

Parent Resources: Essential Links for Parents

Parents often wonder about their child's growth and development, leading to the question: "Is my child happy and healthy?" Here are some websites we think stand out from the crowd, offering advice, information, support and educational resources to help you support your child's health and well-being.



TOP WEBSITE PICK

The Rourke Baby Record website has compiled a list of parent resources to direct parents to reliable information regarding normal child growth and development along with common questions and issues.

[Rourke Baby Record](#)

TOP FIVE LINKS

The top five most useful websites for parent resources are linked below, so that you can browse them on your own. These websites are:

- 1 [The Canadian Paediatric Society \(CPS\) – Caring for Kids](#): Caring for Kids is designed to provide parents with information about their child's health and well-being. The site is developed by Canada's pediatricians so you can be sure the information is reliable.
- 2 [Hospital for Sick Children – About Kids Health](#): Trusted answers from The Hospital for Sick Children on your child's health from A-Z as well as pregnancy, nutrition, education and more.
- 3 [Safe Kids Canada](#): Safe Kids Canada has joined others to create Parachute, a national, charitable organization dedicated to bringing attention to the issue of preventable injury and to help Canadians reduce their risks of injury and enjoy long lives lived to the fullest.
- 4 [Dietitians of Canada](#): The Dietitians of Canada is a national association for dietitians. They provide easy access to trusted food and nutrition information.
- 5 [Health Canada](#): Health Canada is the Federal department responsible for helping Canadians maintain and improve their health. They provide information about disease prevention and encourage Canadians to take an active role in their health.

ESSENTIAL CONTACT INFORMATION

- [Emergency Numbers](#): Find local emergency numbers
- **Poisons**: Keep medicines and cleaners locked up and out of child's reach. Have the Poison Control Centre number handy. (# 1-800-565-8161 – Poison Control, Halifax, NS). Use of ipecac is contraindicated in children.

LINKS BY COMMON TOPICS

VACCINATION

- Government of Canada: [A Parent's Guide to Vaccination](#)

CAR SEATS

- [Child Safety](#)
- [Parachute – Preventing Injuries. Saving Lives.](#)

CRYING/SLEEP

- [Period of PURPLE Crying®](#)
- Caring for Kids: [Healthy Sleep for Your Baby and Child](#)

SAFE SLEEP

- Public Health Agency of Canada: [Safe Sleep for Your Baby](#)
- Health Canada: [Is Your Child Safe? Sleep Time](#)
- Caring for Kids: [Safe Sleep for Babies](#)
- Caring for Kids: [Preventing Flat Heads in Babies Who Sleep on their Backs](#)

DENTAL HEALTH

- Caring for Kids: [Healthy Teeth for Children](#)
- [PEI Dentists are offering a Free First Dental Visit to children under age three](#)
- Canadian Dental Association: [Cleaning Teeth](#)
- Canadian Dental Association: [Fluoride and Your Child](#)
- Canadian Dental Association: [First Visit, First Tooth](#)
- Canadian Dental Association: [Dental Development](#)

DEVELOPMENT

- Caring for Kids: [Your Child's Development – What to Expect](#)
- Alberta Health Services: [Supporting Healthy Child Development](#)
- Caring for Kids: [Encourage Reading](#)
- [Healthy Baby Healthy Brain](#)

PLAY TIME WITH YOUR BABY

- Caring for Kids: [Playtime with Your Baby – Learning and Growing in the First Year](#)
- Baby Activity Centre: [Everyday and Everyway ... Talking about Toys](#)
- Alberta Human Services: [Preschool Talk Box](#)
- Canadian Public Health Association: [Unstructured Play](#)



FEEDING YOUR BABY

- Health PEI: [Breastfeeding Your Baby](#)
- Health PEI: Infant Formula – [What You Need to Know](#)
- BFI Strategy for Ontario: [How to Prepare Infant Formula \(video\)](#)
- GBFI Strategy for Ontario: [Safely Preparing Formula for Your Baby Tip Sheets](#)
- Health Canada: [Nutrition for Healthy Term Infants](#)
- Health Canada: [Feeding Changes](#)
- Best Start: [Feeding Your Baby – A Guide to Help you Introduce Solids](#)
- Health Canada: [Introducing Solids](#)
- Government of Canada: [Infant Formula](#)
- Caring for Kids: [Feeding Your Baby in the First Year](#)
- Caring for Kids: [Vitamin D](#)
- Caring for Kids: [Iron Needs of Babies and Children](#)
- Government of Canada: [Canada's Food Guide](#)
- Caring for Kids: [Pacifiers \(Soothers\) – A User's Guide for Parents](#)
- Health PEI: [Healthy Eating and Active Living – For Your 1 to 5 Year Old](#)

PARENTING

- Alberta Health Services: [Healthy Parents Healthy Children – I'm a Parent](#)
- Caring for Kids: [Attachment – A Connection for Life](#)
- [Triple P Parenting PEI](#)
- [Five Steps to Positive Parenting](#)

FOR PARENTS

- Caring for Kids: [Depression in Pregnant Women and Mothers – How it Affects You and Your Child](#)
- Mayo Clinic: [Newborn Care – 10 Tips for Stressed-out Parents](#)
- Life with a New Baby: Dealing with Postpartum Mood Disorders – View video: [YouTube](#) or [Vimeo](#)
- Pregnancy and Postpartum Mood Disorders: [PEI Resources](#)
- [Sex & U](#): Your trusted resource for sexual and reproductive health
- [Pregnancy Info](#): The facts on pregnancy and childbirth from Canada's experts
- [HPV](#)
- [Menopause](#): The facts on menopause from Canada's experts



CHILD CARE/RETURNING TO WORK

- Caring for Kids: [Child Care – Making the Best Choice for Your Family](#)
- [PEI Early Childhood Development](#)
- [Early Childhood Development Association of PEI](#)
Contact 1-888-368-1866. Information links for Early Childhood Development in PEI
[Directory of Early Learning and Child Care Centres](#) in licensed Island Child Care Programs
- [The Child Care Subsidy Program](#): Help for Child Care Expenses

IF YOUR CHILD IS SICK...

- Caring for Kids: [Fever and Temperature Taking](#)
- Caring for Kids: [Using Over-the-Counter Drugs to Treat Cold Symptoms](#)
- Government of Canada: [Medication and Kids Under Six](#)
- Caring for Kids: [Natural Health Products and Children](#)

SAFETY IN YOUR HOME

- Caring for Kids: [Basic Home Safety – A Checklist](#)
- Caring for Kids: [Keep Your Baby Safe](#)
- Health Canada: [Is Your Child Safe?](#)
- Child Safety: [Helmet Safety – The 2V1 Rule & How to Fit Your Child's Helmet](#)
- [Child Safety](#): Various Topics

SAFE TOYS

- Health Canada: [Is Your Child Safe? Play Time](#)

CHOKING

- Caring for Kids: [Feeding Your Baby in the First Year](#)
- Caring for Kids: [Keep Your Baby Safe](#)
- Child Safety: [Amber Teething Necklaces](#)
- IWK Halifax: [Amber Teething Necklaces](#)

PET SAFETY

- Caring for Kids – Children and Pets: [Tips for Bringing a Pet into Your Home](#)
- Caring for Kids: [Healthy Pets, Healthy People – How to Avoid the Disease that Pets can Spread to People](#)



GUN SAFETY

- Caring for Kids: [Gun Safety – Information for Families](#)

SUN SAFETY/INSECT REPELLENTS

- Caring for Kids: [Sun Safety](#)
- Caring for Kids: [Insect Repellents for Children](#)

YOUR CHILD'S VISION

- Health PEI: [Eye See ... Eye Learn](#) – for Kindergarten Age Children

FAMILY RESOURCE CENTRES

- [Listing of Family Resource Centres in PEI](#)

ADDITIONAL RESOURCES

- [Bedbugs – What are they?](#)
- [Food Safety](#) – Safe Food Handling
- [What Happens Next? Information for kids about separation and divorce](#)
- [Because life goes on ... helping children and youth live with separation and divorce](#)

