



# REACHING OUT TO PLACES, SERVICES AND PEOPLE



## Baby changes everything

We often take for granted where we live. Maybe we don't give much thought to what it takes to get to all the places we need to in a day – to work, to the doctor or the local pharmacy. At least not until we think about a baby and their many needs. Never before did we think about how easily we could get to the closest drugstore for children's cough syrup, diapers, or rash cream. And where will Junior take swimming lessons, go skating and play with friends?

It might not matter today where you live, but when you bring a new life into your world, your

universe will change. Everything you do in a day will seem to relate to how quickly, or easily you can get somewhere with a baby in tow. A lot more planning and thinking ahead will be needed. Think about how to set up your lifestyle to reach out to the places, services and people who are at a distance.

### *Can you get there from here?*

You may want to weigh the ups and downs of living outside a city centre including rural areas or even setting up home in new suburbs that don't yet have full services. Start by finishing the following sentences:

#### **I can....**

Phone to get information about

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Travel (by car, bus or on foot) easily to

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Keep fit by

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Connect with my friends by

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Get groceries and baby supplies by

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Provide opportunities for my baby by

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Make healthy meals by

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Get information by

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# REACHING OUT TO PLACES, SERVICES AND PEOPLE

## *Phone List*

Family and friends

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Neighbour

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Local public health unit

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Health care provider

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Hospital

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Pharmacy

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Child care

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Drop in centre for parents

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Taxi

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I will need these numbers close by to reach the community services that will help me, wherever I live.

## *When it is hard to get where I need to go*

INSTEAD OF:	I CAN:
Driving to the pharmacy	have prescriptions delivered
Regular visits to friends and family	ask friends and family to come to visit
Attending parenting classes	get parenting videos and books
Shopping for baby formula	breastfeed
Frequent trips to the store	stock up on supplies I use often
Driving your children everywhere	set up a car pool
Getting to community centre	provide a range of indoor and outdoor activities

My ideas:

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## FOR HELP CLOSE TO HOME CONTACT:

Health care provider:

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Local public health unit: Call INFOline at 1-800-268-1154 / 416-341-5518

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Local Ontario Early Years Centre: 1-866-821-7770

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