




PARENT CHILD DROP-INS, UNDER ONE CLUBS & BABY AND ME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Pembroke 2nd & 4th MONDAY Jubilee Place 1144 Lea Street 1:15 p.m.—2:30 p.m.</p>	<p>Renfrew Every TUESDAY Renfrew Public Library 13 Railway Avenue 1:30 p.m.—4:00 p.m.</p>	<p>Petawawa Every WEDNESDAY PMFRC Southside Community Centre 1578 Wolfe Avenue 1:30 p.m.—3:00 p.m.</p>	<p>Calabogie 2nd THURSDAY Greater Madawaska Public Library 12629 Lanark Road 10:30 a.m.—11:30 a.m. *closed for July/August</p>	<p>Pembroke Every FRIDAY Pembroke Public Library 237 Victoria Street 10:00 a.m.—11:30 a.m.</p>	
<p>FREE DENTAL CHECK UP Call Dental Services at 613-735-8661 or email familyhealth@rcdhu.com for your child's First Visit by First Tooth or First Birthday check up.</p>	<p>Cobden 2nd TUESDAY Cobden Agricultural Hall 43 Astrolabe Road 10:00 a.m.—11:00 a.m. *closed for July/August</p>	<p>Arnrior Every WEDNESDAY OEYS/AFPRC Kenwood Corp Centre 16 Edward Street South, Suite 130 9:30 a.m.—11:30</p>	<p>Pembroke Every THURSDAY Les Petites Mains On y Va 1253 rue Pembroke ouest 1:30 p.m.—3:00 p.m.</p>		
	<p>Pembroke Every TUESDAY EarlyON Child & Family Centre Pembroke 464 Isabella Street 1:30 p.m.—3:00 p.m.</p>	<p>Beachburg 3rd WEDNESDAY St. Andrew's United Church 1774 Beachburg Road 10:00 a.m.—11:00 a.m. *closed for July/August</p>	<div style="border: 2px solid black; border-radius: 50%; padding: 20px; text-align: center;"> <p>Parent Child Drop-ins are for children from birth to 6 years of age</p> <p>Under One Clubs & Baby and Me are for children from birth to 12 months of age</p> </div>		
	<p>Deep River Every TUESDAY St. Mary's Separated School 33110 D Hwy 17 E 1:30 p.m.—3:00 p.m.</p>	<p>Eganville 3rd WEDNESDAY Grace Lutheran Church 14 Bonnechere Street West 10:00 a.m.—11:00 a.m. *closed for July/August</p>			
<p>Barry's Bay 1st Tuesday St. John Bosco School 99 Peter Street 10:00 a.m.—11:00 a.m. *closed for July/August</p>					

***All Drop-Ins
 are closed on
 statutory holidays**

Legend:
 -Parent Child Drop-
 ins are shown in **blue**
 -Under One Clubs &
 Baby and Me are
 shown in **green**

Family Health Intake Line: 613-735-8651,
 Ext. 589 or 1-800-267-1097, Ext. 589
www.rcdhu.com



BREASTFEEDING IN THE FIRST FEW WEEKS

Breastfeeding is the natural way to feed your baby. The keys to successful breastfeeding are early, frequent feeding and proper positioning of the baby at the breast.

A baby that is breastfeeding well:

- is feeding well **at least** 8 times in 24 hours (generally every 2-3 hours), more frequent feeds are normal and good
- makes quiet “caw” sounds when swallowing
- has pale, light-coloured urine with almost no smell
NOTE: It is easier to notice urine in cloth diapers. A facial tissue can be placed inside disposable diapers, if you are not sure.
- at 1 day old, has at least 1 wet diaper and at least 1-2 sticky dark green/black stools
- at 2 days old, has at least 2 wet diapers and at least 1-2 sticky dark green/black stools
- at 3 days old, has at least 3 heavy wet diapers and at least 3 brown/green/yellow stools, occasional “red brick” coloured staining is normal until day 3
- at 4 days old, has at least 4 heavy wet diapers and at least 3 brown/green/yellow stools
- at 5 days and older, as the milk supply increases, baby has at least 6 heavy wet diapers and at least 3 large soft yellow seedy stools
- is alert and gaining weight and back to birth weight by two weeks of age



You should seek help if:

- your baby does not have a sufficient number of wet diapers and/or stools every day
- your baby is very sleepy and hard to wake for feedings
- your nipples are sore and do not start to get better
- you have fever, chills, flu-like symptoms, or a red painful area on your breast

Help is available from:

- a Public Health Nurse can be reached Monday to Friday from 8:30 a.m. to 4:30 p.m. (September through June) and 8:00 a.m. to 4:00 p.m. (July and August) by calling:
 - ⇒ **Pembroke & Area-Family Health Intake Line:** 613-735-8651, Ext. 589 or 1-800-267-1097, Ext. 589
 - ⇒ **Renfrew/Arnprior & Area:** 613-432-5853 or 1-800-465-5000
- a “Parent Child Drop-In” or “Under One Club” in your area (see reverse side for locations)
- Breastfeeding Drop-In;
 - ⇒ **call: Family Health Intake Line** at 613-735-8651, Ext. 589 or 1-800-267-1097, Ext. 589
 - ⇒ **visit:** <https://www.rcdhu.com/>
- your family physician, nurse practitioner, midwife, local hospital or walk-in clinic
- La Leche League Canada Breastfeeding Referral Office 1-800-665-4324 - www.lllc.ca - to find breastfeeding help near you
- Free advice from a Health Professional 24 hours a day, 7 days a week through Telehealth Ontario 24/7 Breastfeeding Supports at 1-866-797-0000
- Ontario Breastfeeds: a bilingual online breastfeeding service to find area supports - <https://ontariobreastfeeds.ca/>
- For additional information:
 - ⇒ **visit:** <https://www.rcdhu.com/>