

WEB BASED RESOURCES FOR NEW PARENTS

www.greatersudbury.ca/childcare

This website is an online registration (in both official languages) and waiting list system for licensed child care programs in Greater Sudbury. If you do not have internet access, you can complete the online application at the nearest Best Start Hub or Greater Sudbury Public Library branch **or call 3-1-1**.

www.ontario.ca/page/register-birth-new-baby www.ontario.ca/fr/page/enregistrer-une-naissance-nouveau-ne

This website (offered in English and French) provides useful information for parents/caregivers including:

1. birth certificate information (how to register a birth, applying for a birth certificate, and an on-line status inquiry for an Ontario birth certificate).
2. quick links to Social Insurance Number application form, the Canadian Passport Application form, guide to the Ontario Child Care Supplement for working families, registration for Ontario Health Insurance (OHIP) coverage and the Canada Child Tax Benefit (CCTB).

PLEASE NOTE: Birth Registrations are completed on-line. Registration is free. The cost for a Birth certificate is \$25.00.

www.healthbeforepregnancy.ca/pdf/BestStart_Eng_Finances.pdf

This brochure provides information about budgeting for a new baby. It includes suggestions for things to do before the baby arrives.

www.canada.ca/en/employment-social-development/services/benefits/having-baby.html

www.canada.ca/fr/emploi-developpement-social/services/prestations/avoir-enfant.html

This Service Canada website (English and French) provides information for parents/caregiver about how to:

1. apply for employment insurance maternity and parental benefits;
2. apply for their child's birth certificate;
3. register their child for a health card;
4. apply for their child's Social Insurance Number (SIN) and 5: apply for the Canada Child Tax Benefit (CCTB).

www.canada.ca/en/employment-social-development/programs/child-benefit.html www.canada.ca/fr/emploi-developpement-social/programmes/prestation-enfants.html

This website (English and French) provides information about the National Child Benefit (NCB). This benefit provides extra support to low-income families with children by topping up the monthly payments they receive under the CCTB system.

Having a Baby?



**There is help for
you and your new
baby**

**City of Greater Sudbury
Social Services Division
Ontario Works
PO Box 3700 STN A
Sudbury, ON P3A 5W5
705-675-2411
Printed: April 30, 2018**



ONTARIO WORKS CAN HELP. ASK ABOUT:

Diet During Pregnancy

You'll receive: \$40 extra per month until you give birth.

How to apply: Bring confirmation of your pregnancy to your caseworker.

When am I eligible? As soon as you have a doctor's note with your due date on it.

Prenatal Vitamins

You'll receive: Vouchers that you can exchange for prenatal vitamins at an approved pharmacy. \$30 for prenatal vitamins and \$20 for folic acid.

How to apply: Ask your caseworker.

When am I eligible? As soon as you have a doctor's note with your due date on it.

Infant Layette and Other Supplies

You'll receive: A \$150 payment to purchase items for your new baby.

How to apply: Ask your caseworker.

When am I eligible? You can receive the \$150 payment when you are seven months pregnant. If you can't go shopping while you are pregnant, you will remain eligible for the payment until your baby is three months old.

Crib/Fridge/Stove/ Washing Machine/Car Seat

You'll receive: Parents may be eligible for financial assistance to help purchase household items up to a maximum of:

- \$350 for a safety approved crib & mattress
- \$100 for a safety approved mattress
- \$250 for a safety approved crib
- \$450 for a fridge
- \$400 for a stove
- \$400 for a washing machine
- \$400 for a dryer

- \$175 for a convertible car seat
- \$75 for a booster seat

How to apply: Ask your caseworker

Diet/Supplies While Breast-Feeding

You'll receive: While you are breast-feeding, \$40 extra per month until your baby turns one. (\$50 if baby is lactose intolerant).

A payment of \$200 for a breast pump per child..

How to apply: Tell your caseworker you are breast-feeding.

When am I eligible? When your baby is born.

Medical Needs for Newborn Babies

You'll receive: Assistance is based on need, including certain formulas if prescribed by a Doctor.

How to apply: Ask your caseworker.

COMMUNITY AGENCIES CAN HELP. ASK ABOUT:

Public Health Sudbury & District

- Home visits from a Public Health Nurse for new mothers
- Healthy Pregnancy Workshops and information
- Health care services for pregnant women and new parents who don't have a family doctor
- **FREE On-line Prenatal classes** that can be completed at your own pace in your own home. (To register call 705-522-9200 ext 594 or e-mail prenatalclasses@phsd.ca)
Call: 522-9200

Our Children Our Future

- Programs for pregnant women and new mothers
- Healthy food and baby supplies
- Infant Food Bank for emergencies
Call: 677-0440

Pregnancy/Parent Outreach Program

- Confidential support for pregnant women and new mothers coping with substance abuse (cigarettes, alcohol, drugs)
Call: 674-8159

Pregnancy Care Centre

- Counseling services, support for pregnant women, baby and maternity supplies
Call: 673-5003

Birthright

- Counseling services, support for pregnant women, baby and maternity supplies
Call: 673-7200

Best Start Hubs

- Offers information and programs for pregnant women and families with children from birth to age six.
- Ten hubs in English and 4 in French
Call: 3-1-1 or visit www.sudburyfamilies.ca

Better Beginnings Better Futures

- Discussion groups for pregnant teens and their partners
- Access to parenting resources, workshops and community resources
Call: 671-1941

Sudbury Regional Hospital / Prenatal Clinics

- Prenatal tours of Sudbury Regional Hospital and workshops on labour and delivery
Call: 671- 7397