

FAMILY SERVICES RESOURCE LISTING

TOPICS A – Z

A

Alcohol & Pregnancy

- Be Safe: Have an alcohol-free pregnancy
- For Baby's Sake Don't Drink
- Fast Facts – Alcohol & Pregnancy

Activity & Pregnancy

- Active Pregnancy

B

Behaviour

- Anger and Aggression
- Guiding Children's Behaviour
- Let's Talk About Baby
- Your Child's Feelings

Breastfeeding/ Nutrition

- A Daily Chart for Breastfeeding Moms
- Breastfeeding and Returning to Work
- Breastfeeding – Getting Started in 5 Easy Steps
- If You Smoke – Breastfeeding is still the Best Choice For Your Baby
- If Breastfeeding Right For Me?
- Milk... Your baby's first food
- Revised Recommendations for Breastfed Infants
- Your New Baby: Answers to Questions Parents Often Ask
- Breastfeeding It just makes "cents"!

C

Communication

- Helping Siblings Accept the New Baby

Coping Skills

- Colic and Crying
- Miscarriage
- Never Shake a Baby
- Time for Bed
- Toilet Learning

F

Family Functioning

- Parents Emotions
- Time Out For Parents
- The New Baby Owner's Manual for Dads

Folic Acid

- Folic Acid Facts/Good Sources (tearsheets)
- Folic Acid: It's never too early (magnet)
- Folic Acid: It's never too early (pamphlet)

G

Growth & Development

- Nipissing Development Screen – Birth to 2 months
- Nipissing Development Screen – 4 months
- Nipissing Development Screen – 6 months
- Nipissing Development Screen – 9 months
- Nipissing Development Screen – 12 months
- Nipissing Development Screen – 15 months
- Nipissing Development Screen – 18 months
- Nipissing Development Screen – 2 years
- Nipissing Development Screen – 30 months
- Nipissing Development Screen – 3 years
- Nipissing Development Screen – 4 years
- Nipissing Development Screen – 5 years
- Nipissing Development Screen – 6 years

H

- Healthy Eating for a Healthy Baby
- Healthy Environments for Children
- Herbal Teas – Are Herbal Teas Safe to Drink?
- HIV Testing is Important for You & Your Baby

I

- Important Information for Women of Childbearing Age and Parents of children Under 15
- Integrated Prenatal Screening (IPS)

Immunization

- Child Health Passport
- Immunize Your Kids!

Injury Prevention & Safety

- Back to Sleep (SIDS)
- Is Your Child Safe?
- Healthy Environments for Children
- Never Shake a Baby

N

Nutrition / Breastfeeding

- A Daily Chart for Breastfeeding Moms
- Breastfeeding and Returning to Work
- Breastfeeding – Getting Started in 5 Easy Steps
- If You Smoke – Breastfeeding is still the Best Choice For Your Baby
- If Breastfeeding Right For Me?
- Milk... Your baby's first food
- Revised Recommendations for Breastfed Infants
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- Herbal Teas – Are Herbal Teas Safe to Drink?

P

- Preterm Labour – Signs and Symptoms (decal)
- Preterm Labour – Signs and Symptoms (pamphlet)

Parenting Ability

- Get Set for Life – Comfort Play and Teach
- Parenting Tips – Invest in Kids
- Positive parenting – Feeling good about yourself as a parent

R

Reproductive Health

- Be Safe: Have an alcohol-free pregnancy
- For Baby's Sake Don't Drink
- Fast Facts – Alcohol & Pregnancy
- Fast Facts – Fetal Alcohol Spectrum Disorder
- Active Pregnancy
- Folic Acid Facts/Good Sources (tearsheets)
- Folic Acid: It's never too early (magnet)
- Folic Acid: It's never too early (pamphlet)
- Is There A Baby In Your Future?
- Healthy Eating for a Healthy Baby
- Herbal Teas – Are Herbal Teas Safe to Drink?
- Preterm Labour – Signs and Symptoms (decal)
- Preterm Labour – Signs and Symptoms (pamphlet)
- Hidden Exposures, Reproduction and Pregnancy
- HIV Testing is Important for You & Your Baby
- Important Information for Women of Childbearing Age and Parents of children Under 15
- Integrated Prenatal Screening (IPS)
- Growing up in smoke / Children and second-hand smoke
- How to be a Pregnancy Friendly Workplace
- Work and Pregnancy (newsletter)
- Work and Pregnancy Do Mix

S

- Growing up in smoke / Children and second-hand smoke

Social Supports

- Healthy Babies, Healthy Children pamphlet / magnet
- Motherisk Toll-free number magnet
- Parent Help Line Pamphlet
- Telehealth Toll-free magnet

Stimulation and Play

- Learning through Play – From Birth to Three Years
- Learning through Play – From Three to Six Years
- Get Set for Life – Comfort Play and Teach
- Parenting Tips – Invest in Kids
- Positive parenting – Feeling good about yourself as a parent

V

Vision

- First Impressions: A guide to your baby's eyes
- Seeing Smart – A parent's guide to school age vision

W

Workplace

- How to be a Pregnancy Friendly Workplace
- Work and Pregnancy (newsletter)
- Work and Pregnancy Do Mix

To obtain a copy of any listed resource
or for additional information
please contact your local
Northwestern Health Unit
Healthy Babies, Healthy Children Program
or call toll free
1-800-465-4377

