
Resources for You and Your Baby at Home

Public Health Nurse 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. Contact Toronto Public Health. <http://www.toronto.ca/health/>

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 are 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 1-866-821-7770

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.cdrcp.com/oaicd/parent.html>

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

Centre for Postpartum Depression

www.postpartumhealth.com

Online Postpartum Depression Support Group www.ppdsupportpage.com

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

Safekids Canada

1-888-723-3847 provides information to the public about the steps they can take to keep children safe.

www.safekidscanada.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.

Skin-to-skin holding

www.kangaroomothercare.com

Health Canada - Canada's Food Guide to Healthy Eating

http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html

La Leche League International – 1-800-665-5324 www.lalecheleague.org**Canadian Association of Family Resource Programs**

Provide resources to those who care for children and support families through projects, membership and publication. 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.

<http://www.sickkids.ca/Familyinformation/section.asp?s=AboutkidsHealth&slD=13377>

Family Resource Centre: Main Floor, Room M200 (across from Shopper Drug Mart, near the back near the Black Wing Elevators). The Hospital for Sick Children, Toronto Ont

www.sickkids.ca/familyinformation/section.as?sAboutKidsHealth&slD=13377&ss=Family+Resource+Centre&sslD=13378

Canadian Paediatric Society

A national advocacy organization that promotes quality health care for children and youth. 613-526-9397 Ext 247 www.cps.ca

Health Canada

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

Parent Help Line 1-888-603-9100 Parentsinfo@sympatico.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.

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

Sudden Infant death Syndrome (SIDS) www.sidscanada.org
Canadian Foundation for the Study of Infant Deaths (CFSID)

Links to books, shopping, & 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>

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 www.cerebralpalsycanada.com

Easter Seal Society of Canada Opportunities for children with physical disabilities. 416-932-8382 <http://easterseals.ca/>

References – Book List

Feeding Your Preterm Baby

Nursing Your Premature Baby Pamphlet, LaLeche League International, Inc.
(416) 486-3368

The Womanly Art of Breastfeeding, Dana, N. and Price, A., Meadowbrook, Egan Mn., 1987

Breastfeeding Twins, Triplets and Quadruplets, Keith, D.M., McInnes, S. and Keith, L.G., Centre for Study of Multiple Births and Parents of Multiple Births Association of Canada, Chicago, 1982

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. (3rd edition) Walker, M. and Watson Driscoll, J.1994.

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

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 Lindey, 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. (6th dition). La Leche League International. New York: Plume. 1997.

Postpartum Mood Disorders

Postpartum Depression and Anxiety

A self Help Guide for Mothers. 1994. The Pacific Postpartum Support Society.

Attachment and Interaction

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

Bowlby, J. Basic Books 1988.

Baby Massage: The Calming Power of Touch.

Heath, A. and Bainbridge, N. Dorling Kindersley. 2000.

Brighter Baby: Boost Your Childs Interlegence, 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.

Parents of Premies

Your Premature Baby and The First 5 years, Nikki Bradford

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.

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

Loss and Grieving

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

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. (3rd 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.

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