

REPUTABLE ONLINE RESOURCES

Baby Growth Charts

Dietitians of Canada: World Health Organization Growth Charts Adapted for Canada (printable)

www.dietitians.ca/Secondary-Pages/Public/who-Growth-Charts.aspx

Breastfeeding

Australian Breastfeeding Association: Breastfeeding Information

www.breastfeeding.asn.au/bfinfo/index.html

- Breastfeeding Committee for Canada

www.breastfeedingcanada.ca

Breastfeeding Pharmacology Page: Thomas W. Hale, R.Ph. Ph.D.

www.infantrisk.org/category/breastfeeding

- Infact Canada: Infant Feeding Action Coalition

www.infactcanada.ca

The International Code of Marketing of Breast-Milk Substitutes: Frequently Asked Questions (brochure)

http://whqlibdoc.who.int/publications/2008/9789241594295_eng.pdf

International Lactation Consultant Association

www.ilca.org

KellyMom: Breastfeeding and Parenting

www.kellymom.com

- La Leche League Canada

www.lllc.ca

La Leche League International

www.llli.org

Motherisk Clinic at The Hospital for Sick Children

www.motherisk.org



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• Newman Breastfeeding Clinic and Institute	www.breastfeedinginc.ca
• PhD in Parenting	www.phdinparenting.com
World Health Organization: Evidence for the Ten Steps to Successful Breastfeeding (book)	https://www.who.int/nutrition/publications/evidence_ten_step_eng.pdf

Infant Development, Play, and Learning

The Association for the Study of Play (TASP)	www.tasplay.org
• Canadian Child Care Federation	www.cccf-fcsge.ca
• Canadian Library Association	www.cla.ca
• Centre of Excellence for Early Childhood Development	www.excellence-earlychildhood.ca
• Centre of Knowledge on Healthy Child Development	www.knowledge.offordcentre.com
• Child and Family Canada	www.cfc-efc.ca
• Child Care Advocacy Association of Canada	www.ccaac.ca
• Childcare Resource and Research Unit	www.childcarecanada.org
• Handbook of Language and Literacy Development: A Road from 0 to 60 months	www.theroadmap.ualberta.ca
• Nipissing District Developmental Screen	www.ndds.ca
No Time for Flash Cards	www.notimeforflashcards.com
• Ontario Coalition for Better Child Care Zero to Three	www.zerotothree.org

Infant Health and Safety

• Canada Safety Council	http://canadasafetycouncil.org
• Canadian Red Cross	www.redcross.ca
• Canadian Toy Testing Council	www.toy-testing.org



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• CanChild Centre for Childhood Disability Research	www.canchild.ca
• Centers for Disease Control and Prevention: Parent Portal	www.cdc.gov/parents/
• Health Canada: Healthy Babies	www.hc-sc.gc.ca/hl-vs/babies-bebes/index-eng.php
• Infant and Toddler Safety Association	www.infantandtoddlersafety.ca
Juvenile Products Manufacturers Association	www.jpma.org
National Association for the Education of Young Children	www.naeyo.org
• Safe Kids Canada	www.safekidscanada.com
• Safe Start	www.bochildrens.ca/KidsTeensFam/ChildSafety/SafeStart
St. John Ambulance	www.sja.ca

Postpartum Health

• Canadian Association of Midwives (links to all Provincial/Territorial associations)	www.canadianmidwives.org
Childbirth and Postpartum Professional Association	www.cappacanada.ca
Coalition for Improving Maternity Services	www.motherfriendly.org
Consumers Supporting Midwifery Care	www.midwiferyconsumers.org
DONA International (doulas)	www.dona.org
International Childbirth Education Association	www.icea.org
Lamaze International: Science and Sensibility	www.scienceandsensibility.org
• Mothers of Change	www.mothersofchange.com
National Advocates for Pregnant Women	http://advocatesforpregnantwomen.org



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• Power to Push Campaign	www.powertopush.ca
• Public Health Agency of Canada: The Maternity Experiences Survey	www.phac-aspc.gc.ca/rhs-ssg/survey-eng.php
• Society of Obstetricians and Gynaecologists of Canada	www.sogc.org

Perinatal Mood Disorders (including Postpartum Depression and Anxiety)

• Here to Help	http://heretohelp.bc.ca/publications/factsheets/postpartum
MGH Women's Mental Health Center	www.womensmentalhealth.org
• Mood Disorders Society of Canada	www.mooddisorderscanada.ca
• Mother Reach: Perinatal Mood and Anxiety	www.helpformom.ca
• Pacific Post Partum Support Society	www.postpartum.org
Postpartum Men	www.postpartummen.com
Postpartum Progress	www.postpartumprogress.com
Postpartum Support International	www.postpartum.net

Perinatal Loss and Birth Trauma

• Bereaved Families of Ontario	www.bereavedfamilies.net
• Birth Trauma Canada	www.birthtraumacanada.org
• Canadian Foundation for the Study of Infant Deaths	www.sidscanada.org
• The Compassionate Friends of Canada	www.tcfcanada.net
• Glow in the Woods: For Babylost Parents	www.glowinthewoods.com
Hygeia Foundation	http://hygeiafoundation.org/resources
• Pregnancy and Infant Loss Network	www.pailnetwork.ca
Share Pregnancy and Infant Loss Support	www.nationalshare.org
Subsequent Pregnancy After a Loss Support	www.spals.com



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Women's Health

• Canadian Association for the Advancement of Women and Sport: Mothers in Motion	www.caaws.ca/mothersinmotion/e/index.cfm
• Canadian Federation for Sexual Health	www.cfsh.ca
• Canadian Foundation for Women's Health	www.cfwh.org
• Canadian Women's Health Network	www.cwhn.ca
• Centres for Excellence for Women's Health	www.cewh-cesf.ca
• The Fat Nutritionist	www.fatnutritionist.com
• National Eating Disorder Information Centre	www.nedic.ca
• National Network on Environments and Women's Health	www.nnewh.org
• Serena Canada: Mastering the Menstrual Cycle	www.serena.ca
Uppity Science Chick	www.uppitysciencechick.com
• Women's Health Data Directory	www.womenshealthdata.ca
• Women's Health Matters	www.womenshealthmatters.ca
• YWCA Canada	www.ywcacanada.ca

Work-Life and Parental Leave

• Canadian Centre for Occupational Health and Safety	www.ccohs.ca
• Childcare Resource and Research Unit	www.childcarecanada.org
• Canadian Foundation for Women's Health	www.cfwh.org
Family and Parenting Institute	www.familyandparenting.org
Parenting in the Workplace Institute	www.parentingatwork.org
• Service Canada: Having a Baby (guide to government services)	www.servicecanada.gc.ca/eng/lifeevents/baby.shtml



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Sloan Work and Family Research Network	http://wfnetwork.bc.edu
<ul style="list-style-type: none"> • Work-Life Harmony 	www.worklifeharmony.ca
Family Health and Wellness	
<ul style="list-style-type: none"> • Canadian Centre on Substance Abuse 	www.ccsa.ca
<ul style="list-style-type: none"> • Canadian Fitness and Lifestyle Research Institute 	www.cflri.ca
<ul style="list-style-type: none"> • Canadian Mental Health Association 	www.cmha.ca
<ul style="list-style-type: none"> • Dietitians of Canada 	www.dietitians.ca
EWG's Skin Deep Cosmetics Database	www.ewg.org/skindeep/
<ul style="list-style-type: none"> • Health Canada: Licensed Natural Health Products Database 	www.hc-sc.gc.ca/dhp-mps/prodnatur/applications/icen-prod/Inhpd-bdpsnh-eng.php
<ul style="list-style-type: none"> • Healthy Canadians 	www.healthycanadians.gc.ca
Healthy Children.org	www.healthychildren.org
National Center for Complementary and Alternative Medicine	http://nccam.nih.gov
National Institutes of Health: PubMed.gov research database search tool	www.ncbi.nlm.nih.gov/pubmed
Health Associations	
<ul style="list-style-type: none"> • Aboriginal Nurses Association of Canada 	www.anac.on.ca
<ul style="list-style-type: none"> • Canadian Association of Paediatric Health Centres 	www.caphc.org
<ul style="list-style-type: none"> • Canadian Association of Speech-Language Pathologists and Audiologists (CASLPA) 	www.caslpa.ca
<ul style="list-style-type: none"> • Canadian Dental Association 	www.cda-adc.ca
<ul style="list-style-type: none"> • Canadian Dermatology Association 	www.dermatology.ca
<ul style="list-style-type: none"> • Canadian Immunization Awareness Program 	www.immunize.ca



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• Canadian Institute of Child Health	www.cich.ca
• Canadian Medical Association	www.cma.ca
• Canadian Nurses Association	www.cna-nurses.ca
• Canadian Paediatric Society: Caring for Kids	www.caringforkids.cps.ca
• Canadian Pharmacists Association	www.pharmacists.ca
• Canadian Public Health Association	www.cpha.ca
• Canadian Society for Exercise Physiology	www.csep.ca
• College of Family Physicians of Canada	www.cfpc.ca
• Community Health Nurses of Canada	www.chnc.ca
• Health Canada	www.hc-sc.gc.ca
• Public Health Agency of Canada	www.phac-aspc.gc.ca

Specific Health and Medical Conditions

About Face International	www.aboutfaceinternational.org
• Allergy/Asthma Information Association	www.aaia.ca
• Asthma Society of Canada	www.asthma.ca
• Canadian AIDS Society	www.cdnaids.ca
• Canadian Cancer Society	www.cancer.ca
• Canadian Diabetes Association	www.diabetes.ca
• Canadian Association of the Deaf	www.cad.ca
• Canadian Directory of Genetic Support Groups	www.lhsc.on.ca/programs/medgenet/support.htm
• Canadian Down Syndrome Society	www.cdss.ca
• Canadian Hemophilia Society	www.hemophilia.ca
• Canadian Liver Foundation	www.liver.ca
• Canadian Lung Association	www.lung.ca
• Canadian National Institute for the Blind (CNIB)	www.cnib.ca



REPUTABLE ONLINE RESOURCES

• Canadian Organization for Rare Disorders	www.cord.ca
• Canadian Spinal Research Organization	www.csro.com
• Crohn's and Colitis Foundation of Canada	www.ccfc.ca
• Cystic Fibrosis Canada	www.cysticfibrosis.ca
• Easter Seals Canada	www.easterseals.ca
• Epilepsy Canada	www.epilepsy.ca
• The Kidney Foundation of Canada	www.kidney.ca
• Lupus Canada	www.lupuscanada.org
• Multiple Sclerosis Society of Canada	www.mssociety.ca
• Muscular Dystrophy Canada	www.mdac.ca
• Ontario Association of Children's Rehabilitation Services	www.oacrs.com/en/usefullinks
• Spina Bifida and Hydrocephalus Canada	www.sbhac.ca
• Thyroid Foundation of Canada	www.thyroid.ca
• Turner Syndrome Society of Canada	www.turnersyndrome.ca

Parenting Resources

• Adoption Council of Canada	www.adoption.ca
• About Kids Health	www.aboutkidshealth.ca
Ask Moxie	www.askmoxie.org
• Best Start: My Child and I: Attachment for Life (booklet)	www.beststart.org/resources/hlthy_chld_dev/pdf/parent_attachment_eng.pdf
Brain, Child: The Magazine for Thinking Mothers	www.brainchildmag.com
Campaign for a Commercial-Free Childhood	www.commercialfreechildhood.org
• Canadian Association of Family Resource Programs	www.frp.ca
• Canadian Family	www.canadianfamily.ca



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<ul style="list-style-type: none"> The Canadian Fatherhood Involvement Initiative 	www.cfii.ca
Doing Good Together: Family Volunteering and Caring Kids	http://doinggoodtogether.org
<ul style="list-style-type: none"> FamilyDoctor.org 	www.familydoctor.org
Fathering: A Journal of Theory, Research, and Practice About Men as Fathers	www.mensstudies.com
<ul style="list-style-type: none"> Father Involvement Research Alliance 	www.fira.ca
Literary Mama	http://literarymama.com
<ul style="list-style-type: none"> Motherhood Initiative for Research and Community Involvement 	www.motherhoodinitiative.org
The Mothers Movement Online	www.mothersmovement.org
Mothering	www.mothering.com
<ul style="list-style-type: none"> Multiple Births Canada 	www.multiplebirthscanada.org
Museum of Motherhood	www.mommuseum.org
Natural Child Magazine	www.naturalchildmagazine.com
New American Dream	www.newdream.org
Search Institute: Developmental Assets Lists	www.search-institute.org/developmental-assets/lists
Sustainable Mothering	www.sustainablemothering.com
24 Hour Cribside Assistance for New Dads	www.newdadmanual.ca
Vanier Institute of the Family	www.vifamily.ca
Healthy Communities	
<ul style="list-style-type: none"> Atkinson Centre for Society and Child Development 	www.oise.utoronto.ca/atkinson/Main/index.html
<ul style="list-style-type: none"> Campaign 2000: End Child and Family Poverty in Canada 	www.campaign2000.ca



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• Canadian Centre for Policy Alternatives	Canadian Centre for Policy Alternatives
• Canadian Coalition for the Rights of Children	www.rightsofchildren.ca
• Canadian Council on Social Development	www.ccsd.ca
• Canadian Index of Wellbeing	www.ciw.ca
• Canadian Partnership for Children's Health & Environment	www.healthyenvironmentforkids.ca
• Roots of Empathy	www.rootsofempathy.org
• Vanier Institute of the Family	www.vifamily.ca

