

Prenatal Breastfeeding Class

FREE 'one-evening' class is available for all expectant moms and their support people. Learn about the benefits of breastfeeding, ways to avoid problems, and support services for breastfeeding families.

To register:

519-383-8331 ext. 3568 or 1-800-667-1839

Healthy Babies Healthy Children

FREE program for pregnant women, and families with children 0-6 years old. Includes prenatal support, phone call after birth of child, home visits, 18 month well baby screens, and parenting support.

Vision Screening

FREE vision screening is available for children 3-17 years old.

Dates and locations:

519-383-8331 ext. 3566 or 1-800-667-1839

Dental Programs

CINOT (Children in Need of Treatment)

FREE short-term coverage for urgent, basic dental care for eligible children 17 years of age and younger.

Requirements: No access to dental coverage, identified as having urgent needs by a CH&DSD hygienist; cannot pay for dental care; Ontario resident.

Healthy Smiles Ontario

FREE dental program for eligible children 17 years of age and younger.

Requirements: Live in Ontario; adjusted family net income less than \$20,000; no access to any form of dental coverage.

Dental Screening

FREE dental screening available for children 17 years and under.

Book an appointment for either program:

519-383-8331 ext. 3536 or 1-800-667-1839

Healthy Smiles Ontario:

1-866-532-3161 or go visit the website at www.ontario.ca/healthysmiles

Ready Set Grow...Preschool Checkpoint 18 months - 4 years of age

The Ready Set Grow is a **FREE**, fun, interactive time for children 18 months to 4 years of age that helps parents learn more about their child's growth and development.

Children spend time with nurses, speech therapists, occupational therapist, early childhood experts, dental hygienist, and others to see if they are on track and eager to learn when it's time to enter school.

Parents learn about their child's growth and development, nutrition, behaviour, speech, vision, fine and gross motor ability and much more. Information about **FREE** children friendly programs is available.

Ready Set Grow runs annually from January to June.

Information or appointment:

519-383-8331 ext. 3566 or 1-800-667-1839 or visit the website at www.lambtonhealth.on.ca and look for *Ready Set Grow*.



www.ourbeststart.ca



CHILD HEALTH & DENTAL SERVICES DEPARTMENT

160 Exmouth Street
Point Edward, ON N7T 7Z6
Telephone: 519-383-8331
Toll free: 1-800-667-1839
Fax: 519-383-6078
Email: chsd@county-lambton.on.ca
www.lambtonhealth.on.ca

Child Health & Dental Services Programming

Raising children - the hardest job you will ever do!

Our **FREE** programs are here to help.



Look inside for information about:

- ✓ Breastfeeding Help
- ✓ Dental Care for Children
- ✓ Healthy Babies Healthy Children
- ✓ Parent Drop-In
- ✓ Parenting Sessions
- ✓ Ready Set Grow preschool checkpoint



Scan to access the website www.lambtonhealth.on.ca on your mobile device.

Parenting Sessions

Where good parents become great parents!

Limited **FREE** child care, for children ages 0-6, is available for many classes.

REGISTRATION: Required for all parenting sessions.

Call 519-383-8331 ext. 3568 or 1-800-667-1839

"Why would I join a session?"

Parents may not have a lot of time to think about how we parent, and there is no training manual!

By taking part in a parenting session you will be build on your strengths, and add skills to meet the challenges of your growing family. Learn what works for today's modern family!

Parents have told us that they learned...

"To have more patience with my children and learning about logical consequences."

"Better ways to approach discipline in a young child, with more effective results."

"Great support, lots of discussion."

"Courage AND Self-esteem, you can't have one without the other."

Parent Drop-in Program

For moms, dads, and caregivers to have baby weighed, and speak with a public health nurse of any concerns they have about their child's growth and development.

A nurse is also available by phone
Monday - Friday from 8:30 a.m. - 4:30 p.m.
Call 519-383-8331 ext. 3817 or 1-800-667-1839

Breastfeeding Help? - for one to one help
speak with a public health nurse at drop-in, or call the lactation consultant at **519-383-8331 ext. 3564 or 1-800-667-1839**

Alvinston Best Start Child & Family Centre

Brooke Central School, 7989 Brooke Line
519-847-5165 ext. 21
1st Tuesday of each month
9:30 a.m. - 11 a.m.

Arkona Recreation Centre - OEYC

16 Smith St.
519-786-6161
2nd Tuesday of each month
10 a.m. - 11 a.m.

Brigden United Church - OEYC

2420 Jane St.
519-892-3151
2nd & 4th Friday of each month
9 a.m. - 11:30 a.m.

Camlachie United Church - OEYC

6745 Camlachie Rd.
519-786-6161
3rd Monday of each month
10 a.m. - 11:30 a.m.

Corunna Best Start Child & Family Centre

St. Joseph Catholic School, 535 Birchbank Dr.
519-862-5071 ext. 224
Wednesday 10 a.m. - 11:30 a.m.

Forest Best Start Child & Family Centre

Kinnwood Central School, 63 MacDonald St. (Morris Street entrance)
519-786-6161
Thursday 10 a.m. - 11:30 a.m.

Grand Bend - Public School - OEYC

15 Gill Rd.
519-786-6161
3rd Friday of each month
10 a.m. - 11 a.m.

Petrolia - Best Start Child & Family Centre

St. Philip Catholic School, 420 Queen St.
519-882-2100
2nd, 3rd, 4th, & 5th, Thursday each month
9:30 a.m. - 11:30 a.m.

Petrolia - Mommy & Me - New Life Assembly Church

421 Oozloffsky St.
519-882-1600
1st Thursday of each month
9 a.m. - 11:30 a.m.

Point Edward

Child Health & Dental Services Department
160 Exmouth St. (Classrooms)
519-383-8331 or 1-800-667-1839
Wednesday 9:30 a.m. - 11:30 a.m.

Sarnia Best Start Child & Family Centre

Coronation Park Day Nursery
1014 Oak St.
519-344-9601
3rd Tuesday of each month
9:30 a.m. - 11 a.m.

Sarnia Friendship House

681 Roger St.
519-383-8331 ext. 3628
1st Thursday of each month
10 a.m. - 11 a.m.

Sarnia House by the Side of the Road

454 Kathleen Ave.
519-383-8331 ext. 3535
As scheduled

Sarnia Little Friends Child Development Centre & Best Start Hub

295 Essex St.
519-339-0945
4th Thursday of each month
9:30 a.m. - 11:30 a.m.

Sarnia St Clair Child & Youth Family Drop-in

Lochiel Drop-in Centre, 180 College Ave. N.
519-337-7811
2nd & 4th Tuesday of each month
9:30 a.m. - 11 a.m.

Sarnia Ontario Early Years Centre

Lambton College North Building (next to ECE Centre)
1457 London Rd.
519-542-6100
Monday 9:30 a.m. - 11:30 a.m.

Sarnia Our House, Valleyview Villa

15-914 Confederation St.
519-383-8331 ext 3640
As scheduled

Sombra Best Start Child & Family Centre

Riverview School, 3926 St Clair Parkway
519-892-3151
2nd & 4th Tuesday of each month
9 a.m. - 11 a.m.

Theford Library Legacy Centre - OEYC

16 Allen St.
519-786-6161
1st Tuesday of each month
10 a.m. - 11 a.m.

Watford Trinity Anglican Church - OEYC

5331 Nauvoo Rd.
519-786-6161
2nd Wednesday of each month
10 a.m. - 11:30 a.m.

Wyoming United Church - OEYC

730 Second St.
519-786-6161
2nd Thursday of each month
10 a.m. - 11:30 a.m.