

## Where Can Moms Go for Breastfeeding Support?

Peterborough Breastfeeding Support Services is a resource which provides an inventory of breastfeeding services available to families in our community. This brochure, developed by the Peterborough Breastfeeding Coalition and recently updated, provides information about local clinics, telephone support, drop-in support groups, private lactation consultant services, breast pump rentals, and helpful websites.

Given adequate support, women will choose to breastfeed and will breastfeed longer. Peterborough Breastfeeding Coalition partners work collaboratively to provide seamless and timely support for breastfeeding families through pregnancy, birth, transition to community services and up to two years of age and beyond. Increased awareness of local breastfeeding supports can help support families in continuing to breastfeed.



**To order copies or for more information:** Call the Health Unit at 743-1000

## Breastfeeding Workshop for Health Care Professionals June 22

**Breastfeeding: Best Practice for Health Care Professionals** is a full-day workshop designed specifically for professionals working with breastfeeding women and babies.

This workshop will cover a variety of topics including position, latch, and evidence of milk transfer, common problems of the breastfeeding dyad, and management of feeding problems. In addition to the full-day workshop there will be a clinical component to be completed with a certified lactation consultant.

This course will be presented by the Perinatal Partnership Program of Eastern and Southeastern Ontario. It was developed to meet health professionals' requests for hands-on experience in managing breastfeeding problems.

**To register or for more information:**  
Email Dawn Hanes at the Health Unit  
at [dhanes@pcchu.ca](mailto:dhanes@pcchu.ca)

**Date:** Tuesday June 22, 8:30 a.m. – 4:30 p.m.  
**Location:** Peterborough County City Health Unit  
**Cost:** \$160, catered lunch provided.

## Expecting a Baby Tear-off Pads

The **Expecting a Baby** tear-off pads promote the Health Unit as a one-stop source of information for programs and services to help families prepare for baby's arrival. Our community has lots to offer expectant and new families. Please advise your families to contact us early in their pregnancy.

To order more tear-off pads: Call the Health Unit at 743-1000



# Peterborough Perinatal Support Services Update

Summer 2010

## Safe Sleep for Your Baby

The Public Health Agency of Canada (PHAC) has released a new brochure to provide parents and caregivers with up-to-date evidence based information on how to provide the safest possible sleep environment for infants 0-12 months of age. The brochure outlines the modifiable risk and protective factors for Sudden Unexpected Infant Deaths (SUID) due to accidental injury and for Sudden Infant Death Syndrome (SIDS):

- Provide a smoke free environment - both before and after birth
- Always place baby on his or her back to sleep - night time and nap time
- Place baby to sleep in a crib next to the adult's bed for the first 6 months
- Provide a safe crib environment that has no toys or loose bedding



The PHAC acknowledges that there has been much debate in the literature about the practice of bedsharing. A recent systematic literature review was not able to provide a causal relationship between bedsharing and SUID/SIDS, however bedsharing was associated with a greater proportion of these deaths, than for infants sleeping in cribs. Rather than issue the statement "do not share a bed" the brochure focuses on the protective option of room sharing until the relationship between bed sharing and SUID/SIDS is more fully understood. The literature review is posted online at: <http://www.phac-aspc.gc.ca/dca-dea/prenatal/pbs-ppl-eng.php>

The brochure can be accessed at [www.publichealth.gc.ca/safesleep](http://www.publichealth.gc.ca/safesleep)

**Save the Date!**  
**Friday, October 29, 2010**

**For more information:**

Email Leisa Baker at the Health Unit at [lbaker@pcchu.ca](mailto:lbaker@pcchu.ca)



## Mainpro™ C Workshop

*Healthy Child Development: 18 Month Well Baby Visit*

Presented by the Ontario College of Family Physicians in partnership with Peterborough County-City Health Unit.

**The workshop will use:**

- New research evidence in neurodevelopment in children
- The 18 month examination to illustrate key concepts
- The Rourke Baby Record and the Nipissing District Developmental Screen case examples of autistic spectrum disorder, speech and motor delay
- The Healthy Child Development Improving the Odds Toolkit as a resource

Details and registration information to follow at a later date. **Stay tuned!**

Peterborough County-City  
**HEALTH UNIT**  
...because health matters!

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

## IMPORTANT NOTICE

### Changes to Postpartum Services

The mandate of the Healthy Babies Healthy Children (HBHC) program is to provide services to pregnant women and families with children from birth to age six years. HBHC receives 100% of its funding from the Ministry of Children and Youth Services. Unfortunately, funding has not kept pace with increased costs, and our local program is faced with making service reductions.

According to provincial protocol, HBHC postpartum support includes a phone call from a public health nurse to new mothers within 48 hours of hospital discharge, and an offer of a home visit. As of May 2010, we will no longer provide:

- weekend coverage including holiday long weekends;
- home visits to multiparous women who score no or low risk on the postpartum screen and have no other identified concerns; and
- services to midwifery clients, unless they have been referred by a midwife.

We realize that this reduction will have an adverse impact on the early detection of postpartum problems.

At present, we will continue to accept referrals for home visiting services to pregnant women and families who are at high risk for problems that could compromise child health and development. However, we may be forced to take additional measures (i.e., implement a waiting list, restrict our referral criteria, etc.) based on our available resources.

We regret these decisions, but under these circumstances, they are unavoidable. Should you have any questions or concerns, please contact Karen Chomniak, Manager, at 743-1000 ext. 242, or [kchomniak@pcchu.ca](mailto:kchomniak@pcchu.ca).



### Teen Prenatal Supper Club July 6 – August 10

The next Teen Prenatal Supper Club will run from July 6 to August 10, 2010 and will be held at the Peterborough County-City Health Unit at 10 Hospital Drive. The series of six teen-friendly classes help prepare pregnant teens and their support persons for pregnancy, childbirth, breastfeeding and infant care.

The classes are FREE and include:

- a hospital tour
- complimentary supper
- free transportation within the city



Interested young women may register at any time during their pregnancy by calling the Health Unit at 743-1000 and asking for the Teen Prenatal Supper Club. They will be connected to a Public Health Nurse who can visit them to do an intake assessment, provide individual teaching and link them to any other appropriate programs. The Supper Club is offered in partnership with the Peterborough Family Resource Centre.

**For more information call 743-1000.**

### What is the School for Young Moms?



Since 2004, the School for Young Moms has been offering pregnant teens and mothers under the age of 21 the chance to earn high school credits while receiving on-site care for their babies. In addition to working on credits at their own pace with supervision from the teacher, students are able to help take care of their babies and participate in parenting programs. The program coordinator is available to help the students develop family goals, to link them to other services and to provide encouragement and support. Babies up to the age of 12 months are cared for by resource moms in the childcare centre next to the classroom. A school board counsellor visits the school regularly.

Approximately 30 young women have attended each year since the School opened, and 32 have completed their high school diplomas in the past 5 years. The School is located at Trinity United Church on Reid Street and is sponsored by the Peterborough County-City Health Unit, the Kawartha Pine Ridge District School Board and the Peterborough Family Resource Centre.

**To register, students should call the school at 742-4632 during the school year.**

For general information about the program during the summer, you can contact Ann Bell at the Health Unit, 743-1000 ext. 296.

#### For more information:

- Call the Kawartha Pine Ridge District School Board at 742-4632 (September to June)
- Call Ann Bell at the Health Unit at 743-1000, ext. 296 (July & August)