
Media Release



Parenting in Timiskaming November 17, 2023 - For immediate release



Timiskaming Health Unit (THU) is launching Parenting in Timiskaming, a new way for families and caregivers of children and youth to access reliable and up to date information on topics related to their parenting journey. There are three ways to engage:

- **Family Newsletters:** Families can sign up to receive email newsletters based on their child's age, from prenatal to 6 years old. There are 13 newsletters in total that contain ideas to engage your child and information on healthy eating, physical activity, child development, mental health, dental, local services and much more. Hardcopies are also available upon request. Caregivers can sign up by contacting THU or by going online to the Parenting in Timiskaming website.
- **Facebook page:** Caregivers can follow Parenting in Timiskaming on Facebook. Here, families can access accurate and reliable information and have an opportunity to engage with THU staff and other parents in the community. In the coming months, the page will host contests and mini virtual sessions with local professionals. Like and follow posts to stay on top of all current activities!
- **Parenting in Timiskaming online:** This new website provides information about children's health and wellbeing in Timiskaming from prenatal to 18 years old. Check out <https://www.timiskaminghu.com/243/parenting-in-Timiskaming>.

More information about Parenting in Timiskaming can be found on the Parenting in Timiskaming website or by calling 1-866-747-4305.

www.timiskaminghu.com

For more information:

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