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## Preemie Reference Index

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# Common Abbreviations

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## What do all these abbreviations mean?

The world of newborn intensive care has a language all of its own. Many diseases and therapies are abbreviated. If your baby's nurse or doctor uses a term you don't understand, ask!!!! Soon, you too will be talking in alphabet soup.

### Common Abbreviations

**A & B** - Apnea and Bradycardia

**Bili** - Bilirubin

**BP** - Blood Pressure

**BPD** - Bronchopulmonary Dysplasia

**cc or ml** - Metric measures of liquid; 30cc (or ml) is 1 ounce; 5 cc is ~1 teaspoon

**CNS** - Central Nervous System (brain and spinal cord) or Clinical Nurse Specialist

**CPAP** - Continuous Positive Airway Pressure (air or oxygen delivered under a small amount of pressure)

**CPR** - Cardiopulmonary Resuscitation

**ET** - Endotracheal (refers to a tube placed through the mouth or nose to the wind pipe)

**Gms** or grams - Metric weight; 450 grams = 1 pound; 1 kilogram (Kg) = 1000 grams

**HMD** - Hyaline Membrane Disease (another name for Respiratory Distress Syndrome)

**HI-FI** - High Frequency Ventilator -a kind of breathing machine that delivers hundreds of tiny breaths per minute while holding the air sac open

**IMV** - Intermittent Mandatory Ventilation - # of breaths per minute by the ventilator

**IV** - Intravenous (by vein)

**IVH** - Intraventricular Hemorrhage

**LP** - Lumbar Puncture (getting sample of spinal fluid using a needle)

**NEC** - Necrotizing Enterocolitis

**NG** - Nasal Gastric (tube going from nose to stomach)

**NICU** - Neonatal Intensive Care Unit

**NPO** - Nothing by Mouth

**O2** - Oxygen

**OG** - Oral Gastric (tube going from mouth to stomach)

**OT** - Occupational Therapist

**PDA** - Patent Ductus Arteriosus

**PICC or PCVL** - an tiny catheter or tube threaded into a vein to give fluids or nutrition

**PT** - Physiotherapist

**PVL** - Periventricular Leukomalacia

**RN** - Registered Nurse

**ROP** - Retinopathy of Prematurity

**RDS** - Respiratory Distress Syndrome

**SIDS** - Sudden Infant Death Syndrome

**TPR** - Temperature, pulse and respiration

**TTN** - Transient Tachypnea of the Newborn

**TPN** - Total Parenteral Nutrition (nutrition by vein)

**UAC** - Umbilical Artery Catheter, see equipment

**UVC** - Umbilical Venous Catheter, see equipment

## Common Medications

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In the neonatal intensive care unit (NICU) your baby will likely receive medications during his/her stay. In order to help you identify some of the medications your baby may receive we have provided a list of some of the most commonly used medications. If you have questions about any medication your baby is receiving, please feel free to contact one of the pharmacists at the perinatal pharmacy (416) 586-8303.

**Analgesics** – used to treat pain

- Acetaminophen (may also be used to treat fever)
- Fentanyl (may also be used for sedation)
- Morphine (may also be used for sedation)

**Anti-infectives** – used to treat or prevent infections caused by bacteria, fungi, and viruses

- Acyclovir
- Amoxicillin
- Amphotericin B
- Ampicillin
- Cefotaxime
- Cloxacillin
- Erythromycin
- Gentamicin
- Metronidazole
- Nystatin
- Penicillin
- Trimethoprim
- Vancomycin

**Diuretics** – helps baby get rid of excess fluid in the body (increase urine)

- Aldactazide ® (Hydrochlorothiazide/Spiroinolactone)
- Furosemide

**Other common medications**

- Caffeine – used to treat apnea of prematurity (it is the same ingredient found in coffee)
- Chloral hydrate – used for sedation (making baby more relaxed)
- Heparin – often added to IV fluids to prevent the IV from clotting
- Indomethacin – used to treat a Patent Ductus Arteriosus (PDA)
- Phenobarbital – used to treat seizures or to relax your baby
- Surfactant (BLES ®) – used soon after birth to treat respiratory distress syndrome (RDS)
- Vitamin K – given after birth to prevent bleeding

**Supplements**

- Tri-Vi-Sol - vitamin A, C, & D supplement
- Ferrous sulphate - iron supplement

## The People

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### Who are all these people?

Many professionals work together to care for preemie babies. You may meet some or all of the following:

#### **Neonatologist**

A paediatrician who has had special training in newborn intensive care.

#### **Neonatal Fellow**

A paediatrician who is currently getting special training in newborn intensive care, a future neonatologist.

#### **Resident**

A doctor who is receiving additional training to be a paediatrician or some other specialist.

#### **Neonatal nurse practitioner**

A trained professional (non-MD) who has received additional training in newborn intensive care so s/he can perform many of the same tasks as doctors.

#### **Clinical Nurse Specialist**

A nurse with additional training and responsibilities for patient and nurse education.

#### **Primary nurse**

The nurse who will most frequently take care of your baby, develop your baby's nursing care plan, and teach you to care for him/her.

#### **Social worker**

The person who will help you with non-medical issues, such as where to stay, insurance, transportation etc. S/he also provides emotional support and counseling.

#### **Perinatal pharmacist**

A pharmacist with special expertise in drugs for babies.

#### **Respiratory therapist**

Healthcare professionals with extensive training in the management of cardio-respiratory issues. Respiratory therapists will manage ventilation and oxygen with the healthcare team.

**Occupational therapist**

A person with special training in infant development and oral motor or feeding problems. You may encounter this person either in the nursery or in a follow-up clinic.

**Physical therapist**

A person with special training in assessing and helping muscle tone and movement problems in babies. You may encounter this person either in the nursery or in a follow-up clinic.

**Speech and language specialist**

A person with special training in feeding problems like sucking and swallowing.

**Audiologist**

A person who specializes in hearing problems, testing for hearing loss and treating it.

**Home health care specialist**

A person who helps coordinate any equipment or monitoring needs after discharge, such as home oxygen or home phototherapy.

**Unit clerk, ward clerk, or ward secretary**

Individuals who transcribe orders, send blood tests to the laboratories, answer phones etc.

**Hospital Chaplain**

A hospital-based religious support person.

**Others**

People who stock shelves, clean the nursery, obtain laboratory tests, take x-rays, and provide maintenance. Your baby probably has one or two doctors and one or two nurses who are primarily responsible for his/her care. You may want to write down their names as they are the people with whom you will interact most frequently. In addition, if your baby has a particular problem, another physician specialist may be called in. Common subspecialists and their area of expertise include:

- **Cardiologist** -- Heart problems
- **Neurologist** -- Brain and nervous system problems
- **Nephrologist** -- Kidney (urine) problems
- **Gastroenterologist** -- Intestinal problems and nutrition
- **Endocrinologist** -- Glands and hormone problems
- **Hematologist** -- Blood problems
- **Ophthalmologist** -- Eye problems

If your baby has a surgical problem, your baby may need a surgeon and an anesthesiologist (puts baby to sleep).

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## The Equipment

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### **What are these wires and tubes connected to my baby?**

The monitors provide the nurses and doctor with important information continuously. As much as possible these monitors are painless and non-invasive (attach to the outside of the skin). Your baby will have some, but probably not all, of the following:

#### **Cardiorespiratory Monitor.**

This is sometimes referred to as a Heart Monitor or a C-R Monitor. Three adhesive patches with wires connected to them are placed on the baby's chest, abdomen, arms or legs. The wires travel to a machine that displays the baby's heart rate, heart beat pattern, breathing rate and breathing pattern.

#### **Pulse Oximeter.**

The "pulse ox" continuously measures the baby's blood oxygen. There is a tiny light which is attached to the baby's palm, foot, finger, toe, or wrist by a piece of adhesive elastic. A cord travels from the light to a machine that displays the amount of oxygen being carried by red blood cells in the baby's body. This may be part of the cardiorespiratory monitor or a separate monitor.

#### **Blood Pressure Monitor.**

Blood pressure may be measured periodically by a small cuff placed around the baby's arm or leg, or may be measured continuously if the baby has a catheter (tiny tube) into one of the baby's arteries.

#### **Temperature Probe.**

A coated wire will be placed on the baby's skin and covered with an adhesive patch. The coated wire measures the baby's temperature. This information is used to help regulate the amount of heat from the overhead heater or incubator.

#### **IV (intravenous infusion).**

This is a needle, or small tube, that is placed into one of the veins of the infant. It is attached by tubing to a container of fluid. It is used to deliver fluids, medications and nutrients to the baby. Common sites for IVs are hands, feet, arms, legs, and scalp.

#### **Umbilical artery catheter (UAC) or Umbilical venous catheter (UVC).**

This is a small piece of tubing threaded into the baby's artery or vein in the umbilical stump. In addition to delivering fluids, medication, and nutrients, blood can be withdrawn painlessly for laboratory studies.



**Transcutaneous Oxygen and/or Carbon Dioxide Monitor.**

This machine measures oxygen and/or carbon dioxide at the skin. A small circular piece attaches to the skin with a thin circle of adhesive. This piece both heats up a tiny area of skin and measures the oxygen, carbon dioxide, or both. A tiny cord travels from the circular piece to a machine which displays the information. The oxygen measurement is different from that of the pulse oximeter so the numbers are different, usually lower. Because the skin must be heated, there may be a red spot where the circular piece has been. The location of the piece is changed regularly. The red spots will fade over time.

**CPAP (Continuous Positive Airway Pressure).**

Oxygen (or air) is delivered under a small amount of pressure usually through little tubes that fit into the nostrils of the nose. Delivering oxygen under pressure helps keep the air sacs in the lung open.

**Endotracheal Tube.**

This is a tube that goes from the baby's mouth or nose into the baby's windpipe (trachea). It is secured with tape and attaches by tubing to a breathing machine. It allows the machine to deliver air directly to the baby's lungs.

**Respirator or Ventilator.**

This is a machine to help your baby breathe. Some machines make the baby's own breaths bigger (synchronized ventilation), or give breaths like the baby should be taking. Others, called high frequency ventilators, hold the lungs open with a constant pressure and then give hundreds of tiny puffs of air or oxygen each minute.

**Synchronizer**

This is a small soft circle attached to the abdomen. It is used only with certain kinds of breathing machines. It tells the machine when the baby starts to take a breath so the machine breaths can be timed to the baby's own breaths.

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## References

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### Feeding Your Premature Baby

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

La Leche League International – 1-800-665-5324  
[www.lalecheleague.org](http://www.lalecheleague.org)

### Books

Bestfeeding Book: Getting Breastfeeding Right for You.  
Renfrew, M., Fisher, C. and Arms, S. Berkley : Celestial Arts. 2000.

Breastfeeding Answer book. (revised edition).  
Mohrbacher, N. and Stock, J. Schaumburg, IL: La Leche International. 1997.

Breastfeeding Your Premature or Special Care Baby: A Practical guide for Nursing the Tiny Baby. (3<sup>rd</sup> edition)  
Walker, M. and Watson Driscoll, J. 1994.

Breastfeeding Your Premature Baby.  
Gotsch, G. Schumburg III. La Leche League International. 1999.

Family-Centred Maternity and Newborn Care Guidelines.  
Health Canada. Ottawa: Minister of Public Works and Government Services. 2000.

Feeding your Child: From Infancy to Six Years Old.  
Lambert-Lagage, L. Toronto: Stoddard Publishing Co. Ltd. 1990.

Finding our Way – Life with Triplets, Quadruplets and Quintuplets.  
Mississauga: Triplets, Quads and Quints Association. 2001.

Guide to Breastfeeding.  
Newman, Dr. J and Pitman, T. Toronto: Harper Collins. 2000.

How to Get Your Kid to Eat...but not too much.  
Satter, E. Bull Publishing Company. 1987.

Preemies: The Essential Guide for Parents of Premature Babies.  
Wechsler Lindsey, D., Trenti Paroli, E., and Doran Wechsler, Dr. M. New York: Pocket Book. 2000.

The Hospital for Sick Children: Better Baby Food.  
Kalnins, D. and Saab, J. Toronto: Robert Rose. 2001.

The Womenly Art of Breastfeeding. (6<sup>th</sup> edition).  
La Leche League International. New York: Plume. 1997.

### **Videos**

La Leche League, The Womenly Art of Breastfeeding.

Lawrence, Dr. Ruth, The Benefits of Breastfeeding.

### **Web Sites**

Health Canada. Canada's Food Guide to Healthy Eating  
[http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html)

Motherisk Program and Helpline, Hospital for Sick Children  
[www.motherisk.org](http://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](http://www.multiplebirthscanada.org)

Triplets, Quads and Quints Association, Mississauga:

905-826-0734

[tqq@tqq.com](mailto:tqq@tqq.com)

The Toronto Parents of Multiple Births Association (TPOMBA)

416-760-3944

[www.tpomba.org](http://www.tpomba.org)

### **Attachment and Interaction**

International Association of Infant Massage, Canadian Chapter  
(613) 830-6690

## **Books**

A Secure Base: Parent-Child Attachment and Healthy Human Development.  
Bowlby, J. Basic Books 1988.

Baby Massage: Parent-Child Bonding Through Touching.  
Auckett, A. Newmarket Press. 1991.

Baby Massage: The Calming Power of Touch.  
Heath, A. and Bainbridge, N. Dorling Kindersley. 2000.

Brighter Baby: Boost Your Child's Intelligence, Health and Happiness Through Infant Therapeutic Massage.  
Adderly, B. and Gordon, J. Lifeline Press, 1999.

How to Achieve Joyful and Confident Parenting.  
Shore, P. Toronto: Parent Smart Books. 2002.

Infant Massage: A Handbook for Loving Parents.  
McClure, V. New York: Bantam Books. 2000.

Tender Touch: Massaging Your Baby to Health & Happiness.  
Staerker, P. Kensington Publishing Corporation. 1998.

Your Baby and Child's Emotional & Social Development.  
Shore, P. Toronto: Parent Smart Books. 2002.

## **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

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](http://www.kangaroomothercare.com)

## References on Attachment

Bowlby, J. A Secure Base: Parent-Child Attachment and Healthy Human Development. Basic Books. 1988.28,121.

Greenspan, S.I.& Breslau Lewis, N. Building Healthy Minds. Cambridge, Massachusetts: Perseus Books. 1999.

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](http://www.ontarioearlyyears.ca)

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](http://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.oaicd.ca>

**Safety/Car Seat Resources:**

Consumer Product Safety, Health Canada 613-957-4467

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

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

Toronto child seat coalition  
[www.toronto.ca/fire/carseats/index.htm](http://www.toronto.ca/fire/carseats/index.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 Association, 385 Fairway Road, Suite 4A-230, Kitchener On N2C 2N9.

Transport Canada (1999). Video and Pamphlet Car Time: 1-2-3-4 – Safe Seating in the Kid Zone. ISBN No. 0-662-28277-9 Catalogue No. T46-27/200E.

## **Web Sites**

Transport Canada web site for car seat notices and recalls and PDF copy of booklet.

[www.tc.gc.ca/eng/roadsafety/safedrivers-childsafety-index-53.htm](http://www.tc.gc.ca/eng/roadsafety/safedrivers-childsafety-index-53.htm)

## **Books for Parents of Premies**

*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:*

The Next Steps? Caring for Your Premie at Home. Canadian Institute of Child Health. 384 Bank Street, Suite 300, Ottawa, ON K2P 1Y4. 613 230 6654

Newborn Intensive Care: What Every Parent Needs to Know. Zaichkin, Jeanette. Santa Rosa CA: NICU Ink Book Publishers, 2002. Phone orders 1-888-642-8465. Comes in English and Spanish

The Premature Baby Book. Helen Harrison. St. Martin's Press, New York, 1983.

## **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](mailto:bill@parentbooks.ca) , [www.parentbooks.ca](http://www.parentbooks.ca)

## **Books for Parents**

Canada's Baby Care Book: A Complete Guide from Birth to 12-Months Old. Friedman, Jeremy. and Saunders, Norman, Robert Rose Inc. 2007.

## **Stories for Children**

Born Early. A premature baby story for children. Lafferty, I. and Flood, B. Grand Junction, Colorado..Songbird Pub.1995.

Katie's Premature Brother. Hawkins-Walsh, E. and Ryan, J. Centering Corporation Trade Paperback. 1990.

Waiting for Baby Joe.

Lowery Collins, P. and Dunn, W. and Niels, J. III. A Whitman.1990

## Some Useful Internet Addresses

Safekids Canada: 1 888 723 3847 [www.safekidscanada.ca](http://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](http://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](http://www.cps.ca)

Motherisk [www.motherisk.org](http://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](http://www.mtsinai.on.ca)

March of Dimes [www.marchofdimes.com](http://www.marchofdimes.com)

The Hospital for Sick Children [www.sickkids.on.ca](http://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)

**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>

## **Resources for Parents of Premies**

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\\_premies/](http://www.pediatrics.wisc.edu/childrenshosp/parents_of_premies/)

Parents of Premature babies (Premie-L) Parents of Premature Babies Inc. Resources, reading list, chat line, etc

<http://preemie-l.org>

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](http://www.canadian-health-network.ca)

Canadian Paediatric Society, Caring for Kids.

Child health information website.

[www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)

March of Dimes

[www.marchofdimes.com/prematurity](http://www.marchofdimes.com/prematurity)

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](http://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](http://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](http://www.womenshealthmatters.ca/centres/pregnancy)

## 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](http://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/VisitingSickKids/Getting-to-SickKids/>

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/VisitingSickKids/Getting-to-SickKids>

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](http://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](http://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](http://www.investinkids.ca)

#### Health Canada

To help people of Canada maintain health and improve health

613-957-2991

[www.hc-sc.gc.ca](http://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.mcsc.gov.on.ca](http://www.mcsc.gov.on.ca) dddddd

#### 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](http://www.ontarioearlyyears.ca)

#### Parent Help Line

1-888-603-9100

[parentsinfo@sympatico.ca](mailto:parentsinfo@sympatico.ca)

#### Canadian Child Care Federation

[www.cccf-fcsge.ca](http://www.cccf-fcsge.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.cra-arc.gc.ca/](http://www.cra-arc.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](http://www.chs.ca)

Cerebral Palsy Association of Canada

Provides services to parents and professionals through net group discussion, publications, chapters etc. [www.cerebralpalsycanada.com](http://www.cerebralpalsycanada.com)

Easter Seal Society of Canada

Opportunities for children with physical disabilities. 416-932-8382

<http://easterseals.ca/>

## **Resources on Loss and Grieving**

### **Books**

A Silent Sorrow – Pregnancy Loss. John, I. And Moffitt, P.-L. Dell Publishing, Gormley. 1995.

Empty Cradle, Broken Heart: Surviving the Death of Your Baby. Davis, D. L. Fulcrum Publishing. 1996.

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

Newborn Intensive Care – What Ever Parent Needs to Know. Zaichin, J. RN. Petaluma, CA: NICU Inc. Book Publishers. 1996.

Pregnancy After Loss: A Guide to Pregnancy after a Miscarriage, Stillbirth or Infant Death. Berkeley Books. 1999.

The Loss of a Multiple: Miscarriage, stillbirth, Infancy. (3<sup>rd</sup> edition). Parents of Multiple Births Canada. Gormley, ON. 2001.

Trying Again: A Guide to Pregnancy after Miscarriage, Stillbirth and Infant Loss. Douglas, A. Taylor Publishing. 2000.

### **Web Sites**

Canadian Foundation for the Study of Infant Deaths (SIDS Foundation)

1-800-ENDS-SIDS (363-7437)

[www.sidscanada.org](http://www.sidscanada.org)

Multiple Births Families

[www.multiplebirthsfamilies.com](http://www.multiplebirthsfamilies.com)

## **Coping with Stress**

### **Books**

Hatha Yoga – The Complete Mind and Body Workout. Pegrum, J. New York: Sterling Publishing. 2003.

Never Shake a Baby. Canadian Paediatric Society. Ottawa. 1997.

Relaxation – Exercises and Inspirations for Well-Being. Brewer, Dr. S. London: Duncan Baird Publishers. 2003.

Yoga for Beginners – A Unique Hand-free, Eye-level, Step-be-step Guide. Ansari, M. and Lark, L. New York: Harper Resources Trade Paperback.1998.

### **Videos**

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

Kiwanis Club Ottawa. Never Shake a Baby! Video. (18 min.). (613) 233-1900. – shakenbaby.ottawakiwanis.org

### **Web Sites**

Child and Family Canada – <http://www.cccf-fcsge.ca/>  
Parent Help Line – 1-888-603-9100 – [parentsinfo.simpatico.ca](http://parentsinfo.simpatico.ca)

## **Postpartum Mood Disorders**

### **Books**

Postpartum Depression and Anxiety: A Self Help Guide for Mothers. 1994. The Pacific Postpartum Support Society. (604) 255-7999

Postpartum Survival Guide: It Wasn't Supposed To Be Like This. Dunnewold, A., Sanford, D.G. Oakland, Ca: New Harbinger Publications. 1994.

Shouldn't I Be Happy? Emotional Problems of Pregnant and Postpartum Women. Misri, S. New York: The Free Press. 1995.

The Postpartum Husband: Practical Solutions for Living with Postpartum Depression. Kleinman, K.R. Xlibris Corporation. 2000.

This Isn't What I Expected: Recognizing and Recovering From Depression and Anxiety After Childbirth. Kleinman, K.R and Raskin, V. New York: Bantam Books. 1994.

Web Sites:

Canadian Mental Health Association – [www.cmha.ca](http://www.cmha.ca)

Centre for Postpartum Depression – [www.postpartumhealth.com](http://www.postpartumhealth.com)

Online Postpartum Depression Support Group – [www.ppdsupportpage.com](http://www.ppdsupportpage.com)

Pacific Postpartum Support Society – [www.postpartum.org](http://www.postpartum.org)

Postpartum Education for Parents – [www.sbpep.org](http://www.sbpep.org)

Postpartum Support International – [www.postpartum.net](http://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](http://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](http://www.excellence-earlychildhood.ca))

1-800-858-1412 – [www.cccf-fcsge.ca](http://www.cccf-fcsge.ca)