

Websites with Innovative Resources to Support Healthy Relationships

This list was compiled by the BC Healthy Child Development Alliance (BCHCDA) and identifies websites with innovative ways/resources to reinforce the five messages outlined in the “Tips for Parents: Building a healthy relationship with your baby and toddler” (BCHCDA, 2013; www.childhealthbc.ca/bchcda). The websites/resources on this list will be helpful to health care professionals, early child development workers, parent support providers and child welfare workers in their daily work with parents and/or may be accessed directly by parents. The websites/resources were selected because of their potential to reinforce the messages in the “Tips for Parents” pamphlet and because of their innovative approach to educating parents (e.g., interactive activities, games, video clips, stories, “catchy” parent pamphlets/handouts). The content of the websites/resources has not been reviewed in detail and inclusion of any on this list does not constitute endorsement by the BCHCDA. If you have suggestions for additions to or deletions from the list or you identify a link that does not work, please forward your feedback to alliance@cw.bc.ca.

Key Messages on BCHCDA Pamphlet “Tips for Parents: Building a Healthy Relationship with Your Baby and Toddler”¹:

- 1 **Spend time face-to-face with your baby.**
Cuddle, play, touch, face to face contact.
Respond to baby’s facial expressions.
- 2 **Observe your baby.**
Watch and listen to wants or needs.
- 3 **Notice the cues that say distress.**
Cannot spoil a baby with too much attention.
Do not ignore distress cues. Help baby learn skills to manage distress.
- 4 **Delight in your baby.**
Help baby to explore and play by finding ways to share new things.
Welcome baby when needs to cuddle or comes for comfort.
- 5 **Get down on floor with baby.**
Help baby discover new ways to move.
Every baby needs “tummy time” on a mat or blanket set on the floor.
- 6 **Tips for all parents**
Forgive yourself and your partner for mistakes.
Take care of yourself.
Always use gentle hands and a kind voice.

¹ Tips for Parents: Building a Healthy Relationship with your Baby and Toddler available: <http://childhealthbc.ca/bchcda-forums>

Websites with Innovative Resources to Support Healthy Relationships with Babies/Toddlers

Ordered alphabetically by website/organization.

Website / Organization	Resource Title	Website URL	Description	Key Message(s) Supported from BCHCDA Parent Pamphlet	Potential Audience
Alberta Health Services		http://www.albertahealthservices.ca/parents.asp			
	Alberta Bounce Back Books	http://www.albertahealthservices.ca/1652.asp	<ul style="list-style-type: none"> • Series of 3 books that have information for parents about teaching their baby/child resiliency. Bright and colourful, available as a pdf download. • Each book is designed for a different age group – the first is for kids 0-2. • Book includes several activities for parents to use to promote connecting with their baby. Includes a development chart that has milestones for emotional and social development. 	ALL	<ul style="list-style-type: none"> • Parent activity with baby/toddler. • Care provider in a parent/infant group.
Best Beginnings Alaska		http://www.bestbeginningsalaska.org/	Best Beginnings is a public-private partnership that mobilizes people and resources to ensure all Alaska children begin school ready to succeed through support from businesses, foundations, nonprofits, government, and individuals.		
	Early Learning Activities for Babies	http://www.bestbeginningsalaska.org/activities-resources/early-learning-materials	<ul style="list-style-type: none"> • Has many easy activities for parents and babies sorted by age and development goal (up to 1 year). • Available in English and Spanish. 	1, 3, 5	<ul style="list-style-type: none"> • Parent activity with baby/toddler. • Care provider in a parent/infant group.

Website / Organization	Resource Title	Website URL	Description	Key Message(s) Supported from BCHCDA Parent Pamphlet	Potential Audience
BC Ministry of Health		www.healthyfamiliesbc.ca/parenting	Healthy Families BC is the Ministry of Health's new health promotion strategy. The Healthy Families BC website has a special Pregnancy and Parenting section which is filled with up-to-date and practical information, useful tools and resources for women, expectant parents, and families with babies and toddlers up to 3 years of age.		
	Healthy Families BC: Pregnancy and Parenting	www.healthyfamiliesbc.ca/parenting	<ul style="list-style-type: none"> Includes helpful tips and tools for parents with babies and toddlers up to 3 years of age in areas of social, emotional, physical development, building healthy relationships and positive parenting. Based on content from Baby's Best Chance and Toddler's First Steps Guidebooks. Baby's Best Chance is available in English and French. 	ALL	<ul style="list-style-type: none"> Parent activity with baby/toddler. Care provider in a parent/infant group. Self-teaching by parent 1:1 teaching care provider with parent.
Best Start		http://www.beststart.org/resources/hlthy_chld_dev/index.html	Ontario based provincial resource centre that supports service providers to implement effective health promotion programs for expectant and new parents (for both mom and dad), newborns and young children.		
	My Child and I - Attachment for Life	http://www.beststart.org/resources/hlthy_chld_dev/parent_attachment/parent_attachment_eng_Oct2012.pdf	<ul style="list-style-type: none"> Explains development milestones by age, suggests easy and appropriate activities for parents and babies to promote secure attachment. Available from resources list in 10 languages. 	ALL	<ul style="list-style-type: none"> Parent activity with baby/toddler. Care provider in a parent/infant group.
	Connecting with your baby – ready to use workshop	http://www.beststart.org/resources/hlthy_chld_dev/pdf/BSRC_on_line_workshop_Eng.pdf	<ul style="list-style-type: none"> Outline for facilitating a workshop about connecting with your baby. Includes suggested videos and discussion topics. Designed for parents of 0-1 year old babies, and for groups sized 8-12 (although could be easily adapted for a different group size). 	2, 3, 4, 6	<ul style="list-style-type: none"> Care provider in a parent group. 1:1 teaching care provider with parent.
	Baby Wants	http://www.beststart.org/resources/hlthy_chld_dev/babywant/Babywant_ENG_LISH_2010.pdf	<ul style="list-style-type: none"> Simple booklet that explains some of babies wants and needs with visuals. Available in 10 languages as a pdf. 	2, 3, 6	<ul style="list-style-type: none"> Self-teaching by parent.

Website / Organization	Resource Title	Website URL	Description	Key Message(s) Supported from BCHCDA Parent Pamphlet	Potential Audience
	Health Baby Healthy Brain	http://www.healthybabyhealthybrain.ca/	<ul style="list-style-type: none"> Website with many videos that focus how babies' brains develop through connection, love, and playing. Facilitators guide available from Best Start Website – resources. Available in English and French. 	ALL	<ul style="list-style-type: none"> Self-teaching by parent. Care provider in a parent group. 1:1 teaching care provider with parent.
	Building Resilience in Young Children: Booklet for parents of children from birth to six years	http://www.beststart.org/resources/hlthy_chld_dev/pdf/BSRC_Resilience_English_fnl.pdf	<ul style="list-style-type: none"> Booklet for parents with information on building resilience in their children. Easy to read and understand, provides case studies, pictures, and lots of tips for parents. 	ALL	<ul style="list-style-type: none"> Self-teaching by parent. Care provider in a parent group. 1:1 teaching care provider with parent.
Center on the Social and Emotional Foundations for Early Learning		http://csefel.vanderbilt.edu/	Promotes the social emotional development and school readiness of young children birth to age 5.		
	Infant/Toddler Training Modules	http://csefel.vanderbilt.edu/resources/training_infant.html	<ul style="list-style-type: none"> 3 modules for training in the “pyramid Model for Supporting Social Emotional Competence in Infants and Young Children” Includes PPT, PDF’s, Video’s etc Focused mainly on training professionals, but could be adapted to fit parenting groups 	ALL	<ul style="list-style-type: none"> Care provider in a parent/infant group.
Child Encyclopedia		http://www.child-encyclopedia.com/	The Encyclopedia is produced by the Centre of Excellence for Early Childhood Development (CEECD) and the Strategic Knowledge Cluster on Early Child Development (SKC-ECD).		
	Encyclopedia on Early Childhood Development	list of key messages: http://www.child-encyclopedia.com/en-ca/key-messages-list.html	<ul style="list-style-type: none"> Includes summaries of 47 different topics related to child development. Visually appealing downloadable PDF’s for topics such as crying and attachment. 	1, 3	<ul style="list-style-type: none"> 1:1 teaching care provider with parent. Self-teaching by parent.

Website / Organization	Resource Title	Website URL	Description	Key Message(s) Supported from BCHCDA Parent Pamphlet	Potential Audience
Decoda Literacy Solutions		http://decoda.ca/children-families/leap-bc/	Decoda Literacy Solutions manages the LEAP BC (Literacy, Education, Activity and Play) resources which were created by 2010 Legacies Now and the Province of BC.		
	Move: Move with me from birth to three	http://decoda.ca/wp-content/files_flutter/1341341039MOVEFamilyResource-lowres_web.pdf	<ul style="list-style-type: none"> Multiple activities for age 0-3 to promote movement, language skills, communication and healthy eating. 	ALL	<ul style="list-style-type: none"> 1:1 teaching care provider with parent. Self-teaching by parent. Parent activity with baby/toddler. Care provider in a parent/infant group.
Infant Mental Health Promotion		http://www.imhpromotion.ca/	IMHP is dedicated to promoting optimal mental health outcomes for infants through developing and supporting best practices through education and training, dissemination of information, networking and advocacy.		
	Help Me Grow – Social and Emotional Milestones	http://www.imhpromotion.ca/HelpMeGrow.aspx	<ul style="list-style-type: none"> Short overviews of social and emotional development milestones by age (from 0-3y) Also includes a set of charts that provide age appropriate strategies for parents to help children develop 	ALL	<ul style="list-style-type: none"> Self-teaching by parents Care provider in a parent/infant group Parent Activity with baby/toddler
	A Simple Gift: Video Series	http://www.imhpromotion.ca/Resources/SimpleGift.aspx	<ul style="list-style-type: none"> Video's that are available for a small fee Provides information on attachment Also includes guides for professionals related to the video's 	3	<ul style="list-style-type: none"> Care provider in a parent/infant group. 1:1 teaching care provider with parent. Self-teaching by parent.
KidCareCanada Society		http://kidcarecanada.org	Canadian Organization (head office Victoria, BC) that is focused on knowledge translation for parents based on leading research.		

Website / Organization	Resource Title	Website URL	Description	Key Message(s) Supported from BCHCDA Parent Pamphlet	Potential Audience
	Multimedia	http://kidcarecanada.org/media or http://www.youtube.com/user/KidCareCanada?feature=watch	<ul style="list-style-type: none"> Series of 45 short videos by KidCareCanada that relate to parenting, babies, communication and care. Most videos are quite short and would be appropriate to watch and discuss in parenting groups. All videos are listed on both the YouTube channel and the website. 	ALL	<ul style="list-style-type: none"> Care provider in a parent/infant group. 1:1 teaching care provider with parent. Self-teaching by parent.
Parenting Counts		http://www.parentingcounts.org/	Talaris Institute website that includes information for parents, and a paid training program for professionals.		
	Developmental Timeline	http://www.parentingcounts.org/information/timeline/	<ul style="list-style-type: none"> Developmental timeline for physical, social, learning and communication Includes short videos and examples Includes birth to 4 years old 	1, 2, 3, 5	<ul style="list-style-type: none"> Self-teaching by parent.
Parent Link Alberta		http://www.parentlinkalberta.ca/publish/default.htm	Provides information and support for parents and caregivers on how to assist with children's learning, development and health.		
	Creating Language-rich Environments	http://www.parentlinkalberta.ca/publish/docs/Facilitators_Guide.pdf	<ul style="list-style-type: none"> Guide for facilitators for zero to five year old parenting groups, focus on creating language-rich environments 	1, 2	<ul style="list-style-type: none"> Care provider in a parent/infant group.
Parents Matter		http://www.parentsmatter.ca	Website developed by the Canadian Association of Family Resource Programs (FRP Canada).		
	Why Play? Canadian Association of Family Resource Programs (FRP Canada)	http://www.welcomehere.ca/index.cfm?fuseaction=Page.ViewPage&pageId=1110	<ul style="list-style-type: none"> Brochures offered by age on the importance of play in child development. Available in 11 languages as PDF's. 	1, 4, 5	<ul style="list-style-type: none"> 1:1 teaching care provider with parent. Self-teaching by parent.
The Psychology Foundation		http://www.psychologyfoundation.org/	The Psychology Foundation of Canada (PFC) is a national registered charity dedicated to supporting parents and strengthening families through a number of initiatives, including creating educational resources, developing training programs for professionals, and delivering community-based parent education		

Website / Organization	Resource Title	Website URL	Description	Key Message(s) Supported from BCHCDA Parent Pamphlet	Potential Audience
	Hands on Dad: A Guide for New Fathers	http://www.psychologyfoundation.org/pdf/publications/handsOnDad_eng.pdf	<ul style="list-style-type: none"> Booklet focused on new dads, how they can support their partner, connect with baby, and normalizing some of the challenges with the new roles and relationships. 	1, 2, 6	<ul style="list-style-type: none"> 1:1 teaching care provider with parent. Self-teaching by parent.
Raising Children Network		http://raisingchildren.net.au/	Australian Parenting website that was created by a partnership of member organizations of leading early childhood agencies.		
	Talking Parenting Podcasts	http://raisingchildren.net.au/parenting/parenting_podcasts.html	<ul style="list-style-type: none"> Audio podcasts by psychologist Warren Cann, on many topics including development stages, fathers and parenting, 	1, 2, 3, 4	<ul style="list-style-type: none"> Self-teaching by parent
	Videos	http://raisingchildren.net.au/videos/videos.html	<ul style="list-style-type: none"> Many short videos on all aspects of parenting for all ages 	ALL	<ul style="list-style-type: none"> Self-teaching by parent 1:1 teaching care provider with parent,. Care provider in a parent/infant group.
Reaching IN...Reaching OUT		http://www.reachinginreachingout.com	Ontario based organization that works to promote resilience in young children.		
	Books for Kids	http://www.reachinginreachingout.com/resources-booksKids.htm	<ul style="list-style-type: none"> Lists of books for kids that promote themes around resilience. 	1	<ul style="list-style-type: none"> Parent activity with baby/toddler.
	Resiliency Resources for Parents: An Introduction to Resilience	http://www.reachinginreachingout.com/resources-parents-introresilience.htm	<ul style="list-style-type: none"> 10 minute video on introducing the idea of resilience in parenting. 	6	<ul style="list-style-type: none"> Care provider in a parent/infant group. 1:1 teaching care provider with parent.
Zero to Three		http://www.zerotothree.org	US non-profit organization that informs, trains and supports professionals, policy makers, and parents in their efforts to improve the lives of infants and toddlers.		

Website / Organization	Resource Title	Website URL	Description	Key Message(s) Supported from BCHCDA Parent Pamphlet	Potential Audience
	Little Kids, Big Questions	http://www.zerotothree.org/about-us/funded-projects/parenting-resources/podcast/	<ul style="list-style-type: none"> Series of 12 podcasts. Podcasts focus on common issues facing parents of babies & toddlers – e.g., early experiences count, role of grandparents, coping with crying babies and toddlers, how history influences how we raise our children. Available in Spanish and English. 	ALL	<ul style="list-style-type: none"> Self-teaching by parent. Care provider in a parent group.
	Play With Me!: Fun Activities that Support Early Learning	http://www.zerotothree.org/child-development/grandparents/play-with-me-fun.html	<ul style="list-style-type: none"> 3 pdf documents with different activities that support early learning based on ages (0-12 months, 12-24 months, 24-26 months). Focus is on activities for grandparents to do with their grandchildren, but could easily be adapted. Available in English and Spanish. 	1, 4, 5	<ul style="list-style-type: none"> Care provider in a parent/infant group. 1:1 teaching care provider with parent. Self-teaching by parent. Parent activity with baby/toddler.
	Baby Brain Map	http://www.zerotothree.org/child-development/brain-development/baby-brain-map.html	<ul style="list-style-type: none"> Interactive map that explores areas that are being developed by age. Provides suggestions for activities for each area of development. 	ALL	<ul style="list-style-type: none"> 1:1 teaching care provider with parent. Self-teaching by parent.

To download the most up to date version of this resource list, please visit www.childhealthbc.ca/bchcda, then click on Parent Tips in Action: Websites with Innovative Resources that Reinforce Messages in the Parent Tips Sheet. This resource list was compiled by the BC Healthy Child Development Alliance (BCHCDA). The content of the websites/resources has not been reviewed in detail and inclusion of any on this list does not constitute endorsement by the BCHCDA. If you have suggestions for additions to or deletions from the list or you identify a link that does not work, please forward your feedback to alliance@cw.bc.ca.