

Here's what parents have to say about the ICDP...

Infant and Child Development Program

"It has been reassuring to have someone keep track of my child's development."

"The Infant Development Worker encouraged me to do things with my child that helped her develop new skills."

"Having a professional come out to the house is a huge help. Her perspective and expertise provides me with helpful information and techniques I can apply to my child."

Early identification of potential delays is critical for future development. Intervention is most effective in the early years.

If you have questions about your baby's development, would like to make a referral or for more information, ask for the Infant and Child Development Program at:

1-844-575-4567

or visit LakelandsPH.ca/ICDP

Lakelands Public Health
Jackson Square, 185 King Street
Peterborough, ON K9J 2R8



OUR SPECIALISTS in child development and parenting offer:

- home visits;
- consultation and parent coaching;
- developmental screening to identify a child's strengths and needs;
- activities which promote learning and development;
- support in dealing with changing responsibilities of parenthood;
- information about community resources and professional services;
- help for parents in becoming advocates for their children;
- service coordination with other community agencies; and
- referrals.

OUR SERVICE is for families who are concerned about the development of their young children for any reason, including:

- premature birth;
- strong preference to turn head one way, leading to "flat head";
- a diagnosis; such as Down syndrome or congenital problems;
- delayed communication and language; and/or
- any other concern.

We accept referrals from parents, physicians, and staff of community agencies and hospitals. The service is funded by the province of Ontario and is free to families.



It's fun to watch your child grow and develop.



Identifying and dealing with concerns early in life gives children the best start.



Supervised tummy time promotes muscle development for sitting, standing, and fine motor skills.

LOOK at your baby:

- Observation is a powerful tool. Watching everyday activities helps you gather information about your child's skills.
- The more you learn about your baby, the better you can encourage your child's development.

LISTEN and talk to your baby:

- Communication starts the day your child is born. Children learn language long before they speak.
- Follow your child's lead, and encourage sounds, gestures, and words.
- Every lullaby, giggle, and peek-a-boo game triggers brain development, laying the groundwork for who and what your child will become.

PLAY with your baby:

- You can't spoil your baby by responding to their needs. Responding positively builds trust.
- To feel secure, children need lots of time and attention from their caregivers.
- Reading to your child encourages language, attention, and thinking skills.
- Praise your child's strengths, and provide opportunities to succeed.
- Enjoy the time you spend together.

*"The ICDP is so good for families.
You are an essential service"*
Local Physiotherapist