

New Life Celebration

Scw'exmx community health supports each communities in their New Life Celebrations. Every spring, communities host their new life celebration with elders and hand drummers and the CHN and ECE join to gift new babies a baby blanket.



First Aid For Parents

The community health department puts on a first aid course for parents of young children every 2-3 years. Please contact the CHN for more details.



For more information regarding the Prenatal/Postpartum/Infant Program, please contact our office
250-378-975
Request to speak to our Community Health Nurse



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Scw'exmx Community Health Services Society



**Prenatal,
Post
Partum &
Infant
Programs**

Servicing Coldwater,
Shackan, & Nooaitch
Communities

Tel: 250-378-9745

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CPNP Program

CPNP (Canadian Prenatal-Nutrition Program). Through this program, mothers receive a grocery gift card every month from the beginning of the pregnancy until the baby is 1 years old. Nutrition and food safety is discussed, as the purpose of these grocery cards is to promote good prenatal nutrition and healthy eating while breastfeeding.



Canada Prenatal
Nutrition Program

Car Seat Loaning Program

Using the right car seat and installing it correctly is an important part of ensuring a child's safety! A variety of car seat types and sizes are available on loan. Car seats are to be cleaned and returned when they are no longer being used or a new size is needed. Several staff members are certified in teaching families how to install car seats.



Breast Pump Prescription

The community health nurse can write prescriptions, that are covered under NIHB, for a breast pump for expecting mothers every new pregnancy. The option for manual, electric, single and double breast pumps are available, though certain conditions apply. Speak with the CHN to decide which one is best for your breast feeding needs.



Infant Massage

Our CHR is available to teach parent infant massage. Massage can help babies with muscle and motor development, and is a wonderful bonding experience. Teaching is done with individual parents as requested. Please contact the community health department if interested.



Infant/Toddler Groups

The parent and tots groups meet once monthly in both Coldwater, Nooaitch, and Shackan. Parents and children aged 0-4 years are invited to attend. The group shares a healthy meal or snack for the evening and social development. This is a great opportunity for parents to make connections and children to play and learn socialization skills! Please contact the CHN, ECE or see the monthly calendar for more details.

