura Atkinson](#) (Nutrition Services)  
[Melissa Goheen](#) (Tobacco-Free Living and Early Detection of Cancer)

### Infectious Diseases Control

[Melissa Chao](#) (Vaccine Preventable Diseases)

### Social Services

[Jennifer Israel](#) (Early Intervention Services)

## What's New in Consumer and Professional Resources

- [I am ready for solids](#)
- [I'm a healthy eater](#)
- [Self-feeding right from the start](#)
- [Iron and your health](#)
- [Iron and your child](#)
- [Prenatal online course](#)
- [Taking care of YOU after baby arrives](#)

This list includes any new or revised resource. For a listing of all resources, visit the webpages for [breastfeeding](#), [parenting](#), [nutrition](#), [food safety](#), [dental](#), [Health Connection](#), [immunizations](#), [prenatal & newborns](#), [injury prevention](#)

## Transitioning to Parenting program

York Region Community and Health Services offers *Transition to Parenting* program, a support and education group for pregnant and postpartum women experiencing anxiety, depression or having difficulty with the adjustment to parenthood. This program, led by Public Health Nurses (RNs), is available at various locations in York Region at no cost to participants. Child minding and transportation assistance may be available.

[Transition to Parenting video](#)

[Transition to Parenting program](#)

### Who can attend?

Mothers who are at risk of developing postpartum anxiety or depression or who are already experiencing symptoms can attend this group. *Transition to Parenting* helps women increase their confidence; develop coping strategies by sharing their experiences.

This program is open to women living in York Region who are either pregnant or have a baby. To register, contact York Region Health Connection at 1-800-361-5653, TTY: 1-866-252-9933 (for the hearing impaired); or email [hc@york.ca](mailto:hc@york.ca)



## All Babies Count (ABC) prenatal nutrition program

The *All Babies Count (ABC) prenatal nutrition program* is a **free** weekly program for women of **all ages** who need extra support during their pregnancy. Your clients may be eligible if they:

- Are new to Canada
- Are single
- Have limited access to services and supports
- Are dealing with mental health challenges or substance use
- Have financial concerns
- Face other challenges

The program runs year-round. Clients can start the program at any point in their pregnancy and remain up until their baby is 4-6 months old.

The *ABC program* takes place at various locations in York Region. Transportation, child-minding and interpretation services may also be available if needed. A healthy snack and meal are provided at each session. Sessions are led by Public Health Nurses and Nutrition Educators.

These sessions are a place for expectant mothers to learn about:

- How to eat a healthy balanced diet for pregnancy
- What foods to avoid
- How to eat well on a budget
- Basic cooking skills and easy recipes to take home
- What to expect during labour and delivery
- Comfort techniques during labour
- Breastfeeding skills and supports
- Baby care and parenting
- How to care for yourself

The *ABC program* is an excellent way to learn about pregnancy, while meeting new friends!

**Please call 1-877-516-3715 to find out if any of your clients are eligible.**

For more information, visit the prenatal nutrition program at [york.ca/babies](http://york.ca/babies)

## Physical literacy is important for child health

Do you know of the term “physical literacy” and how it can influence a child’s health?

Physical literacy is the development of fundamental movement skills that allow individuals to move with awareness and confidence in a wide variety of activities. Like reading and writing, physical literacy is an individual’s ability to “read” what is going on around them and react appropriately in an activity setting. Children who are physically literate are more likely to be active throughout their lives.

Some examples of fundamental movement skills include:

Kicking	Throwing	Jumping
Catching	Swimming	Skating
Running	Hopping	

Parents are a key influence in the development of a child’s physical literacy. They can help provide adequate opportunities to develop their child’s physical literacy by:

- Speaking to their child’s principal to make sure physical education is part of their learning.
- Registering their child in recreation programs that have integrated physical literacy concepts.
- Encouraging active play, especially in nature!
- Being a good role model – children learn from observing people around them.

As a childcare provider you can also play a key role. Being aware of physical literacy concepts and adapting programming to include a variety of fundamental movement skills will help build a child’s confidence, competence, and motivation to be active for life.

For more information, visit [Physical Literacy](#)



## First dental visit by first birthday

*One in three children in York Region has a history of cavities.*

York Region Public Health supports the Canadian Dental Association's and the Canadian Dental Hygienist Association's recommendation that a child's first dental visit be scheduled within six months of the eruption of their first tooth or by their first birthday.

At the first dental visit, a dental professional will check the child's teeth, teach parents how to care for their child's teeth and teach them to recognize dental problems.

Early, regular visits can help prevent cavities and are important for a child's overall health

### How can early years and health care providers help?

Families can be referred to the York Region Public Health Dental Program at **1-800-735-6625** or to [york.ca/dental](http://york.ca/dental) for more information about the first dental visit.



## Free online prenatal program

York Region Public Health now offers a free online prenatal program. This interactive, web-based program includes photos, videos, content and quizzes designed to help women and their partners or support persons prepare for labour, childbirth and caring for their baby. This format allows families to learn at their own pace and convenience.

Topics include:

- Discomforts of pregnancy
- Understanding labour and birth
- Medical interventions and caesarean birth
- Adjustment to parenting
- Breastfeeding and caring for your newborn

The program has seven chapters and takes about six to eight hours to complete. Women and their partners or support persons can enter and exit the program and bookmark the page for their next visit.

The audio option along with video and text makes the learning accessible and appealing.

There are also printable fact sheets that provide information about pregnancy, parenting and community resources.

### Register online

Visit [york.ca/prenatalclasses](http://york.ca/prenatalclasses) to learn more and complete the online prenatal program registration. Watch our [video](#) and our [program demo](#). There is also a [printable flyer](#).

The program works best with a high speed internet connection. It requires the Adobe Flash Player and cannot be viewed on a mobile Apple operating system.



## Let's Cook! Take the pledge today and you could win

York Region Public Health is launching [Let's Cook!](#) to get York Region residents cooking more often with fresh ingredients.

We want EVERYONE to cook more, not just families with young children.

*Let's Cook!* It keeps you healthy and independent, connects you with your family and friends, saves you time and money, and helps the environment.

Take a look at [the infographic](#) to learn more.

### Take the pledge

[Pledge now](#) to cook more often with fresh ingredients. By pledging, you will receive delicious, healthy recipes for your family to enjoy and tips to stay inspired twice a month, straight to your inbox.

Everyone that pledges has the chance to win a grocery gift card.

For more reasons to say "Let's Cook!", visit [york.ca/letscook](http://york.ca/letscook)



## What is Health Connection?

**Health Connection** is a no-cost service offered by York Region Public Health that provides telephone support to expectant parents and families with babies and young children.

**Health Connection** is staffed by Registered Nurses who answer questions about feeding and caring for baby, sleep, safety, growth and development as well as depression and anxiety.

Telephone support is also available for breastfeeding assistance as well as referrals to York Region's no-cost breastfeeding clinics and the Healthy Babies Healthy Children program (HBHC).

HBHC is a home visiting program which provides eligible families with community information and resources as

well as prenatal and post-partum support.

Health Connection nurses also call mothers in the first few days after being home with a new baby to answer questions and provide telephone support.

**If your client's have questions, Health Connection has answers**

Contact us at **1-800-361-5653**, **select option 2** between 08:30 am and 4:30 pm, Monday to Friday. Messages may be left in our confidential voice mail box 24/7. We strive to respond within one business day.

For TTY (for the deaf or hard of hearing), contact Access York at 1-866-512-6228. **Interpreter support is available.**



**1-800-361-5653**  
TTY: **1-866-252-9933**

York Region Health Connection

**Community and Health Services**

Public Health

[www.york.ca](http://www.york.ca)

