

Family

Call it a clan, call it a network, call it a tribe, call it a family.
Whatever you call it, whoever you are, you need one.

Jane Howard

Prenatal to Six

We help guide children in this critical developmental stage in life through these specialized programs:

- Infant Development Program
- Parry Sound/Muskoka Early Years System Programs
- Early Literacy Specialist
- Great Beginnings Prenatal Nutrition Program
- Great Beginnings Growing Up Program

Infant Development Program

The Infant Development program provides direct, individualized interventions, assessments and screenings to identify developmental levels and determine specific needs.

This program educates and coaches parents around their involvement in supporting their infant or child's development and assists them in forming a meaningful relationship with their infant or child.

Coordinating and navigating services with parents as well as interacting with the infant or child's community settings such as the home and early years or day care centres, promotes overall well being and allows the infant or child to develop to their full potential.

Information and education is available for parents of children in this age category through classes held in partnership with Early Years Program and both the Simcoe-Muskoka District and North Bay Parry Sound District Health Units. Sample topics include: Strategies for play, Visual development, Social Emotional development, Exploring developmental milestones, and Infant Pilates.

Parry Sound/Muskoka Early Years System Programs

- Provide a place for parents to share in the play experience with your child.
- Provide information and referral for community resources.
- Provide formal and educational programs for parents presented by community speakers.
- Provide informal consultations with staff.
- Provide access to expert community resources.
- Provide lending resources in some locations (toys and books).
- Provide parents with an opportunity to meet with other parents.

For information on program locations, days, times and transportation, please call 1-866-850-8855.

Early Literacy Specialist

- Provides dynamic interactive activities for you with your children.
- Provides expert information and resources which promote brain development and early learning for your child.
- Provides formal workshops for parents on brain development and literacy such as "The Beatles Sang, 'All You Need is Love', but what is love?", ~ Baby Sign', "BIG screen, Small screen, no screen" and "Turn the Page!".

Great Beginnings Prenatal Nutrition Program

- Provide a place where women who are pregnant or have a baby under 6 months of age can learn about pregnancy, baby care and healthy eating.
- Provides a place to play and interact with your babies.
- Provides weekly workshops on interesting topics relating to pregnancy and baby care.
- Provide free childcare with a wide range of fun play activities that encourages and challenge a child's development.
- Provide information and referral for community resources.
- Provides informal consultations with staff and Public Health Nurse.
- Provides free transportation to the program if needed.
- Provide free healthy food to take home each week.
- Provide healthy snack each week in program.
- Provide free prenatal vitamins.
- Provides lending books and other resources.

Great Beginnings Growing Up Program

- Provides a place for parents to share in the play experience with your child.
- Provides weekly workshops on interesting topics relating to parenting and child development.
- Provides information and referral for community resources.
- Provides parents with an opportunity to meet and share with other parents.
- Provides a free \$10.00 food coupon each week.
- Provides free transportation to the program if needed.



Hands

TheFamilyHelpNetwork.ca

Helping families and everyone in them.

For more information call the toll free number at 1.800.668.8555 or visit the website at www.thefamilyhelpnetwork.ca.