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


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/Family information/section.asp?s=AboutKidsHealth&s1ID=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&s1ID=13377&ss=Family+Resource+Centre&ss1ID=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


Postpartum Mood Disorders

Postpartum Depression and Anxiety

Attachment and Interaction

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

Baby Massage: The Calming Power of Touch.

Brighter Baby: Boost Your Childs Intelligence, Health and Happiness Through Infant Therapeutic Massage.

How to Achieve Joyful and Confident Parenting.


Tender Touch: Massaging Your Baby to Health & Happiness.

Parents of Preemies

Your Premature Baby and The First 5 years, Nikki Bradford

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


Stories for Children


Waiting for Baby Joe.

Loss and Grieving


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


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