References

Feeding Your Premature Baby

Canadian Paediatric Society – (613) 526-9397
www.cps.ca - www.caringforkids.cps.ca/babies

La Leche League International – 1-800-665-5324
www.lalecheleague.org

Books

Bestfeeding Book: Getting Breastfeeding Right for You.


Breastfeeding Your Premature or Special Care Baby: A Practical guide for Nursing the Tiny Baby. (3rd edition)

Breastfeeding Your Premature Baby.

Family-Centred Maternity and Newborn Care Guidelines.

Feeding your Child: From Infancy to Six Years Old.

Finding our Way – Life with Triplets, Quadruplets and Quintuplets.

Guide to Breastfeeding.

How to Get Your Kid to Eat…but not too much.

The Hospital for Sick Children: Better Baby Food.  


Videos


Lawrence, Dr. Ruth, The Benefits of Breastfeeding.

Web Sites

Health Canada. Canada’s Food Guide to Healthy Eating  

Motherisk Program and Helpline, Hospital for Sick Children  
www.motherisk.org

Twins, Triplets, Quadruplets and Quintuplets

Multiple Births Canada  
Mission: To improve the quality of life for multiple birth individuals and their families in Canada through publications, suggested reading list, memberships, chapters, info line etc.  
1-866-228-8824  
www.multiplebirthscanada.org

Triplets, Quads and Quints Association, Mississauga:  
905-826-0734  
www.tqq.com

The Toronto Parents of Multiple Births Association (TPOMBA)  
416-760-3944  
www.tpomba.org

Attachment and Interaction

International Association of Infant Massage, Canadian Chapter  
(613) 830-6690  
www.infantmassage.ca.
Books

A Secure Base: Parent-Child Attachment and Healthy Human Development.


Baby Massage: The Calming Power of Touch.

Brighter Baby: Boost Your Child’s Intelligence, Health and Happiness Through Infant Therapeutic Massage.

How to Achieve Joyful and Confident Parenting.


Tender Touch: Massaging Your Baby to Health & Happiness.

Your Baby and Child’s Emotional & Social Development.

Videos

Massage: You and Your Baby.
International Association of Infant Massage, Canadian Chapter, and Canadian Institute of Child Health. 2000. Distributed by the International Association of Infant Massage. (613) 830-6690
www.infantmassage.ca

A Simple Gift – Comforting Your Baby.
Infant Mental Health Promotion Project, The Hospital for Sick Kids, produced by Dreams and Realities.
http://www.sickkids.ca/imp/

Web Sites
www.kangaroomothercare.com

References on Attachment


NCAST Programs. University of Washington, Box 357920, Seattle, Washington 98195-7920.

Your Baby At Home:

Public Health Nurse and Infant Development Programs
Healthy babies, Healthy Children. Toronto Public Health Nurses

All families having a baby need some support. Healthy Babies, Healthy Children is an important new way to ensure that all children in Ontario get the best start in life.

The Healthy Babies, Healthy Children Program (HBHC) is a prevention and early intervention initiative to provide support and services to families with children from before birth up to six years of age. Toronto Public Health began its Healthy Babies, Healthy Children Program in January 1998.

The goals of the Healthy Babies, Healthy Children Program are to:

- Provide optimal physical, cognitive, communicative and psychosocial development in children
- Act as a catalyst for a coordinated, effective, integrated system of services and supports for healthy child development

http://www.city.toronto.on.ca/health/baby.htm

Telehealth Ontario
Free telephone advice from a nurse, 24 hours/day, 7 days/week.
1-866-797-0000

Ontario Early Learning Centres/early years centres;
Early Years Centres are places where parents and caregivers of children can participate in early learning activities and parenting programs, find information about programs that are available for young children, and have the opportunity to talk to early year’s professionals, and other parents and caregivers in the community. www.ontarioearlyyears.ca/oyec/oyec.htm
e-parenting network: e-Parenting Network is interactive web TV where you can 
watch programs about parenting issues, read and download valuable 
information, and e-mail in questions you have about issues that are important to 
you as a parent.  www.eparentingnetwork.ca

Directory of Infant Development Programs in Ontario.
There are specialized programs that focus on infants and children who have a 
developmental delay or who risk delayed development. They provide a range of 
prevention and early intervention services and supports. 
http://www.oaid.ca/prof_directory.html

Safety/Car Seat Resources:

Consumer Product Safety, Health Canada 613-957-4467
http://www.hc-sc.gc.ca/cps-spc/index_e.html

Safe Kids Canada:  Safety tips to keep kids safe
1 (888) SAFE-TIPS (723-3847)
www.safekidscanada.ca.

Transport Canada General Information Line 1-800-333-0371
http://www.mto.gov.on.ca/english/safety/carseat/choose.htm

Infant and Toddler Safety Association 519-570-0181
Safe Transportation of Premature or Small Infants

Books

Transport Canada (March 1998). Air Bag Deactivation: What You Need to Know 
to Make an Informed Decision. Road Safety and Motor Vehicle Regulation 
Directorate. Transport Canada, Ottawa ON K1A 1N5.

Videos

Special Delivery: Safe Transportation of Premature and Small Infants. Video and 
Pamphlet produces by The Automotive Safety for Children Program, Riley 
Hospital, Indianapolis, Indiana. Available from the Infant & Toddler Safety 

Web Sites

Healthy Spaces on the Child and Family Web site
www.cfc-efc.ca

Transport Canada web site for car seat notices and recalls and PDF copy of booklet.
www.tc.gc.ca/roadsafety/childsafety/menu.htm

Books for Parents of Preemies

Books that comes highly recommended by parents who have had premature babies as an excellent reference manual for special infants which covers a wide range of topics is:


More information on books:
Parentbooks: 201 Harbord Steet, Toronto, ON M5S 1H6, phone 416 537-8334, toll free 1 800 209-9182, bill@parentbooks.ca, www.parentbooks.ca

Stories for Children


Waiting for Baby Joe.

Some Useful Internet Addresses

Safekids Canada: 1 888 723 3847 www.safekidscanada.ca
Provides information to the public about the steps they can take to keep children safe
Canadian Institute of Child Health  www.cich.ca
Dedicated to promoting and protecting the health, well-being and rights of all children and youth through monitoring, education and advocacy.

Canadian Paediatric Society  www.cps.ca
Motherisk  www.motherisk.org
Evidence-based information about the safety or risk of drugs, chemicals and disease during pregnancy and lactation (breast feeding)

Mount Sinai Hospital  www.mtsinai.on.ca
March of Dimes  www.marchofdimes.com
The Hospital for Sick Children  www.sickkids.on.ca
Invest in Kids:  1 877 583 5437 (KIDS)  http://www.investinkids.ca/
A national charitable organization dedicated to helping families make the most of the first five years of life.

Health TV: The Parent Channel  http://www.healthtvsystem.com/

Sudden Infant death Syndrome (SIDS)  http://www.caringforkids.cps.ca/babies/BackToSleep.htm
SIDS, also known as Crib Death, refers to the sudden and unexpected death of an apparently healthy infant under one year of age. Each week, 3 babies die of SIDS in Canada. Such deaths usually occur while the child is sleeping and remain unexplained even after a full investigation. Nobody knows how to prevent SIDS, but the latest research shows that there are things you can do to make your baby safer.

Links to books, shopping, lots of information  http://www.prematurity.org/index.html

Sign to hang on stroller to keep other people's hands off your infant.  http://www.mytinyhands.com/index.html
Resources for Parents of Preemies

The following sites provide general health information and answers to your questions about caring for a preemie

The University of Wisconsin
www.pediatrics.wisc.edu/childrenshosp/parents_of_preemies/

Parents of Premature babies (Preemie-L) Parents of Premature Babies Inc. Resources, reading list, chat line, etc
http://preemie-l.org

Resources For Parents of Preemies
http://members.aol.com/MarAim/preemie.htm

Canadian Health Network. (In partnership with Health Canada)
Offers information to enable Canadians to take action to improve their health and the health of their families and communities by developing knowledge and critical skills. Full of information. You can ask questions if you are looking for specific information.
www.canadian-health-network.ca

Canadian Paediatric Society, Caring for Kids.
Child health information website.
www.caringforkids.cps.ca

Child and Family Canada. (CFC) website
A unique Canadian public education website that provides quality, credible resources on children and families in an easy to navigate website. Site of Healthy Spaces, A page on how to protect kids from environmental contaminates in places where they grow, learn and play. A library of more than 1300 documents on child development, parenting, physical activity, special needs, etc
www.cfc-efc.ca

e-Parenting Network, a project of Canadian Institute of Child Health. An interactive web T.V for parents on various subjects such as nutrition, child development, positive parenting, and family relationships.
www.eparentingnetwork.ca

Specific Diagnoses Card Catalogue.
This card catalogue can help you find information about specific disabilities. For example by selecting the letter P, you can access information on premature babies such as.. who to contact, where to go and chat with others, web sites, personal accounts, learn more about it.
www.familyvillage.wisc.edu/lib_prem.htm
The Women’s Health Matters Site.
From the Pregnancy Health Centre, Sunnybrook and Women’s College Health
Sciences Centre. It is a source of reliable updated information on pregnancy,
premature babies, special care, etc.
www.womenshealthmatters.ca/centres/pregnancy

www.wft-ifb.ca

General Resources

These resources include information on organizations, books, videos and web
sites.

Canadian Association of Family Resource Programs
Provides resources to those who care for children and support families through
projects, membership and publications
613-237-766-
www.frp.ca

AboutKidsHealth: An initiative of The Hospital for Sick Children where parents
can read about the latest child health news, find in-depth information on complex
medical conditions, or search a range of everyday topics from child development
to safety advice.
http://www.sickkids.ca/FamilyInformation/section.asp?s=AboutKidsHealth&sID=1
3377

AboutKidsHealth Family Resource Centre: Main Floor, Room M200 (across from
Shoppers Drug Mart, near the Black Wing elevators)
The Hospital for Sick Children, Toronto, Ontario, Canada
http://www.sickkids.ca/FamilyInformation/section.asp?s=AboutKidsHealth&sID=1
3377&ss=Family+Resource+Centre&ssID=13378

Canadian Institute of Child Health
To promote and protect the rights of children and youth through monitoring,
education and advocacy
613-230-8838
www.cich.ca

Canadian Paediatric Society
A national advocacy organization that promotes quality health care for children
and youth
613-526-9397 Ext. 247
www.cps.ca
Invest In Kids Foundation
The leading promoter of the most effective early childhood developmental skills, practices, and policies through publications, policies and public awareness
877-583-KIDS (5437)
www.investinkids.ca

Health Canada
To help people of Canada maintain health and improve health
613-957-2991
www.hc-sc.gc.ca (consult section “Just for you”)

Ministry of Children’s Services of Ontario
416-325-5315

Ministry Of Community and Social Services of Ontario
Information about services for parents and children offered through Ontario
www.cfcs.gov.on.ca

Ontario Early Years
These centers are places where parents and caregivers can get answers to questions, and information about programs and services that are available for young children and an opportunity to talk to early years professionals as well as other parents and caregivers in the community
613-325-5315
www.ontarioearlyyears.ca

Parent Help Line
1-888-603-9100
parentsinfo@sympatico.ca

Special needs

If you support a Child with a disability, you may be able to claim the DISABILITY TAX CREDIT. Call the government of Canada at:
1-800-959-8281
www.ccra.gc.ca

The Canadian Hearing Society
To provide services that enhance the independence of deaf, deafened and hard of hearing people and that encourage prevention of hearing loss.
(877) 347-3427 – TTY: (877) 347-3429
www.chs.ca

Cerebral Palsy Association of Canada
Provides services to parents and professionals through net group discussion, publications, chapters etc.
Resources on Loss and Grieving

Books


Helping Children Understand Death. Garvie, G. Ottawa: Canadian Child Care Federation Resource Sheet #10. – 1-800-858-1412  www.cccf-fcsge.ca


Web Sites

Canadian Foundation for the Study of Infant Deaths (SIDS Foundation)
1-800-ENDS-SIDS (363-7437)  www.sidscanada.org

Multiple Births Families  www.multiplebirthsfamilies.com

Coping with Stress

Books


Videos

Ledger, K. and Williams, D. When Your Baby Cries – A Survival Guide for Parents. Video. Order ar (250) 370-8214 or avrih@caphealth.org


Web Sites

Child and Family Canada – www.cfc-efc.ca
Parent Help Line – 1-888-603-9100 – parentsinfo.simpatico.ca

Postpartum Mood Disorders

Books


Web Sites:

Canadian Mental Health Association – www.cmha.ca

Centre for Postpartum Depression – www.postpartumhealth.com
Online Postpartum Depression Support Group – www.ppdsupportpage.com


Postpartum Education for Parents – www.sbpep.org

Postpartum Support International – www.postpartum.net

Organizations and Services

Canadian Association of Family Resource Programs
Mission: To promote the well-being of families by providing national leadership, consultation, and resources to those who care for children and support families through projects, membership, and publications. – (613) 237-7667 – www.frp.ca

Canadian Child Care Federations
Mission: To improve the quality of child care services for Canadian families. Partner in the Centre of Excellence for Early Childhood Development (www.excellence-earlychildhood.ca)
1-800-858-1412 – www.cccf.fcsge.ca