

Prenatal and Infant Nutrition

'a day in the life of...'

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Prenatal Nutrition

- **Coordination of the Prenatal Nutrition Program**
 - program for higher risk women
 - 5 sites in Waterloo Region that run weekly
 - provide snack, prenatal vitamins, \$10 food voucher, childcare, bus tickets and support
 - staffed by 2 public health nurses and 1 registered dietitian
 - federally funded by Public Health Agency of Canada

Prenatal Nutrition Program

My responsibilities

- liason between PHAC and our program
- complete necessary evaluations/forms
- service delivery to one site
- creation/maintenance of nutrition intake form
- meet with contract RDs and Prenatal Nutrition workers on a regular basis
- operate the Nutrition Volunteer Program
- chair of Steering Committee

Reproductive Health

- What else do I do....
 - prenatal health fairs
 - preparing for parenthood presentations
 - chair team meetings
 - sit on a number of committees (Health Promotion Framework, Conference Planning committee, Central West)
 - resource and kit development
 - take consumer calls
 - media calls
 - keep nurses updated re: prenatal nutrition issues

Infant Nutrition

- Nutrition support for Healthy Babies Healthy Children (HBHC) Program
 - program for families with children 0-6 years of age
 - universal pre-birth and post-birth clinics offered at local hospitals
 - family visitor program for high risk families
 - staffed by public health nurses and family visitors
 - cost-shared funding (Ministry and Regional funding)

Infant Nutrition

My responsibilities

- Keep Public Health Nurses and Family Visitors updated re: infant/child nutrition related issues
 - e-mails and newsletters
 - in-service training to staff
 - development of professional resources
 - respond to requests for referral as needed

Infant Nutrition

What else do I do...

- Nutrition support for the Healthy Children Infoline
 - keep nutrition binder updated for staff reference
 - answer questions from staff and clients as needed
- Prenatal Health Fairs
 - Healthy Weights display

Infant Nutrition

- **Child Health Fairs**
 - display (feeding infants and children)
 - answer nutrition questions of participants
 - implementation of NutriSTEP™ (nutrition screening for preschoolers)
 - distribute nutrition resources

Infant Nutrition

- Offer support to child care facilities (Day Nurseries Act)
 - nutrition presentations to child care providers and cooks
 - keep nutrition section of manual updated
- Media calls
- Resource and kit development
- Member of a number of committees (Resource committee, Child and Family Health Advisory committee, Central West, Family Health Nutrition Advisory Group)