Ottawa | Public Health
Santé publique

18-MONTH WELL-BABY VISIT PATHWAY
for physicians and healthcare providers

Getting it Right at 18 Months... Making it Right for a Lifetime

Billing Codes: General Practitioner, Family Practitioner A002 ■ Paediatrics A268

NORMAL

All **"Yes"** checks on **NDDS**

"No Concerns" on **Rourke Baby Record**

Community Parenting Programs
- Parent and Family Literacy Centres
- Ontario Early Years Centres
- Community Health & Resource Centres
- Libraries
- eNDDS.ca

24-Month Office Visit Repeat Assessment

CONCERN

1 or more **"No"** checks on **NDDS**
"Area of Difficulty" noted on **Rourke Baby Record**

Speech / Language

First Words Preschool Speech and Language Program of Ottawa

First Words screening clinic schedule: Ottawa Public Health Information Line
Tel: 613-580-6744

or

direct referral to the First Words Intake office at Children's Hospital of Eastern Ontario
Tel: 613-737-7600, ext. 2500
Fax: 613-738-4893

Ottawa Public Health Healthy Babies, Healthy Children
Tel: 613-580-6744

Hearing / Vision

Eastern Ontario Infant Hearing Program
Tel: 613-688-3979 ext. 3453
Fax: 613-820-7427

Blind - Low Vision Early Intervention Program
Tel: 613-688-3979 ext. 3331
Fax: 613-820-7427

Ottawa Public Health Healthy Babies, Healthy Children
Tel: 613-580-6744

Nutrition / Dental

EatRight Ontario
Tel:1-877-510-5102

Baby Express and Breastfeeding Support Drop-Ins:
Tel: 613-580-6744

Ottawa Public Health Information Line
Tel: 613-580-6744

Children In Need of Treatment Program
Tel: 613-580-6744

Healthy Smiles Ontario
Tel: 613-580-6744

Ottawa Dental Society
Tel: 613-523-3876
Emerg: 613-523-4185
Fax: 613-523-1968

Ottawa Public Health Healthy Babies, Healthy Children
Tel: 613-580-6744

Children's Hospital of Eastern Ontario

613-737-7600

Fine / Gross Motor Development

Ottawa Children's Treatment Centre
Tel: 613-737-0871 ext. 4425
Fax: 613-738-4841

Ottawa Public Health Healthy Babies, Healthy Children
Tel: 613-580-6744

Community Care Access Centre
Tel: 613-310-2222
Fax: 613-745-6984

Social, Emotional, Behavioural Development

Ottawa Children's Treatment Centre
Tel: 613-737-0871 ext. 4425
Fax: 613-738-4841

Children's Hospital of Eastern Ontario Autism Program
Tel: 613-745-5963
Fax: 613-745-9237

Crossroads Children's Centre
Tel: 613-723-1623 ext. 232

Centre Psychosocial
Tel: 613-789-2240
Fax: 613-789-2236

Ottawa Public Health Healthy Babies, Healthy Children
Tel: 613-580-6744

Parenting and Family Support

Ottawa Public Health
Tel: 613-580-6744

Certified information and referral specialist to help connect people to services and local support programs
Tel: 211

Child Care Information Centralized Waiting List
Tel: 613-248-3605
Fax: 613-736-9606

Children's Integration Support Services
Tel: 613-736-1913 ext. 244 or 224

Community Health and Resource Centres

Parent and Family Literacy Centres
Tel: 613-596-8211 ext. 3207

Ontario Early Years Centres
www.ontarioearlyyears.ca

Protective Services

Children's Aid Society (CAS)
Tel: 613-747-7800

Goals of the 18-Month Well-Baby Visit

- Monitor growth and development using Nipissing District Developmental Screen (NDDS) and Rourke Baby Record
- Address parental concern about healthy child development and behaviour
- Provide information about parenting and other community programs that promote healthy child development and early learning
- Refer to specialized services when needed so children have access to interventions earlier
- Develop effective partnerships amongst parents, primary care providers, and community services

Meilleur Départ
Best Start Ottawa

Developed by the 18-month Screening Work group of the Ottawa Best Start Initiative

COMMUNITY SERVICES AND RESOURCES Pathway Descriptors

Autism Program - Children's Hospital of Eastern Ontario (CHEO)
- All children referred to the program must have an existing diagnosis on the Autism Spectrum
- *Austim Intervention Program (AIP)* - Intensive Behavioural Intervention (IBI) services to children towards the severe end of autism spectrum
- *School Support Program (SSP)* - Through Connections for Students, supports the seamless transition from IBI to publicly funded schools, using Applied Behaviour Analysis (ABA) instructional techniques
- *ABA Services and Supports Program* - Services to children by teaching techniques within 4 domains of communication, daily living skills, social skills and self regulation/behaviour

Blind-Low Vision Program
- Provides education and support for parents with blind or low vision children
- Supports parents to help their children develop skills they need for daily activities at home and in early learning and care settings

Baby Express and Breastfeeding Support Drop-ins
- Baby Express Drop-ins: Offers breastfeeding and well baby support by a public health nurse for infants under one year of age
- Breastfeeding Support Drop-ins: Offers breastfeeding support by a lactation consultant

Centre Psychosocial
- Provides mental health services in French to families and their children

Child Care Information Centralized Waiting List (CWL)
- Bilingual non-profit child care information and referral service on early learning and child care
- For families seeking licensed child care spaces, the CWL simplifies the process by allowing parents/guardians to register their children on the waiting list of several child care services in one step

Children in Need of Treatment (CINOT)
- Free, urgent and essential dental services to eligible children aged 17 and under whose parents have no dental insurance and cannot afford the cost of urgent dental care

Certified Information and Referral Specialists: 211
- Provides free, confidential information and referral to community and social services

Children's Aid Society (CAS)
- For children in need of protection
- Provides residential services, foster care and support to adoptive parents
- Provides support for families with special needs children, specialized preschool services, family preservation, child care and education
- Provides individual and family counselling, self-help groups, parent support programs, Head Start and Infant Stimulation

Children's Hospital of Eastern Ontario (CHEO)
- Pediatric health and research centre providing family-centered patient care

Children's Integration Support Services (CISS)
- Support the inclusion of children who live with special needs, their families, and the teaching teams in licensed group and home child care settings
- Provide consultation support, resources and training in French and English to licensed early learning and care programs

Community Care Access Centre (CCAC)
- In-home service for those recovering from or living with chronic illness or disability
- In-school service available for children living with a disability

Community Health & Resource Centres (CHRC)
- The coalition of Community Health and Resource Centres works together to develop, manage and utilize the wide range of opportunities, responsive services and resources within their diverse communities for a safe, just and healthy life for all
- Coalition members advocate at many levels and on many issues to help people to gain access to basic supports, including shelter, food, income, childcare, recreation and transportation

Crossroads
- Mental health agency providing specialized services to families and children under twelve with severe emotional and behavioural, and social issues.

Eastern Ontario Infant Hearing Program
- Help to identify infants who are deaf or at risk of developing hearing loss in early childhood and provide related support and communication development services to families

EatRight Ontario
- Registered Dietitians:
  - Provide articles on food and nutrition, meal planning advice, healthy eating tips
  - Answer nutrition-related questions and give feedback by phone or e-mail

First Words
- Helps preschool children reach their full communication potential
- Focuses on prevention, early identification and treatment of speech and language problems

Healthy Smiles Ontario (HSO)
- Provides regular preventive and early treatment dental services at no cost for eligible low-income children aged 17 and under and who do not have access to any form of dental coverage

Healthy Babies, Healthy Children (HBHC) of Ottawa Public Health
- Home visits by a public health nurse to expectant parents and families with children up to age six at no charge, with additional support from social worker and/or family visitor, based on client needs
- Screening, assessment, service coordination and referral to community programs
- Supports families while referral process to other agencies in progress and until family is connected and linked
- Supports families to implement the recommendations of other health care providers

Libraries
- Special programs available for children, parents and caregivers
- To build a strong Ottawa community by supporting lifelong learning and 21st century literacies, fostering inspiration and enjoyment, and connecting people to each other and the world

Ontario Early Years Centres (OEYC)
- A welcoming, safe and secure environment that is supportive and stimulating. Children learn through play and families can access resources and support
- Offers: playgroups, readiness to learn programs, workshops for parents and children, information, referrals, toy and resource libraries
- All services are free and available for families or caregivers of children aged 0 to 6
- www.ontarioearlyyears.ca

Ottawa Children's Treatment Centre (OCTC)
- Specialized care for children with multiple physical developmental and associated behavioural needs, or at risk of developmental delay
- Offers: diagnostic assessment, therapy for children under age 6, social work, behaviour management, dietician services, infant development services

Ottawa Dental Society
- Voluntary professional organization representing the dentists of the Ottawa Valley

Ottawa Public Health Information Line (OPHIL)
- Tel: 613-580-6744
- Call centre with bilingual public health nurses, 9 a.m. to 4 p.m.
- Provides health information and counselling on various topics
- Help with accessing public health services and community programs

Parent Family Literacy Centres (PFLC)
- Free and no pre-registration required
- Help prepare children for starting school
- Encourage families to be a part of their children's learning through a variety of strategies
- Book lending library in different languages
- Work closely with kindergarten teachers

Additional Community Resources

Autism Ontario
- Aims to ensure that each individual with Autism Spectrum Disorder is provided the means to achieve quality of life as a respected member of society
- Tel: 613-230-6305; Fax: 613-288-1423

Canadian National Institute for the Blind (CNIB)
- CNIB's vital services include rehabilitation and support, an extensive range of helpful products that can make life with vision loss easier
- www.cnib.ca

Family Services Ottawa
- Offers counselling and support services to anybody in Ottawa

Odawa Native Friendship Centre
- Tel: 613-725-3601 ext. 0

Ontario Association of Optometrists
- The OAO has been dedicated to helping optometrists provide the highest standard of eye health and vision care.
- www.optom.on.ca

Parent Resource Centre (PRC)
- Information on parenting programs, workshops and where to get parenting help in the Ottawa area
- Incredible directory available
- Tel: 613-565-2467, Fax: 613-565-1144

Thursday's Child Nursery School (TCNS)
- Free half-day program that is licensed centre-based nursery school program for children aged two to five, whose diagnosis is within the Autism Spectrum
- Provides learning through play environment, balancing optimal development with group experiences
- Tel: 613-736-1913

Wabano Centre for Aboriginal Health
- Provides quality, holistic, culturally relevant health services to First Nations, Inuit and Métis communities of Ottawa
- Aboriginal Healthy Babies Program Healthy Children is designed to meet the needs of young Aboriginal families and their children aged 0 to 6
- Tel: (Health Clinic) 613-748-5999

Youth Crisis Line and Kids Help Line
- Tel: (Programs) 613-748-0657
- If in crisis and need immediate assistance, please call the Youth Crisis Line at 613-260-2360, or the Kids Help Phone at 1-800-668-6868