



Town of Deep River

100 Deep River Road, P.O. Box 400,
Deep River, ON K0J 1P0
613-584-2000 www.DeepRiver.ca



DR COMMUNITY POOL

Bathtub Swimming Tips for your Toddler

While the Deep River Community Pool is closed during the Covid-19 Pandemic, parents can still engage their young children in swimming and being comfortable in the water. Children can get a bit nervous at the thought of submerging their faces in the water.

There are a number of easy, fun, and comfortable strategies for your child to adjust to water. It is important for parents to begin slowly. Gradually build from one small step to another. Each step may require 2-5 repetitions so make sure to celebrate each accomplishment. **Please remember, never leave your child unattended around water.**

Things to use:

- Small plastic cups, preferably with little holes in the bottom.
- Squirt toys
- Bucket
- Wash cloths
- Fun bathtub toys

Getting the Face Wet:

1. Fill your bathtub with a few inches of water. Carefully place your child in. Have them sit, relax, and enjoy. Encourage them to use a wash cloth to clean the toy ducky or other fun toy they've brought into the tub with them. After the toy has been washed, ask your child to wash just their body with the cloth. Don't wash the face, for now.
2. Get a cup with holes and have your child drip water on themselves. As they grow more comfortable with this, encourage them to drip water on their neck, then their cheek, then the other cheek, then their ears, then on the back of their head, and finally, a few drops on top of their head. Be patient. Your child may adjust in one day or it may take several days. Increase the amount of water in the tub gradually each day.
3. Once comfortable feeling the drops of water on the head, have your child pour larger amounts of water on their head. Start by counting 1, 2, 3, 4, 5 with each number increase representing more water poured on their head. Once you get to 5, your child should be ready to put face in on their own.
4. Fill water to a bit over their belly button (in a sitting position) and now have your child place their face into the water while holding their breath. Once they lift their head out of the water, tell them how amazing they were (even if it wasn't a full submersion). Continually encourage your child until there is full face submersion.
5. Lay your child on their stomach with head out of water and have them try putting face in.

Blowing Bubbles:

1. Fill a cup or bucket to the rim.
2. Have your child put their face close to the rim and encourage them to blow out the (pretend) birthday candles.
3. As they get better at blowing them out, have them get closer to the rim, then right to the rim, and then have them put their lips in the bucket.
4. Once their lips are in the bucket, ask them to blow bubbles.

Getting Used to Buoyancy on Their Back:

1. Fill the bathtub with a 1/2 inch of water. Lay your child on their back getting a bit of their ears in water. They may need time to get used to the sensation but eventually they will.
2. Once they acclimate to the sensation, increase the water level by an additional 1/2 inch, then by another 1/2 inch, and so on.
3. Once the water level is high enough for them to float a bit, allow them to get comfortable breathing in and out as they become used to the new concept of buoyancy. Encourage them to keep their head back and stomach up.

TOWN OF DEEP RIVER COUNCIL MEETINGS DURING COVID-19

Residents can view a live stream of Council meetings as they occur, or meetings may be viewed later on the "Corporation of the Town of Deep River" YouTube channel. A link to archived Council Meeting videos is also available on the Town of Deep River website on the Council page in the subpage drop down menu under Council Meeting Videos.

To review Council Meeting Agendas and Minutes please visit the Town of Deep River website at www.deepriver.ca and click on the Agendas and Minutes icon located on the main page.



DEEP RIVER FIRE DEPARTMENT

By law,
you cannot have an
outdoor fire in a
Restricted
Fire Zone.

Restricted
Fire Zone

Zone de
restriction
des feux



This includes all burning, including grass, debris and campfires, even when using an outdoor fire grate, fire place or fire pit.

Your municipality or Municipal Fire Department may have their own fire ban or restrictions separate from the provincial Ministry of Natural Resources Restricted Fire Zone. Please check with them for any additional restrictions on open air burning in your area.

If you need heat for cooking and warmth, and you're in a Restricted Fire Zone, you can only use certain equipment (e.g., portable gas or propane stove) if you follow certain rules.

FINANCE DEPARTMENT

WATER BILL - Due to COVID-19, the first water bill of the year will be due June 30, 2020. It covers the period of January 1st – June 30th, 2020. The bill will be mailed late May.

For questions about water and sewer billing, call 613-584-2000 ext. 109 or email cgiroux@deepriver.ca.



LIBRARY 613-584-4244

HOME DELIVERY!

Although our doors are closed, you can still access our vast collection of books, DVDs, magazines, and music. Place holds on items via our online catalogue or contact us with titles, subject areas, and to make arrangements.

Don't forget:

- **Bookmaker Challenge.** Calling all ages to make your own library book! Create an original book (picture, graphic novel, journal, poetry, short story, more) of any theme. When we re-open, drop off your creation for "library processing" and display. Details online.
- **Deep River Library Craftbox** is a Facebook group aimed at connecting creative and inspiring community members to share and learn from one another. Try something new with regular projects, beginner tutorials, and 'show and tell Tuesday' to show off and cheer each other on.
- Find the Library on **Youtube for online storytimes** with Ms. Candice and more!
- **Our digital library** is always open. Access thousands of great eBooks, eAudiobooks and other learning resources for free with your library card.
- **Our used book cart** is outside and stocked, Mon - Fri
- **Free WIFI** is accessible outside our building 24/7.

Find us on Facebook (even without an account) and Instagram for updates, or check out deepriverlibrary.ca for links and instructions. We're available, Monday-Friday (11am-1pm), to update accounts, register new ones, and answer your questions at 613-584-4244 or info@deepriverlibrary.ca.



THANK YOU!!

To the entire Community and in particular to Emergency Workers, Healthcare Workers, Essential Services and the residents of Deep River for their ongoing commitment to keep our Community safe.

Emergency Preparedness Week encourages Canadians to take three simple steps to become better prepared to face a range of emergencies:

- Make a plan
- Build a kit
- Stay informed

EP Week helps Canadians take action to protect themselves and their families during emergencies. Together with community leaders, first responders, all levels of government and non-government organizations, we can build a more resilient and safer Canada.

PUBLIC WORKS

SPRING CLEAN-UP

EAST END, Monday, May 4
WEST END, Monday, May 11

YARD WASTE

- Branches & Brush in biodegradable bags or bundled and tied.
- Leaf and Yard Waste in biodegradable bags.

METAL

- Pipes, ductwork, etc.
- Propane Tanks (empty, valve open)
- Metal appliances

ELECTRONIC WASTE

Please ensure items are placed at the curb by 7:30 PM the day before collection begins in your area. Items may be set out as early as one week in advance of the scheduled pickup. In accordance with By-Law No. 10-2012, no person shall use, or permit the use of, any land or structure within the Town of Deep River for dumping, disposing or accumulating of garbage, refuse, or domestic or industrial waste of any kind. **Refuse must be contained on your property.** Please do not deposit waste on vacant lots or parkland. During spring clean-up please place material on the shoulder of the road next to your driveway.

ITEMS THAT WILL NOT BE PICKED UP:

Household garbage, recyclable materials, cardboard, construction and demolition material of any kind, furniture, mattresses and box springs, carpets, large tree limbs/trunks/stumps, plastic toys, tires or household hazardous waste (HHHW) such as motor oil, gasoline, paint cans, batteries, antifreeze, etc., and any other items not listed in the accepted items list.

May 2020

3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Recycling

fibre

container