

BREASTFEEDING

Speak with the public health nurse at drop-in or call the lactation consultant with your questions or concerns 519 383-8331 ext 3564 or 1-800-667-1839.

Visit Dr. Jack Newman's website at www.drjacknewman.com for information and video help.

DROP-IN PROGRAM

For moms, dads and caregivers to have baby weighed and discuss any concerns they may have about their children's growth and development with a public health nurse. Held in the following locations.

Alvinston - Best Start Hub

last Tuesday each month
Brooke Central School, 7989 Brooke Line
9:30 a.m. – 11 a.m.

Arkona - Call Forest Best Start Hub
519 786-6161 for days and times.

Brigden - Community Baptist Church

2nd & 4th Friday each month
2389 Courtright Line
9:30 a.m. – 11:30 a.m.

Camlachie - Call Forest Best Start Hub
519 786-6161 for days and times.

Corunna - Best Start Hub

2nd & 4th Wednesdays
St. Joseph Catholic School, 535 Birchbank Drive
10 a.m. – 11:30 a.m.

Forest - Best Start Hub

Thursdays
Kinnwood Central School, 63 McDonald Street
(Entrance off Morris Street)
10 a.m. – 11:30 a.m.

Grand Bend - Call Forest Best Start Hub
519 786-6161 for days and times.

Petrolia - Best Start Hub

Mondays and Thursdays
St. Philip Catholic School, 420 Queen Street
(Entrance off King Street)
9:30 a.m. – 11:30 a.m.

Point Edward - Children's Services Department

Wednesdays
160 Exmouth Street (Classroom "A")
9:30 a.m. – 11:30 a.m.

Sarnia - Coronation Park Best Start Hub

4th Tuesday each month
1014 Oak Avenue
9:30 a.m. - 11 a.m.

Sarnia - Friendship House

1st Thursday each month
681 Roger Street
10 a.m. - 11 a.m.

Sarnia - House by the Side of the Road

1st Wednesday each month
454 Kathleen Avenue
10 a.m. - 11:30 a.m.

Sarnia - Little Friends Child Development Centre and Best Start Hub

2nd Thursday each month
295 Essex Street
9:30 a.m. – 11 a.m.

Sarnia - Lochiel Drop-In Centre 180 College St., N.

2nd Tuesday each month
180 College Avenue N.
10 a.m. - 11:30 a.m.

Sarnia - Ontario Early Years Centre

Mondays at Lambton College
North Building (adjacent to ECE Centre)
1457 London Road
*9:30 a.m. - 11:30 a.m. *New time

Sarnia - Our House, Valleyview Villa,

1st Monday each month
#15-914 Confederation Street, Sarnia
2 p.m. - 3:30 p.m.

Sombra - Best Start Hub

3rd Tuesday each month
Riverview School
3926 St Clair Parkway
9:30 a.m. - 11 a.m.

Watford - Call Forest Best Start Hub
519 786-6161 for days and times.

Wyoming - Call Forest Best Start Hub
519 786-6161 for days and times.

PARENTING CLASSES

Limited child care available for most programs.
No fee - Bring a 3-ring binder for course materials.
Register for classes by calling 519 383-8331 ext 3557 or 1-800-667-1839

TWEEN TO TEEN - Note: date yet to be decided

Topics include: adolescent growth and development, communication, managing behaviour and more.
Please call for information.

JANUARY

NOBODY'S PERFECT

(0-5 years) six weekly classes
Topics include: parenting, health and safety, communication and more.

Monday mornings January 11, 18, 25, February 1, 9, 22

9:30 a.m. - 11:30 a.m.

SARNIA – Little Friends Child Development Centre Best Start Hub, 295 Essex Street
Facilitated by Margarita Weaver

TERRIFIC TODDLERS

(1-4 years) seven weekly classes
Topics include: toilet learning, healthy eating, discipline, safety and more.

1. Tuesday mornings January 12, 19, 26

February 2, 9, 16, 23

9:30 a.m. – 11:30 a.m.

SARNIA - Friendship House

681 Roger Street
Facilitated by Kerry Rice

2. Thursday evenings January 14, 21, 28

February 4, 11, 18, 25

6 p.m. - 8 p.m.

SOMBRA - Best Start Hub

Riverview Public School
3926 St Clair Parkway
Facilitated by Brittany Gilroy

HOW TO TALK SO KIDS WILL LISTEN

(4 and over) six weekly classes
Topics include: communication, discipline, building self-esteem, co-operation and more.

1. Thursday evenings January 14, 21, 28

February 4, 11, 18

6 p.m. - 8 p.m.

SARNIA – Ontario Early Years Centre

Lambton College, North Building,
1457 London Road
Facilitated by Kerry Rice

2. Tuesday mornings January 26, February 2, 9, 16, 23, March 2

9:30 a.m. - 11:30 a.m.

SARNIA – Best Start Hub

Coronation Park Day Nursery
1014 Oak Avenue
Facilitated by Renée Monteyne

0-18 MONTHS *NEW*

Topics suggested by parents and may include; sleeping; feeding; growth and development and more.

Thursdays January 21, 28, February 4

9:30 a.m. - 11:30 a.m.

SARNIA – Best Start Hub

Coronation Park Day Nursery
1014 Oak Avenue
Facilitated by Melissa Georgiou

FEBRUARY

4 - 6 Years *NEW*

Topics suggested by parents and may include routines, discipline, school readiness and more.

Wednesday afternoons February 10, 17, 24

1 p.m. - 3 p.m.

SARNIA – Best Start Hub

Coronation Park Day Nursery
1014 Oak Avenue
Facilitated by Melissa Georgiou

0-18 Months *NEW*

Topics suggested by parents and may include; sleeping; feeding; growth and development and more.

Tuesday mornings February 23, March 2, 9

9:30 a.m. - 11:30 a.m.

ALVINSTON - Best Start Hub

Brooke Central School, 7989 Brooke Line
9:30 a.m. – 11:30 a.m.
Facilitated by Jen Scott

SIBLINGS WITHOUT RIVALRY

(all ages) three weekly classes
Topics include: how to handle hostile feelings, building healthy relationships, conflict resolution, and more.

1. Friday mornings February 19, 26, March 5

9:30 a.m. 11:30 a.m.

BRIGDEN - Community Baptist Church

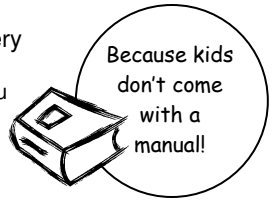
2389 Courtright Line
Facilitated by Brittany Gilroy

2. Wednesday mornings February 24, March 3, 10

9:30 a.m. - 11:30 a.m.

PETROLIA - Best Start Hub

St Philip Catholic School, 420 Queen Street
(Entrance off King Street)
Facilitated by Erin Courtney





is a comprehensive and seamless approach where our vision is to enrich the lives of children and families for a better tomorrow. Our mission is to advance the community in respect to Healthy Beginnings, Licensed Child Care, Early Learning and programs for families.

Before and After School Care

For children 44 months – 12 years.

Child Care

Full or part-time child care/licensed home care for children birth to school age.

Child Care Subsidy may be available call 519 344-2062 ext 2201.

Early Learning Program (ELP)

For children ages 31 months and 4 years, to prepare for school.

Available in rural Lambton:

Forest, Petrolia, Port Lambton, Sombra, Thedford & Wyoming, and in Sarnia at la ribambelle - École St.Thomas D'Aquin and École les Rapides which is Best Start's Francophone Hub.

Wrap-around Care

Full day child care for children on their days off from Kindergarten. Busing may be available .

For more information about Best Start programs call 519 383-8331 ext 3592 or visit: www.ourbeststart.ca

CINOT Children in Need of (dental) Treatment

CINOT is a program that pays for urgent, basic dental care for children and youth 17 years of age and younger.

Parents, who are not covered by any other insurance plan (including Ontario Works) and who would find paying for care a financial hardship, may call the oral health team to make an appointment for CINOT screening.

If it is determined that the child is eligible for coverage the parent may then contact a dentist that accepts CINOT patients.

For more information call the oral health team at 519 383-8331ext 3536.

READY SET GROW... the Preschool Checkpoint

Parents... plan ahead for when your child enters school.

This **FREE** Checkpoint is available to children between 18 months and 4 years of age and provides you with a sense of what to expect and a fun way to look at your child's normal range of growth, ability and behaviour.

To make an appointment, or for more information, call 519 383-8331 ext 3536 toll free 1-800-667-1839.

Coronation Park Day Nursery

Coronation Park Day Nursery (CPDN) is directly operated by the County of Lambton and is located at 1014 Oak Avenue in Sarnia.

The Day Care is licensed for children, ages 0 months to 12 years. It also provides specialized services to children with developmental challenges and operates under "High Scope Philosophy". Qualified staff work at CPDN, each with specific training. Full fee paying, as well as subsidized spaces, are available.

For more information call Coronation Park Day Nursery at 519 344-9601



COUNTY OF LAMBTON

CHILDREN'S SERVICES DEPARTMENT

160 Exmouth Street,
Point Edward, Ontario
N7T 7Z6

Telephone: 519 383-8331
Toll free: 1-800-667-1839
Fax: 519 383-6078

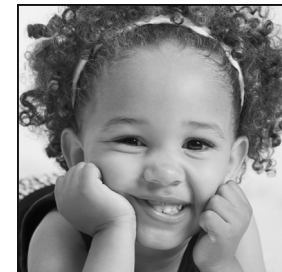
Email: chsd@county-lambton.on.ca
www.lambtonhealth.on.ca

Parenting schedule:
www.lambtonhealth.on.ca/classes/parentingsch.asp

Children's Services Programs

Winter 2010

Raising children - the hardest job you'll ever do! Our programs and classes are here to help.



Best Start

Breastfeeding Help

CINOT (dental care for children)

Coronation Park Day Nursery

Parent & Baby Drop-In

Parenting Classes

Ready Set Grow...

the Preschool Checkpoint