



It's time to bring home your

NEW BABY



Healthy  
Choices



for Healthy  
Babies

# Things you'd like to know, but were too afraid to ask...

You probably have questions you want to ask the doctors or nurses before you leave the hospital with your baby. Sometimes you forget the questions, sometimes you're embarrassed to ask them and sometimes you might think the questions are silly.

**Well, no questions are silly and  
there's no need to feel embarrassed.**

Here is some useful information to answer some of your questions about caring for your new baby and being a new mother.



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## Why Your Baby Cries

Crying is a baby's way of asking for help and telling you that something is wrong. Here are some reasons why babies cry and what you can do.

- ✿ **Hungry** – Has it been two hours since he was fed?
- ✿ **Lonely** – If he calms down when you pick him up, he misses you.
- ✿ **Too hot/too cold** – Feel his back or tummy and adjust his clothes if necessary.
- ✿ **Too excited** – Lots of people visiting or talking might be too much for him.
- ✿ **Scared** – He may want you to wrap him in a blanket and hold him.



- ✿ **Dirty diaper** – Check and see if he needs a new diaper.
- ✿ **Hurt** – Check his clothes for snaps, tags or zippers that may catch his skin.
- ✿ **Sick** – Does he seem uncomfortable? Does he have a temperature?
- ✿ **Sleepy** – Some babies fuss for a bit before sleeping.

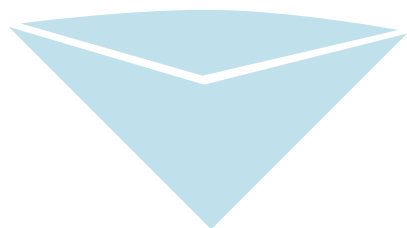


# Swaddling

New babies like to be kept warm. Swaddling your baby in a receiving blanket will make her comfortable.

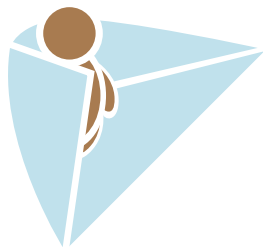
## Step 1

Fold down one corner of a soft blanket and place your baby's head above the fold.



## Step 2

Pick up the left-side corner of the blanket and bring that part of the blanket across your baby's body. Tuck it under your baby's bottom so it's snug, but not too tight.



## Step 3

Now fold up the bottom corner to cover your baby's legs and feet, leaving room for her to move around.



## Step 4

Bring over the right-side corner and tuck it under the baby. You can leave one of her arms outside of the blanket if you like (some babies like that).





## What Is Colic?

When a baby cries very loudly and more often than what seems normal, this is called colic. No one knows what causes it, but having a “colicky” baby can make parents feel helpless and angry.

- ✿ Sometimes your baby will keep on crying no matter what you do. That’s okay.
- ✿ It is not your fault or your baby’s fault.
- ✿ Get some time away from your baby and have a friend babysit for a while.
- ✿ Try to be patient. Colic goes away, usually by three to four months of age.



### Try These Ideas

- ✿ Lay baby across your knees and rub or pat her back.
- ✿ Walk slowly with her tucked under your arm, with your hand under her tummy. Or hold baby so she can look around.
- ✿ Change her bath time to evening.
- ✿ Give the evening feeding with baby upright, not lying down. Burp her extra well.
- ✿ Go for a ride in the car (use her car seat).
- ✿ Sing to her or play soft music.
- ✿ Sometimes a vacuum cleaner or a radio tuned to static may help calm her.



## Baby Bath Checklist

- ☐ Mild Soap/Shampoo
- ☐ Two Washcloths
- ☐ Cotton Swabs
- ☐ Two Towels
- ☐ Mild Lotion
- ☐ New Diaper
- ☐ Clean set of clothes or sleeper

## Bath Time for Baby

A clean baby is a happy baby. Here is a step-by-step guide of what to do.

### Step 1 - Getting everything ready

- ✿ **Timing** – it's a good idea to get your baby into a regular routine from the start. A good time is before their last feeding for the night and when you can focus. Don't answer the phone or a knock at the door.
- ✿ **Bath Area** – pick a warm, draft-free room. It doesn't have to be the bathroom.
- ✿ **Get what you need** – gather up the items listed on the Baby Bath Checklist.
- ✿ **Prepare the bath** – fill the bath or tub with warm water until it reaches about four inches. Test the temperature of the water with your elbow (not your hand) to make sure it isn't too hot for baby.

## STOP!

Be careful with baby powder. If you shake out clouds of powder, your baby might inhale it.



## Step 2 - Washing the face

- ✿ Use a clean washcloth and water to wash baby's eyes first. Use a different edge of the cloth for each eye, wiping from the inside corner to outside corner.
- ✿ Clean the rest of the face with your washcloth and warm water.
- ✿ Don't forget the creases in the neck and behind the ears.



## Step 3 - Washing the body

- ✿ Remove baby's diaper. If the diaper is dirty, clean baby's bottom with wipes or another washcloth (do not use the one for the bath).
- ✿ If you are using liquid soap, place baby on a flat surface and apply soap to his body using a warm, wet washcloth.
- ✿ Place baby in the bath. Let his head rest on your arm and hold his upper arm with one hand. With your other hand, rinse the soap. The umbilical cord can get wet.
- ✿ Wrap your baby in a dry towel.



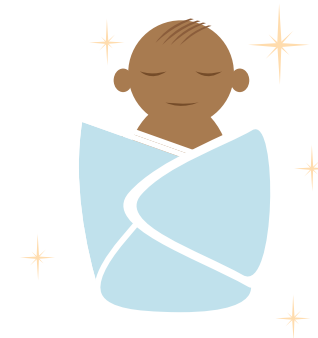
## Step 4 - Washing baby's hair

- ✿ Do this last to keep baby warm.
- ✿ Hold your baby at the nape of the neck and support his body with your arm (like a football hold).
- ✿ Apply soap/shampoo to wet hair and massage.
- ✿ Rinse well.
- ✿ Lay baby down and gently towel-dry hair.



## Step 5 - Drying your baby

- ✿ Wrap baby in a towel, lift him onto your shoulder or place him on a changing mat and gently dry him.
- ✿ Take special care to properly dry between skin creases, especially around the neck – but don't take too long!
- ✿ Gently clean the base of the umbilical cord with a cotton swab.
- ✿ You can now put some mild lotion on your baby before dressing him.



# Your Baby's Skin

Now that your baby is out in the world, her body and skin needs to get used to the changes.

## What's Normal?

- ❁ **Blotchy red rash with yellowish centres** – will go away, usually without treatment.
- ❁ **Dry peeling skin** – on feet and hands is normal. Use a mild baby lotion or oil on baby's skin.
- ❁ **Heat rash** (*little red spots on baby's chin and chest when baby gets too warm*) – adjust baby's clothing and it will eventually go away.
- ❁ **Infant acne/pimples** – clean with mild soap and water. They'll go away in one or two months.
- ❁ **Millia** (*tiny white spots on baby's face and along the nose*) – most babies have them, and they will go away.



## Spots and Marks

- ❁ **Birthmarks** – Stork Bites, Angel Kisses and Salmon Patches – these are reddish pink blotches and will fade in baby's first two years.
- ❁ **Mongolian Spots** – large blue/grey birthmarks usually on the lower back of dark-skinned babies. These spots usually disappear in later childhood.
- ❁ **Cafe Au Lait Spots** – these light and coffee-coloured birthmarks are permanent.

## What to Look Out For

- ❁ **Cradle cap** (*crusty, scaly skin on baby's head/scalp*) – wash it with mild soap and a gentle scrub with the washcloth. If it gets worse call your doctor or local health centre.
- ❁ **Jaundice** (*a yellowing of the skin caused by the baby's liver*) – this usually clears in a few weeks after birth. Keep in touch with your doctor.
- ❁ **Thrush** (*white or sometimes grey areas on the insides of baby's cheeks, lips, tongue or the roof of mouth that are curd-like and do not wipe off*) – thrush can be painful for some babies. If you think your baby has thrush, call your doctor or local health centre.



# When Baby Sleeps

Believe it or not, a one-week old baby needs 16-18 hours of sleep a day. You probably don't think this will happen, but babies do sleep that much – just not all at once.

## Putting Baby to Bed

Your baby needs a sleeping area that allows her to move her arms and legs and breathe fresh air. Avoid blankets and extra soft bedding materials as these may block the air around your baby. Here are some other tips:

- ✿ Always put your baby to sleep on her back.
- ✿ Use a one-piece sleep sack, one light blanket or a blanket sleeper.
- ✿ The best place to put your baby to bed is by herself in a crib or bassinet. This is the safest place.
- ✿ There should be no additional blankets, pillows or toys in the crib. There should be only your baby.



## Safe Co-Sleeping

If you are going to sleep in the same bed as your baby, follow these rules to keep baby safe:

- ✿ Always put your baby to sleep on her back.
- ✿ Keep her away from any blankets or pillows.
- ✿ Don't sleep with your baby on a waterbed, couch or chair.
- ✿ Don't smoke in your house.
- ✿ Never sleep in the same bed as baby (or let anyone else) if you (or they) have used alcohol, drugs or any medications that may make you (or them) unaware of your baby.
- ✿ Never leave your baby in a bed by herself. Have her sleep in a crib or bassinet until you are ready for bed and then move her.



# Baby's First Year

During the first year, your baby will go through a lot of changes – including diaper changes! Remember that every baby is different and your baby may do something faster or slower than other children, and that's okay.

## How fast will your baby grow?

Really fast! Most mothers buy clothes that are too big for baby because he will grow into them soon enough.

- ✿ At one month, he will have gained about one pound.
- ✿ From one to three months, he will gain about six ounces each week.
- ✿ From four to seven months, he will gain about one to two pounds per month.
- ✿ From eight to twelve months, his weight gain will slow down a bit.
- ✿ On average, a one-year old will be three times what he weighed when he was born. He will also be about double the length he was at birth.

## Diaper Changes

It may seem like you're always changing baby's diaper, but it's important to keep her clean and dry. Always change her diaper when it's dirty, after she has a bath, and, as she starts sleeping longer in the night, before she goes to bed and first thing in the morning.

- ✿ Newborn to one month – up to 10 diapers a day
- ✿ Two to four months – six to 10 diapers a day
- ✿ Five months to a year – four to six a day

## When is baby ready for solid food?

Wait until your baby shows you that he is ready to start eating solid food like cereal. This usually happens when baby is six months old.

- ✿ He can hold up his head on his own.
- ✿ He seems to know when he has had enough to eat (he turns his head away near the end of his feeding).
- ✿ He shows a lot of interest in what you're eating – he may even try to grab the food off your plate!



*By their first birthday, most babies will be crawling and may even be taking a first step!*

## Baby's Teeth

Your baby may start teething as early as three months, and her teeth will continue to grow in until she is three years old. Here are some helpful tips.

- ✿ Some babies find teething easy, others do not.
- ✿ Your baby may drool more as her teeth come in. You may have to wipe her face more often.
- ✿ If your baby is fussing, give her a teething ring or something large (that she cannot swallow) to chew on.
- ✿ As soon as baby's first tooth appears, clean her teeth and gums every day with a damp washcloth.
- ✿ A tiny dab of toothpaste may be used with dentist approval.
- ✿ Keep baby's mouth free of bacteria – including the bacteria from your mouth. Do not share utensils with your baby and do not clean pacifiers or bottle nipples with your mouth.

## For Baby Boys

Your baby boy has a penis – and you may not know how to take care of it. His penis may be circumcised (the foreskin on the penis has been removed) or uncircumcised (the foreskin is still there). Here are some other things you should know.

- ✿ You can use soap and water to wash his penis, just like everywhere else.
- ✿ Be sure to wash in all the folds of his penis and testicles.

- ✿ Be careful when putting on his diaper to make sure his penis is inside the diaper!

## Circumcised boys

- ✿ Immediately after his circumcision, the end of his penis will be swollen, tender and bright red. This is normal.
- ✿ Be gentle when washing his penis as it heals.

## Uncircumcised boys

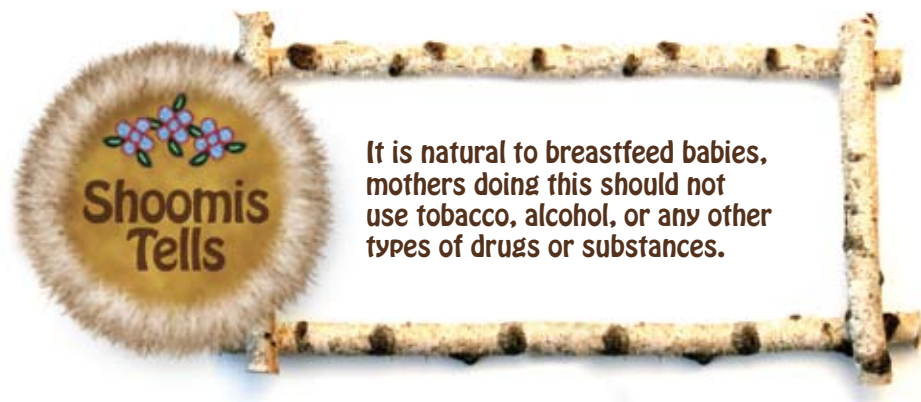
- ✿ Only the outside of your baby's penis and foreskin needs to be washed during his first year.
- ✿ After his first birthday, gently pull back on the skin on his penis to see if the foreskin moves back. If it doesn't, don't worry. Keep checking every once in a while.
- ✿ When the foreskin does pull back, even a little at first, gently clean the exposed skin (the area underneath the foreskin) with water only.
- ✿ Once the foreskin retracts fully (it can take weeks or up to six years), you can start using mild soap to clean the exposed skin.
- ✿ After cleaning, always pull the foreskin back to its original position.
- ✿ When he's older, show your son how to wash the area under his foreskin properly so it becomes a habit. He should do it at least once a week when he starts bathing himself.

# Breastfeeding

What seems like a natural process can be a bit scary to a new mother. Here are some tips to help make breastfeeding easy for you and your baby.

## Your milk

It provides all the nutrients a baby needs. The milk coming out of your breasts will be yellowish at first. This is normal and good for your baby, it provides very good nutrients. Your breasts will start producing regular milk about two to five days after your baby is born.



## Positioning

Make sure baby is tummy to tummy with you. Your baby's mouth should be wide open, with your nipple as far back into his mouth as possible. He needs a good mouthful of your nipple and breast to be able to latch (drink your milk) properly.

Latching is correct when:

- ✿ It doesn't hurt. If it does hurt, break the suction by inserting a finger into the side of baby's mouth, and then try again.
- ✿ Baby's mouth is wide and his nose and chin are nearly touching your breast on either side.
- ✿ Baby is taking long, deep sucks and you can hear him swallowing.



## Breastfeed on demand

Newborn babies need to nurse about every two hours. There is no fixed schedule; feed him often to let him know you're there. This will also help your breasts produce more milk.

## No supplements or bottles

Breastfed babies don't need sugar water or formula – mother's milk is more than enough. Feeding him other things will spoil his appetite and make your milk supply go down. Using a pacifier or bottle at this stage may confuse your baby because he is learning to breastfeed, just like you are.

## Baby getting enough milk?

Watch for hunger signs from your baby such as nuzzling against your breasts, sucking on his hands or making smacking sounds. Your baby is getting enough milk if he is gaining weight and has six to eight very wet diapers a day.





## Your Breasts

Your breasts will go through a lot of changes when you are breastfeeding. They will get larger and may even feel sore with the amount of milk they are carrying. This will only last for a little while as you and your baby get into a regular feeding routine.

### Breast Care Tips

- ❑ Clean your breasts with a daily shower or cleansing with warm water.
- ❑ Avoid soap as it can make your skin dry.
- ❑ Nipples should be kept dry and clean. Avoid soggy or wet breast pads.
- ❑ Let a few drops of breast milk dry on the nipple to protect it. (This has been done by mothers for centuries because of the milk's healing properties.)
- ❑ Watch for infection. Symptoms of breast infection include fever (the breasts can feel very warm to the touch as well), painful lumps and hardness. If you notice these symptoms, call your health care provider.

## Treating Sore Breasts

- ✿ Proper positioning of the baby's mouth on the breast can help prevent sore nipples. If you are very sore, the baby may not have the nipple far enough back in his mouth.
- ✿ Until your nipples get used to the feedings, let them air-dry. Do not wipe them off after feeding.
- ✿ Use breast milk or lanolin cream to moisturize nipples. You can still breastfeed with lanolin cream on.
- ✿ Some mothers use cool wet teabags to soothe sore nipples.

## Eat Right, Get Rest

To produce plenty of good milk, you need a balanced diet that includes 500 extra calories a day and six to eight glasses of fluid (remember to drink when you are thirsty). You should also rest as much as possible.



**We had a different diet then for a new mom. She needed to eat things like fish head soup to have good strong bones. She needed to eat rich meats like liver to build her blood for her and for baby. We still know a mother has to eat healthy after giving birth, to provide good milk for her baby.**

## Mom's Body

Your body has been through a lot. Here is what you may experience.

### Your Skin

After you give birth, your skin will return to the way it was before pregnancy.

- ✿ **Pigmentation/darker skin areas** – these will fade in time. Keep wearing a sun block while your skin adjusts.
- ✿ **Stretch marks (tummy)** – these may fade and shrink after delivery to whitish lines that are often barely noticeable. Oils and wonder creams may be used, but they rarely make the marks go away.
- ✿ **Stretch marks (breasts)** – wearing a good-fitting bra during pregnancy and breastfeeding may help prevent stretch marks on the breasts.

### Menstrual Cycle and Conception

- ✿ If you are breastfeeding, you may not menstruate (get your period) for a number of months.
- ✿ If you are not breastfeeding, your period will come back in four to six weeks after delivery.
- ✿ It is possible to become pregnant before your period begins.
- ✿ Contraceptive precautions are available for breastfeeding moms. Ask your health care provider.

## Weight Loss after Pregnancy

- ✿ Most women lose about 15 pounds after giving birth.
- ✿ Breastfeed! You can lose one to three pounds per month while you are breastfeeding your baby.
- ✿ If you are determined to lose weight as soon as possible, eat a balanced low-fat/high-fibre diet.
- ✿ Avoid crash diets and pills. You will do your body more harm than good.
- ✿ Take your baby on long walks to get some fresh air and exercise.

## Things You May Not Expect

- ✿ **Extra flow** – after birth, you will continue to have some discharge from your vagina. This is normal and lasts for as long as six to eight weeks. It will start as blood, then turn brown and then turn yellow or white in colour. Each stage may last for several days. If your discharge has a very bad smell or returns to blood after being another colour, call your doctor or local health centre right away.
- ✿ **You may not feel you have to go pee** – this is completely normal. The feeling should return within four to six weeks after delivery.
- ✿ **Wetting yourself** – this often happens the first few days after you have a baby because your body is trying to get rid of extra fluids. You can do Kegel exercises, which is holding the muscles you pee with.

## Making Mom Comfortable

Remember to take care of yourself. It's the best thing you can do for you and your baby.

### Pain

As much as you might hurt, getting up and moving around will help you feel better. Here is a quick explanation of the pains you may be feeling and what to do about them.

- ❁ **After birth pains** – these feel like short period cramps and are caused by your body slowly returning to normal. These pains last for about five days after giving birth. Try deep breathing (slow breath in, slow breath out) to help ease the pain.
- ❁ **Pain down there** – the area including your vagina and anus may be extremely sore. Use ice packs (covered with a cloth) to soothe the area or have a salt or sitz bath.
- ❁ **Using the toilet** – if it is painful to urinate (pee), pour warm water over the area. Drinking more water will help too. If it hurts to have a bowel movement (poop), don't force it. Eat more fruits and vegetables and, if necessary, use a mild laxative.
- ❁ **Sitting down** – if you had a natural delivery, this can hurt a lot. Use a pillow or a towel rolled up and formed in a circle to sit on.

### The Area Down There

The area between your vagina and anus (down there) can be very sore after a baby is born. Here are some tips to help it feel better faster.

- ❁ Clean the area from front to back (vagina to anus) frequently using warm water or a diluted antiseptic (ask your doctor to recommend one). Clean well after using the toilet.
- ❁ Change your pad after every toilet visit and before feeding your baby.
- ❁ The area must be kept dry and clean. Use a hairdryer at the cool or warm setting to dry yourself. Be careful not to burn yourself or have a partner do it for you.



## Postpartum Depression

Between 10 and 30% of all mothers suffer from postpartum depression. It is not the “baby blues” that happen for a few days after a baby is born. Postpartum depression is a serious condition and can happen any time after the birth of a baby. Symptoms include:

- ✿ Sadness or a depressed mood
- ✿ Loss of interest in activities that used to be pleasurable
- ✿ Severe anxiety
- ✿ Loss of appetite and weight loss
- ✿ Trouble sleeping
- ✿ Feelings of worthlessness and guilt
- ✿ Difficulty concentrating
- ✿ Thoughts of death or suicide

You may feel one or two of these things – and that’s normal. But if you feel them for more than a few days, you may need some help. Please talk to your doctor or local health centre as soon as you can. Do not suffer in silence – there is help available.



## If You Had a C-Section

Try these tips to help you move around and heal quickly.

### Getting Out of Bed

- ✿ Roll to your side and prop yourself up on your elbow.
- ✿ Swing your legs slowly over the side of the bed while you push yourself up with your arms. Take your time.
- ✿ To stand, use your legs. Don’t try to use your tummy muscles. You can hold a pillow to your tummy for extra support.
- ✿ Raise yourself up slowly and take deep breaths.

### Taking Care of the C-Section Area

- ✿ Keep this area clean and dry so everything heals well.
- ✿ After your shower, you can use a hairdryer on a warm setting to help dry the area.
- ✿ To do this comfortably, lie down on the bed.
- ✿ The warm air does not only help with drying, it feels amazing. If possible, have your partner give you a hand.
- ✿ If you are experiencing a lot of pain ask your doctor what you can take, especially if you are breastfeeding.

## SIDS – Sudden Infant Death Syndrome

This is not meant to scare you, but you should be aware of this syndrome. SIDS is the unexplained death of a healthy baby during sleep. Here are some facts:

- ✿ SIDS usually happens in babies younger than six months, with most babies aged between two and four months.
- ✿ Premature (born too early) babies are more at risk.
- ✿ Babies with parents (especially moms) who smoke are more at risk.
- ✿ It happens more to boys than girls.
- ✿ It happens more to African and Anishinaabe babies.

### Some things you can do help prevent SIDS

- ✿ Put your baby to sleep on his back.
- ✿ Stop smoking and don't let anyone smoke around your baby.
- ✿ Don't overheat your baby with too many clothes or blankets or make his room too warm.
- ✿ Make sure his crib meets safety standards.
- ✿ Don't use soft bedding like blankets, comforters, pillows or sheepskins, or toys in his crib.

- ✿ Use a one-piece sleep sack or one light blanket, or blanket sleeper.
- ✿ Make sure that everyone who takes care of your baby (even Grandma) knows how to put your baby to bed.
- ✿ Try swaddling your baby (see page 4 for instructions).

### Call the Doctor When

- ✿ Baby has a high fever.
- ✿ You can't calm baby down and she stays that way.
- ✿ She is throwing up forcefully.
- ✿ Baby is very sleepy and you can't wake her up.
- ✿ She has diarrhoea.
- ✿ Baby has a pale colour almost-white stool (poop).
- ✿ She has a deep yellow skin colour.
- ✿ Baby's lips and tongue are turning purplish.
- ✿ She sweats a lot when eating or crying.
- ✿ Baby has difficulty breathing.

Sometimes you just know if something is wrong, so trust your instincts. It's better to be safe and keep your baby safe.



## Travelling with Your Baby

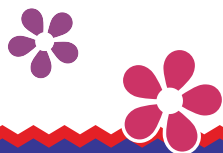
Any time you take your baby for a ride in a vehicle, she needs to be buckled into a car seat that is properly installed. It's safest for baby and it's the law.

### Types of Car Seats

- ✿ Newborn to 12 months (up to 20 lbs.): use a **rear-facing car seat** (one that has baby facing the back of the car).
- ✿ Older than 12 months (up to 40 lbs.): use a **forward-facing car seat** (one that has baby facing the front of the car).
- ✿ Children 40 to 80 lbs. (preschool to 8 years): use a **booster seat** and lap-and-shoulder seat belt.

### Car Seat Tips

- ✿ Car seats should be placed in the centre of the vehicle's back seat.
- ✿ Buy a brand-new car seat to make sure it meets safety standards and works properly.
- ✿ All car seats should have a five-point harness (the straps that hold it in place).
- ✿ When installed properly, the car seat should not move more than an inch in any direction.



## Cradle Boards – Respecting Our Culture While Protecting Our Children

A traditional way for mothers to carry their babies, tikanagans (cradle boards) support a baby while keeping a mother's hands free. Tikanagans can be beautifully decorated and provide a baby with a great outlook on his surroundings. It is a safe way to travel with baby while walking, hiking, shopping and doing other activities.

### Using a Cradle Board

- ✿ **Step 1** – Lay baby down on the cradle board.
- ✿ **Step 2** – A receiving blanket or cloth diapers are placed between baby's legs for support.
- ✿ **Step 3** – The baby is laced up, like a shoe, from the feet up to the chest. Make sure baby is laced in snugly but not too tight.
- ✿ **Step 4** – Baby is now ready to be carried on the cradle board.

### Cradle Board Tips

- ✿ Make sure your baby's legs are positioned correctly (knees slightly bent) to help protect his hips.
- ✿ Don't leave baby on a cradle board for long periods of time. Babies need to stretch and move in order to grow.



*Cradle boards should not be used in the car.  
A car seat is safest.*

# Keeping Baby Safe at Home

Babies love to explore. That's why it's important to keep your home free and clear of anything within baby's reach that can be dangerous.

## Every Room: Avoid Things that Hang or Dangle

- ❁ Cords from window blinds: keep them tucked up and out of reach.
- ❁ Table cloths: baby can grab the cloth and pull it (and anything on the table) down and onto herself.
- ❁ Strings from hats and mittens: use hats and mittens without strings to keep baby safe.
- ❁ Don't place her crib, highchair or toys too close to areas where she can climb (windows, kitchen counters and tables).

## Every Room: Electrical Items & Plug-Ins

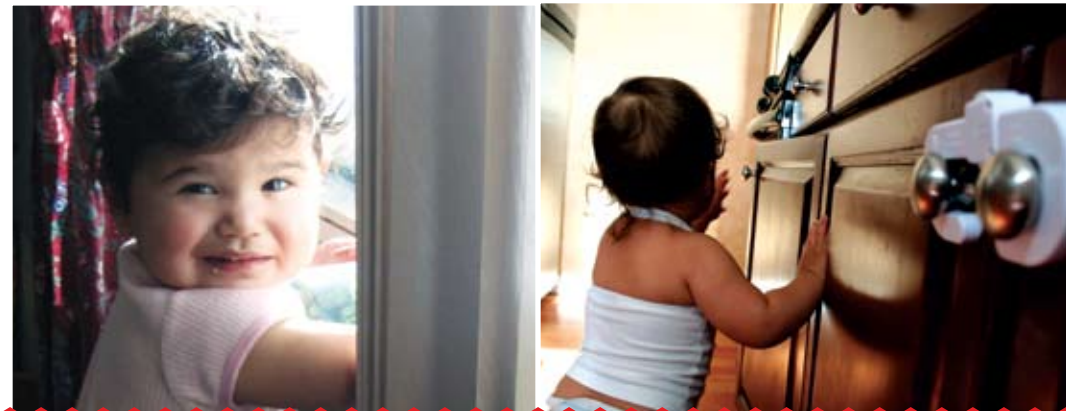
Your baby can get extreme shocks from electric appliances (lamps, toasters, hair dryers, etc.) and the plug-ins around the house. Here are some tips.

- ❁ Cover electrical plug-ins with plastic safety plugs.
- ❁ If you use power bars and extension cords, use locking plug-in covers for them.
- ❁ Cords from appliances: keep them tucked away, even when unplugged.
- ❁ Always watch your baby around power cords and plug-ins.

## Safety in the Kitchen and around Woodstoves or Fireplaces

Kitchens, woodstoves and fireplaces can be very dangerous for babies. Follow these steps to protect your baby.

- ❁ Install a screen or gate around the fireplace.
- ❁ When a fireplace or woodstove is not in use, keep the screen or gate locked.
- ❁ Never leave your baby alone in a room with a fireplace or woodstove.
- ❁ Keep all matches, sharp tools, knives, cleaning products and liquor locked in cabinets (preferably ones higher up).
- ❁ Use only the back burner on a stove, turn pot handles toward the back and use safety knob covers so your baby can't turn on the stove by mistake.
- ❁ Keep the dishwasher locked so baby can't open it or get in.
- ❁ Store kitchen garbage out of sight or in a locked cabinet.



# Thank You

These people deserve a big thank you, for without them this project would not have been possible.

## Funders

- ✿ Ontario Ministry of Health and Long-Term Care - Pediatric Wait Time Strategy - Access Improvement Initiative
- ✿ Nishnawbe Aski Nation

## Supporters

- ✿ Toronto Public Health
- ✿ Canadian Living Breastfeeding Guide
- ✿ Health Canada
- ✿ Assembly First Nations
- ✿ Canadian Dental Association
- ✿ Your Baby's First Year / Baby Talk
- ✿ Oh Baby Magazine
- ✿ Mayo Clinic Guide to Healthy Pregnancy
- ✿ Sioux Lookout Zone Dental Program - Jan Douglas
- ✿ Sioux Lookout Meno Ya Win Health Centre - Elders Council
- ✿ Sioux Lookout Meno Ya Win Health Centre - Health Staff
- ✿ Jeane Meekis - Parent, Cultural Information (Tikanagans)
- ✿ Yellowknife Public Health [www.yhssa.org](http://www.yhssa.org)

## ✿ Informative websites

- [www.depressionafterdelivery.com](http://www.depressionafterdelivery.com)
- [www.babycentre.ca](http://www.babycentre.ca)
- [www.parentscanada.com](http://www.parentscanada.com)
- [www.phac-aspc.gc.ca/dca-dea/prenatal/nutrition-eng.php](http://www.phac-aspc.gc.ca/dca-dea/prenatal/nutrition-eng.php)
- [www.parentsinfo.sympatico.ca](http://www.parentsinfo.sympatico.ca)
- [www.canadianbabies.ca/baby-amp-parenting-shows.html](http://www.canadianbabies.ca/baby-amp-parenting-shows.html)
- [www.safekidscanada.ca](http://www.safekidscanada.ca)
- [www.health24.com](http://www.health24.com)
- [www.gotmom.org](http://www.gotmom.org)
- [www.lalecheleague.org](http://www.lalecheleague.org)

## ✿ Equay-wuk Women's Group

## ✿ Sunset Women's Aboriginal Circle

## ✿ Sioux Lookout Zone Nursing Office

## ✿ Sioux Lookout First Nation's Health Authority

**Special thanks** to the Elders Council and the health professionals who gave incredible insight and advice as to what they felt should be included in the project, and the numerous parents that let their families, babies and children be a part of the project by allowing their beautiful pictures to grace the pages of the manual, parent booklets and posters.



## Our Goal

To have culturally consistent health-promotion information, messaging and resource materials available for educational purposes to be implemented at the hospital as well as at the community level.

The objective was to develop promotional materials in collaboration with the Pediatric Maternal Child Health Care Project Lead that will promote Healthy Choices for Healthy Babies.

The promotional materials will be available within our facilities and will be shared with our community partners, parents and health care workers. This included a variety of media messaging, such as a manual (binder form), posters, pamphlets, calendar, logo, radio messages and web link for the Sioux Lookout Meno Ya win Health Centre, and will include promotional material resource packages for community health workers.

Through the Elders Council we found that there is a great need in the northern communities for access to practical information geared to First Nations. The Elders Council was happy to take part and give their comments, knowledge and support. They wanted this information on safety issues and healthy eating for mothers and babies to reach people in northern communities. The Elders Council liked that the information was supportive, had a cultural base and was easy to read and understand.

## Our Vision

Meno Ya Win stands for health, wellness, well-being and wholeness. Our vision is to be a Centre of Excellence for aboriginal health through these partnerships as well as new and expanding services.

We value compassion, fairness, integrity and teamwork. Within those values we also recognize that there are different pathways to health and we celebrate our diversity.



Original Logo Concept  
Created by Darryl Moonias

## More than a Hospital

The Sioux Lookout Meno Ya Win Health Centre (SLMHC) is an innovative and progressive health care centre that stresses the unique fact that we are more than a hospital. We provide acute and long-term care, ambulatory care, mental health and addiction services, and community-based services to the Sioux Lookout area and to the Northern First Nations.

The SLMHC services 32 communities: the town of Sioux Lookout, 28 Nishnawbe Aski communities (the majority in remote northern locations), the Treaty #3 community of Lac Seul First Nation, as well as to residents of Pickle Lake and Savant Lake. The 30,000 people living in these 32 communities are spread out over 385,000 square kilometers, approximately 1/3 of Ontario's land mass. Our service population is 82% First Nation and this proportion is rapidly increasing.

There are approximately anywhere from 350-500 babies born annually at the SLMHC. Our focus is to provide not only hospital services but also health promotion education to new mothers who utilize our services. Postnatal care of these newborns is a key health challenge.

Once new mothers and their babies leave our facility, it is important for them to feel like they have useful tools and resources to help them make healthy choices. The SLMHC is committed to patient education and patient safety, and we feel that it is important to provide these types of materials to new mothers in our catchment area. This project is part of our ongoing commitment to maternal child care programs and services.

## Sioux Lookout Meno Ya Win Health Centre Service Area



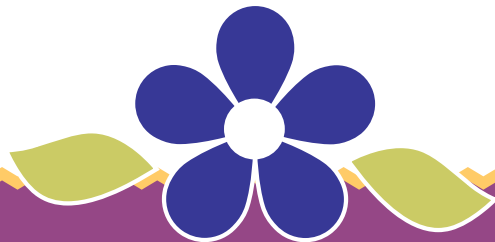
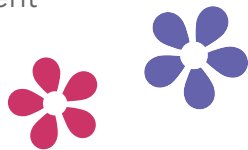


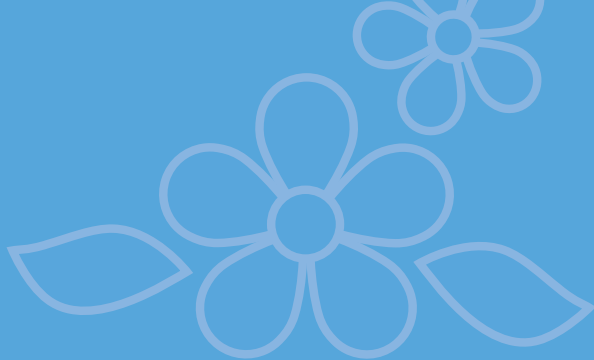
## Our Future...



"Children represent all the possibilities of a bright and beautiful future. Prepare them for life's work with love and attention and all the teaching you have to offer."

Daniel Cutfeet,  
NOSM Northern Ontario School of Medicine  
First Nation Student





SIoux LOOKOUT  
Meno Ya Win  
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