



Five Universal Parenting Strategies	
Warmth	to give attention, love, caring
Empathy	communicate with word, body language, co-regulation of emotions
Structure	through household rules, predictable daily routines with consistent sequence, nutrition, sleep, physical activity
Safety	structure, protection including shelter, avoiding creating fear
Caregiver qualities	self regulation, maintain physical and mental health, external supports

Adapted from Dosman & Gallagher Paediatr Child Health 2022;27(6):327

Child Abuse and Neglect – resources	
Risk and Protective factors	https://www.cdc.gov/child-abuse-neglect/risk-factors/index.html
Prevention -	https://www.cdc.gov/child-abuse-neglect/prevention/index.html
Parent/Caregiver Strategies – Reducing the Risk	https://protectchildren.ca/en/resources-research/keeping-kids-safe/

Bullying – resources	
Comprehensive Canadian Resource – includes Bullying, Cyberbullying, Healthy Relationships, Dating Violence	https://www.prevnnet.ca/
Mental Health resources, Crisis support, Tips and information, Support service directory	https://kidshelpphone.ca/ Text “CONNECT” to 686868 Call 1-800-668-6868
Cyberbullying, Internet Safety	https://www.safekids.com/ https://www.healthychildren.org/English/family-life/Media/Pages/Cyberbullying.aspx
Includes prevention videos for kids	https://www.stopbullying.gov/

Poverty Screen - “Do you ever have difficulty making ends meet by the end of the month?”	
<i>Screening Recommendation</i> - Ask parents and caregivers	
Yes = may be living below the poverty line	98% sensitivity, 40 % specificity
Consider	Short and long-term health consequences
Offer	Assistance with accessing resources for filing taxes and collecting benefits
Consult CEP tool – Poverty: a clinical tool for primary care providers	https://cep.health/clinical-products/poverty-a-clinical-tool-for-primary-care-providers

Transition to Adult Health Care – Resources	
My Transition App Apple Devices https://apps.apple.com/ca/app/mytransition-app/id1327036414 Android Devices - not currently available Tracker for appointments and medications Contact information for your health care providers Important notes about your health	
Surrey Place Health Care Transitions – Tools for youth with developmental disabilities https://ddprimarycare.surreyplace.ca/tools-2/general-health/transitions/	
Planning Network https://www.planningnetwork.ca/	
Resources and Toolkits for transitions, federal supports, etc	

Social Prescribing	
Centre for Effective Practice – Tool https://tools.cep.health/tool/social-prescribing/	
Canadian Institute for Social Prescribing – Getting Involved https://www.socialprescribing.ca/	

Refugees and Newcomers – selected resources	
Caring for Kids New to Canada	www.kidsnewtocanada.ca/beyond/resources
Canadian Collaboration Immigrant and Refugee Health	www.ccirhken.ca
CMAJ resources	www.cmaj.ca/cgi/collection/canadian_guidelines_for_immigrant_health
Interim Federal Health Program	https://www.canada.ca/en/immigration-refugees-citizenship/services/refugees/help-within-canada/health-care.html
Best Start – Working with Newcomer Families	https://www.beststart.org/resources/hlthy_child_dev/pdf/Growing_up_new_land_FINAL.pdf
Newcomers and Developmental disabilities	https://www.cfp.ca/content/64/8/567
Immunization schedule	https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-immunization-guide-part-3-vaccination-specific-populations/page-10-immunization-persons-new-canada.html

Bhayana Can Fam Phys Aug 2018 p567 <https://www.cfp.ca/content/64/8/567>

Resources for Indigenous Peoples	
Hope for Wellness Helpline (Indigenous Mental Health)	1-855-242-3310 https://www.hopeforwellness.ca/
Government Services and Information	https://www.canada.ca/en/services/indigenous-peoples.html
Native Youth Sexual Health Network	https://www.nativeyouthsexualhealth.com/

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Disclaimer: Given the evolving nature of evidence and changing recommendations, the Greig Health Record is meant to be used as a guide only.