



Message from the Medical Officer of Health

Happy New Year! Thank you for taking a moment to read my latest update focussing on child health and resources for families. As you know, health care providers play an essential role in promoting healthy growth and development in children. In this postcard, I'd like to share with you some changes to the provincial dental programs, important information about starting infants on solid foods, and lastly, share information about the free screening tools available to primary care providers to help identify developmental concerns.

Wishing you and your family all the best throughout the year ahead and hope you have a joyful and healthy 2016!



Dr. Hamidah Meghani
Medical Officer of Health, Halton Region

What's new for Halton physicians?



Healthy Smiles Ontario has changed!

Starting January 1, 2016, the provincial dental programs for children aged 0-17 will be integrated into one program called Healthy Smiles Ontario. For information about the upcoming changes and how families can enroll, visit ontario.ca/page/get-dental-care.



Start solid foods at six months

Exclusive breastfeeding is recommended for the first six months of life for healthy term infants as breast milk is the best food for optimal growth. At six months, parents can introduce iron-rich complementary foods, in addition to breastfeeding. For more details, visit caringforkids.cps.ca (select Pregnancy & Babies).



Don't wait and see: Identify developmental concerns early

There are 13 Nipissing District Developmental Screens (NDDS), provided free of charge to physicians, to identify developmental concerns from birth to six years of age. You can order an NDDS by visiting halton.ca/physicians (select Family Health Prenatal to 18 yrs, then Toddlers/Preschool).

