

# YOUR GUIDE TO LOCAL BEST START SERVICES

1-866-720-7975



## PRECONCEPTION AND PRENATAL RESOURCES

Service Provider	Description	Target Audience	Contact Number
<b>London Regional Medical Genetics Centre</b>	Genetic counseling enables prospective parents to make informed decisions about childbearing, birth defects, and human genetics	All prospective parents with doctor referral	1-519-685-8140
<b>Prenatal Education Classes</b>	Topics include pregnancy and lifestyle choices, baby development and nutrition, baby care and safety, community supports, labour and delivery, and breastfeeding	All expectant parents - early registration recommended	C-K Public Health Unit 519-352-7270 1-866-251-7270
<b>Prenatal Breastfeeding Class</b>	Classes designed to offer prenatal direction, advice and support for parent's planning to breastfeed	All expectant parents	C-K Public Health Unit 519-352-7270 1-866-251-7270
<b>Building Healthy Babies</b>	Serves high risk expectant women through education and nutrition support. Participants receive a grocery voucher and may receive assistance with prenatal vitamins. Meetings in Chatham, Blenheim, Tilbury, Wallaceburg and at Mennonite Central Committee (MCC)	For expectant mothers and women with babies up to three months of age	C-K Public Health Unit 519-352-7270 1-866-251-7270
<b>Healthy Babies, Healthy Children</b>	Home visits with a Public Health Nurse and Family Home Visitor for education, support, advice and referral to services	Voluntary program for expectant parents and families with children up to six years of age	C-K Public Health Unit 519-352-7270 1-866-251-7270
<b>Family Support and Education Program (F.E.S.P.)</b>	Drop in bimonthly for peer support, advice from a Public Health Nurse, nutritious meal ideas and much more	Low German speaking women, especially mothers who are expecting or have children up to six years of age	MCC FESP office 519-351-9360
<b>Bethesda Centre</b>	Residential program to prepare women for parenthood. On-site school programs and parenting support	Young women who are expecting or have children up to six months of age	Bethesda Centre 1-519-438-8371
<b>Prenatal Assessment Clinic</b>	One hour session at the Chatham-Kent Health Alliance to complete pre-admission, tour the labour and delivery unit, and communicate birth plan	All expectant parents planning to deliver at Chatham-Kent Health Alliance	Book with the Patient Appointment Office 519-437-6012
<b>Midwifery Services</b>	Complete midwifery care for the prenatal, labour, birth and postpartum period	All expectant parents	Self referral 519-358-1888

## BABY FEEDING SUPPORTS



<b>Baby Weigh-in and Developmental Clinics</b>	Drop-in clinic with a Public Health Nurse for babe's weight check, developmental screening and/or informal question/answer. Weekly clinics at Imagination ink, the Chatham OEYC, and Wallaceburg's St. Elizabeth Best Start Hub. Monthly clinics at Best Start Hubs in outlying areas	Parents with children birth to six years of age	C-K Public Health Unit 519-352-7270 1-866-251-7270
<b>Lactation Consultant</b>	Breastfeeding advice and support via phone or appointments with the lactation consultant	Breastfeeding mothers	C-K Public Health Unit 519-352-7270 1-866-251-7270
<b>LaLeche League</b>	Telephone or website help form for breastfeeding moms	Expectant and nursing women	Amy Dodman 519-360-1531 <a href="http://www.llli.org/help_form">www.llli.org/help_form</a>
<b>Nutrition Services</b>	Nutrition education specific to healthy weights, healthy shopping, meal preparation and balanced eating based on Canada's Food Guide. NutriSTEP™ is a program that screens children's nutrition status (3 to 5 years of age) and links families to appropriate community supports	Parents and children	C-K Public Health Unit 519-352-7270 1-866-251-7270

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## PARENTING RESOURCES

Service Provider	Description	Target Audience	Contact Number
<b>As Parent and Baby Grow</b>	Drop-in group meets weekly with a Public Health Nurse to discuss various postpartum topics	Parents with infants 0-9 months	C-K Public Health Unit 519-352-7270 1-866-251-7270
<b>Healthy Babies, Healthy Children</b>	Home visits with a Public Health Nurse and Family Home Visitor for education, support, advice and referral to services	Voluntary program for expectant parents and families with children up to six years of age	C-K Public Health Unit 519-352-7270 1-866-251-7270
<b>Parenting Programs/Classes</b>	Parenting programs provide support, education and advice for parents raising young children	Parents with children from birth to 6 years of age	OEYC 519-358-1451 519-352-7270
<b>Ontario Early Years Centers (O.E.Y.C.)</b>	Various literacy, play group and parenting programs with centres in Chatham, Wallaceburg, Tilbury, Ridgetown, Thamesville, Bothwell, Dresden, Wheatley, Blenheim and Mennonite Central Committee to encourage literacy, development and learning	Families with children aged 0-6 years	519-358-1451
<b>Learning/Earning and Parenting Program (L.E.A.P.)</b>	Supports parents aged 16-25 to complete high school, be job ready, and be effective caregivers	Young parents eligible for/or receiving Ontario Works	C-K Community & Social Services 519-351-8573
<b>A.L.L. for Kids</b>	Subsidy for sports and recreational programs	Families in financial need	C-K Community & Social Services 519-351-8573
<b>WAYS</b>	Respite services for families with at risk babies and children up to age 6	Families with limited supports needing respite	519-354-2065
<b>C-K Multiple Births Assoc.</b>	Meetings for support, advice, and referral to available services	Parents of multiple birth	Keith & Anita 519-674-5026 Cheri 825-9075 Tracey 627-1333



## EARLY EDUCATION EXPERIENCES

<b>Ontario Early Years Centers (O.E.Y.C.)</b>	Various literacy, play group and parenting programs to encourage literacy, development and learning. Locations throughout Chatham-Kent	Families with children aged 0-6 years	OEYC 519-358-1451
<b>RecConnect</b>	Connects citizens to area recreation programs and courses	All ages	519-360-1998
<b>Library Services</b>	Children's programs encouraging literacy such as preschool storytime, the Mother Goose program	All ages	519-354-2940
<b>Early Learning Program</b>	Prepares young children for school entry by developing school readiness skills	2.5 to 4 year olds residing in specific areas in Chatham-Kent	Best Start 1-866-720-7975
<b>18 Month Screening Clinics</b>	Developmental screening and health assessment provided by a Nurse Practitioner or Public Health Nurse. Families will receive referrals to appropriate services	18 month olds	C-K Public Health Unit, Clinic Services 519-355-1071

## SPECIAL NEEDS CHILDREN

<b>Children's Treatment Centre of Chatham-Kent</b>	Provides screening and intervention for children including, physiotherapy, occupational therapy, speech/language pathology, audiology, social work, family services, music therapy, and recreation	Birth to nineteen years of age	519-354-0520
<b>C-K Autism Society</b>	Meets bimonthly to provide emotional support, advocacy, and specialty programs	Families coping with autism	Verna 519-351-4531
<b>Chatham-Kent Children's Services</b>	Developmental and mental health services	0-6 years of age	519-352-0440
<b>Down's Syndrome</b>	Informal meetings for support, advice and referral to services, arranged by Children's Treatment Centre of Chatham-Kent	Parents of children with Down's Syndrome	519-354-0520 Ask to speak with Social Worker
<b>Learning Disabilities Association of C-K</b>	Tutoring, Social Skills Program, resources	Families and children with learning disabilities, ADD/ADHD and social skills or school related difficulties	519-352-2024

## HELP LINES

<b>Motherisk</b>	Weekdays 9-5pm; Alcohol and Substance Abuse Morning Sickness HIV and HIV Treatment Prescription and over-the-counter drugs, herbal products, chemicals, x-rays, chronic disease and infections during pregnancy	Pregnant, new moms, and healthcare providers	1-877-327-4636 1-800-436-8477 1-888-246-5840 1-416-813-6780
<b>Telehealth</b>	24/7 telephone support by Registered Nurses	All ages	1-866-797-0000

I am also including a few additional programs below that were not included in the guide. They are:

<b>Program Number</b>	<b>Description</b>	<b>Target Audience</b>	<b>Contact</b>
Childcare fee subsidy Municipality of Chatham-Kent	Financial assistance for childcare	Families in financial need.	519-3518573
Childcare 12 Best Start	36 licenced childcare sites in Chatham-Kent	Families with children aged 0 to in need of childcare.	1-866-720-7975
Infant Hearing Program who are born	Provides universal newborn screening to identify infants who are born deaf or hard of hearing, or are at risk for developing hearing loss. Services include audiology follow-up family support services and communication development.	All newborns and children deaf, hard of hearing or are at risk for developing hearing loss in early childhood (until the child enters grade1).	519-252-0636
Blind-Low Vision low vision. enters	Provides education and supports for children who are blind or with low vision. Services include family support, intervention services from specially trained early childhood vision consultants and consultation to early learning and childcare centres.	Children who are blind or with Services continue until the child grade 1.	519-252-0636
CINOT (Children in Need of Treatment) age 17 and	Offers free dental services to babies, children and teens who urgently need care. The program provides fillings, extractions and sedation; preventive dental care; and dental health support and information.	Babies, children and teens, under.	519-352-7270
One Day at a Time postpartum depression.	A support group for new moms with postpartum depression. Child care is provided. Registration required.	New moms with	519-352-7270
CAS (Children's Aid Society)			519-352-7270

Please note that we are promoting our Best Start 1-866-720-7975 number as a central point of contact to find out more about or to get connected to any community programs for families in Chatham-Kent. Therefore families will not have to figure out which agency to call if these use this central point of access.

Please feel free to contact me if you have any questions.

Thanks

Marcia Vermey R.N., B.Sc.N.  
 Public Health Nurse, Infant Health Team  
 Chatham-Kent Public Health Unit  
 Phone: 519-352-9590  
 Fax: 519-352-2166