

## Labour of Love ~ Welcome Baby Program

### Resources for New Parents

We are happy to provide you with access to resources that may help promote awareness of other low or no-cost programs that may be available to support the healthy development of your baby and assist you in accessing appropriate after-birth supports.

**Pacified:** A free app created by paediatric dentists, that help determine the best type of soother to use for your baby. <https://pacifiedapp.com/>

**The Mother Program:** The Postpartum section is geared towards new parents and reminds them to focus on themselves, as well as their baby. The postpartum sections cover a handful of different topics that a new mother may want to know about, such as bleeding, postpartum depression, sex, and weight loss. These are just a few examples. <https://www.themothersprogram.ca/postpartum-health>

**London Health Sciences Centre:** provides breastfeeding information and supports, and Mother and baby care post-discharge at: <https://www.lhsc.on.ca/maternal-newborn-care/welcome-to-maternal-newborn-care-0>

**Middlesex- London Health Unit:** This website is very useful for many different topics regarding being a new parent. This information is also free, and detailed. They offer telephone support, and free confidential services to get health information. <https://www.healthunit.com/after-pregnancy>

**Smart Start for Babies** is a free weekly prenatal nutrition program, led by Public Health Nurses and Registered Dietitians. Group sessions are 1-2 hours each week and groups are also offered for youth and in Arabic. Bus tickets are provided to London residents and will also include grocery store vouchers and free prenatal vitamins/vitamin D for breastfed babies. You can register on line at <https://s-ca.chkmkt.com/?e=269687&d=e&h=0C1B70E037E251C&l=en>

**Learning, Earning and Parenting (LEAP) program:** a free program that supports to help parents complete high school, enhance their parenting skills and prepare them to enter the workforce. Financial assistance, activities, subsidized child care, transportation costs, graduation incentives. Young parents 16-21 and their children, receiving OW are eligible. (519) 661-4520 ext. 3  
<https://www.ontario.ca/document/ontario-works-policy-directives/82-learning-earning-and-parenting-leap>  
Parents aged 16-25 who have not completed high school are eligible to participate

**Birth Registration:** In Ontario, you can now apply for all your child's documents (including Canada Child Benefits (CCB), your child's Social Insurance Number (SIN), and request information about Registered Education Savings Plan (RESP) options ) with [one application](#).

**LIFE\*SPIN:** Our volunteer organization, offers information, resources, and parental supports. Programs include Welcome Baby, Free Store (for clothing needs), Food Security, free tax clinic, summer day-camp, financial literacy & assistance to access income supports, such as educations savings, child tax credits, pregnancy allowance, and more. <https://www.lifespın.org>

This resource manual and associated workshop videos will be available on our website in April at <https://www.lifespın.org/sign-up-forms> Please feel welcome to share it with friends & family expecting a baby.

**Low Income Family Empowerment \* Sole-support Parents Information NetworLIFE\*SPIN P.O. Box 2801, London Ontario N6A 4H4 <https://www.lifespın.org/news>**

## **Birth Control**

**Middlesex London Health Unit:** They offer birth control counselling, as well as low cost birth control, and IUD information. They also list their prices on line with the different brands of birth control they offer. You can call to make an appointment. <https://www.healthunit.com/birth-control-clinics>

**Huron Perth Public Health:** The public health unit offers different options of low-cost birth control. They offer financial assistance as well as switching to low-cost birth control if it has been prescribed by a medical professional. <https://www.hpph.ca/en/classes-clinics-and-services/low-cost-birth-control-options.aspx#>

## **Pregnancy Options**

The Women's Health Care Program offers confidential pregnancy options counseling and abortion services in a safe, and non-judgmental environment. Experienced Social Workers are available to support and meet with women who are experiencing an unplanned pregnancy to realistically explore all their alternatives. For an appointment with a social workers please call 519-685-8204 <https://lonpfsc.com/services-programs/>

## **Infant and Pregnancy Loss Support**

**Sunnybrook Pregnancy and Infant Loss Network:** a provincial program available at no cost to all families in the province of Ontario. <https://pailnetwork.sunnybrook.ca/>

## **Breast/Chest Feeding**

**La Leche League Canada (LLLC):** They meet every first Friday of the month. They offer this program to all women who are breastfeeding/Chest feeding, Pregnant and supporters. <https://www.lllc.ca>

**Middlesex London Health Unit:** This website is a key website to use for free information. They have information about breastfeeding and also offer in-home support. (519) 663-5317  
<https://www.healthunit.com/breastfeeding>

### **London Health Sciences Centre:**

They offer drop-in, videos and a guide for breastfeeding. This is another website that is free, and easy to navigate. <https://www.lhsc.on.ca/maternal-newborn-care/breastfeeding-information-and-support>

### **Bilingual Online Ontario Breastfeeding Service:**

This site has 24/7 information by calling 1-800-797-0007. This is offered to anyone who is breastfeeding or prenatal. <https://ontariobreastfeeds.ca/services/breastfeeding-consultation-home-visit-london/>

### **Postpartum Support Groups**

This section is to help the new parent(s) find the necessary support they may need after giving birth.

#### **Postpartum Support Group, London:**

Child Reach Resource Centre, Free parent resource centre also provides support, outreach, activities, workshops, lending library, Parenting education. (519) 434-3644

**Nursery Next Door:** This organization offers a free 45-minute telephone call with a postpartum nurse. They provide nurse support, mom group supports, and safety courses. This is a program that does cost 1.99 per month, however, it does offer free videos. <https://nurserynextdoor.ca>.

#### **Parenting Groups:**

This website gives the new parent(s) the chance to access different groups around the area.

<https://www.southwesthealthline.ca/listservices.aspx?id=10256>

### **Parenting Resources**

Listed below are different organization that provide various resource for parents

South London Neighbourhood Resource Centre

Birthright International ~ London Chapter

Glen Carin Community Resource Centre ~ Mindful Moms & Dads Program

Merrymount Family Support & Crisis Centre

Rotholme Family Shelter

Youth Opportunities Unlimited ~ youth centre

Autism London

London Community Chaplaincy Program

London Abused Women's Centre ~ support groups

Muslim Family Support Services

Early ON Child and Family Centre

London Children's Connection ~ accessing childcare

#### **Baby Spark:**

This a site that offers different videos that do cost money, but it can range from Free to 30 dollars.

There are also free classes offered. <https://babysparks.com/>

**G.R.O.W** a primary care clinic focused on families with young children. Grow



## **Baby Food/Diaper Banks**

### **Diaper Bank of London**

[www.londonfoodbank.ca](http://www.londonfoodbank.ca), [S.W.I.M. Diaper Bank](#)

London Food Bank Satellite depots may provide diapers, baby food/cereal, and infant formula: [Glen Cairn Resource Centre](#), [Argyle Food Depot / LUSO / Crouch](#), [Northwest London Resource Centre](#), [Saint. George Anglican Church](#), [South London Neighbourhood Resource Centre](#), [Saint Paul's Social Services](#).

Additional emergency Food programs in London are available at [Food Banks and Meal Calendar](#)

## **Financial supports/allowances**

**Association of Ontario Midwives:** <https://www.ontariomidwives.ca/client-handouts>

**Ontario:** This provides information re: allowance for family/child. <https://www.ontario.ca/page/ontario-child-benefit>

**Pregnancy and Breastfeeding Allowance:** <https://www.ontario.ca/document/ontario-works-policy-directives/65-pregnancy-and-breast-feeding-nutritional-allowance> If you are in receipt of Life Stabilization (Ontario Works) or Ontario Disability Support Program (ODSP) contact your worker to ask for the application form to apply for this benefit. It will need to be completed by your health care professional. If you indicate to your worker that you are breastfeeding, the allowance may continue up to 12 months after your baby is born. The mother may also be eligible for a Special Diet Allowance, if she has extraordinary dietary restrictions.

**Registered Education Savings Plans:** As soon as you receive a Social Insurance Number for your newborn, you can open a Registered Education Savings Plan, which provided up to \$2,000 of free money for their education. For full details, please visit: <https://www.lifespın.org/s/RESP-Logo-READ-FORMATAug-1-3.pdf>

## **Children's Health Supports**

**Vanier Children's Mental Wellness:** free children's mental health centre that offers community-based assessment, counselling and treatment for children and families. Children, youth, families and guardians who have behavioural, social and emotional difficulties are eligible. (519) 433-3101 [www.vanier.com](http://www.vanier.com)

**Assistance for Children with Severe Disabilities** The ACSD program helps parents with extra costs of caring for a child with a severe disability – such as travel to doctors and hospitals, respite care, wheelchair repairs and assistive devices. The benefit ranges from \$25 to \$580 per month. You can print a paper copy of the application form at: [https://www.app.grants.gov.on.ca/indiv/assets/ACSD\\_Form\\_en.pdf](https://www.app.grants.gov.on.ca/indiv/assets/ACSD_Form_en.pdf) If you need help to complete the forms, please book an appointment with our Advocate, Nicole Davis, at <https://form.jotform.com/221304055872248>

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