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We offer:

- Programs for parents and children together
- Parenting programs and support
- Community drop-in room
- Quality childcare



Baby Development from the Community Home Visiting Staff

March 2017

Although it is perfectly normal for babies to develop at different rates, they do follow the same *order of development*. For example, some babies sit up on their own at 5 months, while others master this skill later. Your baby may have walked at 10 months, while your nephew started walking at 14 months. So even though babies do things at different times, they all learn to sit on their own before can they walk. This order of development is important.

Babies need to have strength in their necks before they can sit on their own; they need to have control over sitting before they can get into the crawling position; and they need to be able to pull themselves up before they can walk unsupported.

As parents, we can support our babies' development by being aware of what our babies are ready for and providing lots of opportunities for practice. Start tummy time with your newborn, even for a few seconds at a time. Provide interesting toys for your 3-month old to begin reaching for. 10-month old babies need safe places to pull themselves to standing. When your baby tries something new, clap and say "Good job!" or "You did it!" Your encouragement will give him the confidence he needs to keep trying new things!

If you have a baby between birth and 18 months, sign up for our **"Baby Make & Take Workshop"** on **March 24th** and make some great home made toys to support your babies development at home.



Adapted from *Growing Great Kids, Great Kids, Inc.*

Baby Development	1
Dental Care	2
What's been happening at the Centre	2
In case of snowy weather...	4
Family Suppers at the CFC	4
Outreach Support	4
Clinics available at the Centre	4

Centre Hours:
Monday to Friday
9am-4pm
Closed:
12 pm-1 pm daily
& Thursday
afternoons

Dental Care

Children should begin regular dental visits by their first birthday. All children **14 years of age and under** with a valid MSI health card number are eligible for the Nova Scotia Children's Oral Health Program.

What does MSI cover for children's dental care?

MSI currently covers some basic dental care services for children from birth up to the end of the month in which they turn 15. Once a year, the program covers:

- One routine dental exam
- Two routine x-rays
- One preventative service – for example, brushing and flossing instruction, and/or cleaning
- Fillings and nutritional counseling are also covered by the program.

In some cases, MSI also covers fluoride treatments. Check with your dental office to see if your child qualifies for a fluoride treatment paid for by MSI.



Other dental services available to families in HRM:

Dalhousie Dental Clinic

Students provide dental care at a **reduced rate** compared to general dentists in the area. Appointments are generally two to three hours long.

Some of these services include:

- * Fillings & crowns
- * Extractions
- * root canals
- *full and partial dentures
- * Implants
- * braces
- * cleanings



Contact **Patient Services** at (902) 494-2101 to book your appointment for an initial exam and X-rays. This treatment planning appointment will determine whether you are accepted and agree to become a patient.

Smiles 4 Canada

Smiles4Canada is a public health goodwill program of the Canadian Foundation for the Advancement of Orthodontics (CFAO) in partnership with the Canadian Association of Orthodontists (CAO).

Children needing dental work such as braces can apply to Smiles4Canada before their 14th birthday and, if they qualify, participating orthodontists will provide all diagnosis and treatment free of charge. Orthodontists within the HRM are part of this program. For more information, visit <http://smiles4canada.yoursmileourspecialty.ca>



What's been happening at the Centre?



In case of snowy weather.....

The Centre will be closed when HRM schools are cancelled due to bad weather. If the weather is poor please check the Halifax Regional School Board Website, listen to the radio for a list of cancellations, or call ahead to make sure we are open before you venture out. You can also check the Centre's Facebook page and we will post closure information there.



Family Meals at the Dartmouth North Community Food Centre



Join us **Mondays from 5:30-6:30** for a family/children's supper. If you have children who are school-aged or younger, this is a great time to enjoy a night out with the kids and not have to cook. Be sure to check the Centre's Facebook page as the meal being served will be posted there!

Dartmouth Family Centre Outreach Support

Stairs Memorial Food Bank (44 Hester Street) Staff members from the Centre are available to share resource information and provide childcare on Wednesday mornings starting at 8:30am.

Clinics available at the DFC

Joan-Registered Nurse - Tuesday, March 28th

Come see Joan for Pap tests, breast exams, family planning, STI screening, bone health, general health counseling

Jessica-Social Worker - Friday, March 10th & 24th

Come talk to Jessica to get support with stressful life events & accessing support in the community

Well Baby Clinic - Wednesday, March 1st & 29th

The public health nurse is available during baby & me to answer questions you may have about your baby's growth and development, feeding, weight gain or post partum concerns.



Dal Legal Aid - Thursday, March 23rd

A community legal worker is available to discuss issues around tenancy, income assistance or family law.