



Welcome to... Well Baby & Breastfeeding Drop-In



Our staff

The Drop-In is staffed by Public Health Nurses and Ontario Early Years Staff. Public Health Nurses are knowledgeable about breastfeeding, infant feeding, infant/child growth and development, and resources available within the community. Ontario Early Years staff can provide information on parenting and community resources. Together we give both formal and informal support. Home visits can be arranged upon request.

Who can come

The Drop-in is open to moms, dads, babies, siblings, grandparents and friends.

What to expect when you arrive

When you arrive for your first visit, the Ontario Early Years staff will ask you to sign in and fill out a form with your demographic information. The Public Health Nurse will have you fill one out with information, including your child's name(s), birthdate(s) and age(s). You will be given information about the Ontario Early Years Centre and a tour of the facility.

What we offer

Discuss and connect with other families and health professionals about your baby's growth and development. Reviewing child development and milestones they have reached and what the next milestone goals are according to the Nipissing District Developmental Screens. Opportunity to have your baby's weight and length measured. Our scales are accurate and routinely calibrated, but weights do differ scale to scale.

The public health nurses have education and skill, which enable them to assist with breastfeeding issues. We can assess the feeding at the drop-in if possible, or arrange to come out to do a home visit.

Resources

A variety of resources include:

- Making Baby Food.
- Developmental Screen.
- Immunization information.
- Car Seat information.
- Parenting.
- *Good company*: Your best resource is the wisdom of the other parents. They are the real experts. You can stay for the whole drop-in and enjoy their company.

Closures – Rare but just in case...

All Drop-Ins will be closed during the week between Christmas and New Year's Day.

The Drop-Ins will be closed if they fall on a statutory holiday or any other time the REACH office is closed (e.g., for weather emergency). Emergency closures are announced on the radio.

CALEDONIA

Tuesdays

9 a.m. to 12 noon

Ontario Early Years Centre
Notre Dame School,
35 Braemar Ave

SIMCOE

Wednesdays

9:00 to 11:30 a.m.

Ontario Early Years Centre
12 Colborne St. N.

DUNNVILLE

Thursdays

9:30 to 11:30 a.m.

Ontario Early Years Centre
223 Fairview Ave. West
(in Fairview Avenue
Public School)

DELHI

Second Thursday
of the month
10 to 11 a.m.

Delhi United Church
105 Church St. W.

A Public Health Nurse will be available from 9:30 to 11:30 a.m. in Simcoe, Caledonia and Dunnville, and 10 to 11 a.m. in Delhi.

Updated March 2017