

Resources

Key Resources for Parents

9-1-1 Emergency

BC Poison Control Centre

Phone toll-free: 1-800-567-8911

Website: dpic.org

Toddler's First Steps: A Best Chance Guide to Parenting Your 6- to 36-Month-Old (3rd Edition)

Toddler's First Steps is a parenting handbook that follows *Baby's Best Chance* – designed to help parents and caregivers of children 6 to 36 months of age.

Website: healthlinkbc.ca/toddlers-first-steps

To purchase a copy, go to: crownpub.bc.ca and search for *Toddler's First Steps*.

HealthLink BC gives you 24-hour access to non-emergency health information and services in more than 130 languages – just a phone call or click away.

Call 8-1-1 to:

- speak with a nurse about your symptoms
- talk to a pharmacist about your medication questions
- get healthy eating advice from a dietitian
- find nearby health services and resources
- get information about physical activity from a qualified exercise professional

For deaf and hearing-impaired assistance (TTY), call 7-1-1.

Website: healthlinkbc.ca

Public Health Offices/Community Health Centres offer a wide range of services to promote physical, emotional, social, communication and cognitive development for infants and children. Their services include breastfeeding clinics, nutrition information and consultation, parent and infant drop-in, child health clinics and family and infant follow-up. Contact your local health authority for more information.

Abuse and Neglect

Helpline for Children offers help for anyone under the age of 19 suffering from physical, emotional or sexual abuse, including abandonment, desertion, neglect, ill treatment or failure to meet the physical, emotional or medical needs of a child. Anyone can call, 24 hours a day, including parents who are afraid they might hurt their child or anyone who knows a child is being abused. You can call anonymously.

Phone: 310-1234 (no area code needed)

Alcohol, Tobacco and Drug Use

To learn about programs for people with alcohol or other drug problems, talk with your health care provider or contact any of the following resources:

HealthLink BC offers support 24 hours a day in more than 130 languages.

Phone: 8-1-1

For deaf and hearing-impaired assistance (TTY), call 7-1-1.

Website: healthlinkbc.ca

The Alcohol and Drug Information and Referral Line offers confidential, free information.

Phone toll-free: 1-800-663-1441

QuitNow provides a wide range of free smoking cessation services 24/7. Trained care coaches will help develop a quit plan, deal with cravings and provide ongoing support.

Phone: HealthLink BC at 8-1-1

Website: quitnow.ca

Sheway operates in Vancouver and provides comprehensive health and social services to women who are either pregnant or parenting children less than 18 months old and who are experiencing current or previous issues with substance use. The program consists of prenatal, postnatal and infant health care; education and counselling for nutrition, child development, addictions, HIV and Hepatitis C, housing and parenting. Sheway also assists in fulfilling basic needs, such as providing daily nutritious lunches, food coupons, food bags, nutritional supplements, formula and clothing.

Website: vch.ca/Locations-Services/result?res_id=900

Herway Home operates in Victoria and provides primary health care and social supports to pregnant women and parenting women who have a history of substance use and may also be affected by mental health issues, violence and trauma. Services include drug and alcohol counselling, parenting support, pregnancy and post-natal information, nutrition, infant and child services, advocacy, housing and income assistance information, and outreach.

Phone toll-free: 250-519-3681

Email: herwayhome@viha.ca

Website: islandhealth.ca/learn-about-health/pregnancy-birth-babies/herway-home

Heartwood Centre for Women is a 30-bed residential facility located in Vancouver that provides integrated treatment for women (19+), including trans women, across British Columbia who struggle with severe substance use and mental health challenges.

Phone: 1-888-300-3088 ext.2032

Email: heartwood@cw.bc.ca

Website: bcmhsus.ca/our-services/heartwood-treatment-centre

National Native Alcohol and Drug Abuse Program (NNADAP)

currently funds 10 residential treatment centres. Services are offered to adults, youth and families.

Phone toll-free: 1-866-913-0033

Website: fnha.ca/what-we-do/mental-wellness-and-substance-use/treatment-centres

Provincial Substance Use Treatment Program offers residential substance use treatment programs that provide structured, supportive residential treatment services for individuals. Clients are 19 years of age or older and have a primary concern of substance use and show patterns of substance use that have not been successfully addressed at the community level. The program is 90 days, with 6 to 12 months of aftercare support.

Website: bcmhsus.ca/our-services/provincial-substance-use-treatment-program

Smoke-Free Housing BC

Website: smokefreehousingbc.ca

Birth and Postpartum Support

DONA International is a global doula certifying organization. On their website you can learn about the types of support doulas provide and search for doulas working near you.

Website: dona.org

Doulas for Aboriginal Families Grant Program is offered by the BC Association of Aboriginal Friendship Centres and First Nations Health Authority. The goal of the program is to increase healthy birth outcomes for Indigenous families by removing the cost barrier to accessing doula services. The grant program provides Indigenous families living in BC up to \$1,000 of coverage for doula services with each pregnancy.

Phone: 1-800-990-2432 toll-free or 250-388-5522

Email: doulasupport@bcaafc.com

Website: bcaafc.com/dafgp

Doula Services Association of BC promotes doula support for families in British Columbia. Their mission is to raise awareness about the role of Perinatal (fertility, birth, postpartum, loss) Doulas within B.C., to provide a referral service to B.C. families and to deliver continuing education to members, health care professionals and the public at large. Their referral program offers volunteer doula support to low-income families.

Website: bcdoulas.org/find-a-doula

Birth Support Information, HealthLink BC

Website: healthlinkbc.ca/health-topics/tn9822

Nurse-Family Partnership is a free public health program for parents who are having their first baby that ensures that the birthing parent and baby receive support during pregnancy, after the child is born and until the child is 2 years of age.

Website: healthlinkbc.ca/pregnancy-parenting/pregnancy/healthcare-providers-during-pregnancy/nurse-family-partnership

Breastfeeding

La Leche League Canada encourages, promotes and provides mother-to-mother breastfeeding support and information.

Website: lllc.ca

British Columbia Lactation Consultants Association is an organization of international board-certified lactation consultants (IBCLCs) and others who wish to protect, support and promote breastfeeding.

Website: bclca.ca

Dietitian Services, HealthLink BC is a helpline staffed by registered dietitians who can answer general and medical nutrition questions. Translation services available in 130 languages.

Phone: 8-1-1

For deaf and hearing-impaired assistance (TTY), call 7-1-1.

Website: healthlinkbc.ca/dietitian-services

Public Health Offices and Hospitals may offer additional breastfeeding services such as lactation consultants, support groups and phone consultation. Contact your local health authority for more information.

Child Care

Your local Ministry of Children and Family Development office or public health office can give you information to help you select a child care facility. You can also go online to HealthLink BC for tips and information on choosing child care providers.

Website: healthlinkbc.ca/health-topics/aa43308

The Canada Revenue Agency administers tax laws for the Government of Canada and for most provinces and territories, as well as various social and economic benefit and incentive programs delivered through the tax system.

Website: canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview

Child Care Service Centres provide information in more than 350 languages on all B.C. Ministry of Children and Family Development child care programs, 8:30 to 4:30, Monday to Friday.

Phone toll-free: 1-888-338-6622

Website: gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care-funding/child-care-benefit

Child Care Licensing Regulations describe what's required of child care operators in British Columbia.

Website: health.gov.bc.ca/ccf/child_care

Find Child Care programs and services across the province that meet your family's needs.

Website: gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/how-to-access-child-care/search-for-child-care

BC's Ministry of Children and Family Development has information for parents on how to select child care and local child care options.

Website: gov.bc.ca/gov/content/family-social-supports/caring-for-young-children

Parents' Guide to Selecting and Monitoring Child Care is a brochure from the government of British Columbia that can help you make decisions about child care.

Website: gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/child-day-care/parents_guide_to_selecting_and_monitoring_child_care_in_bc_june_2016.pdf

Child Development

The Infant Development Program of the Infant and Child Development Association of BC offers home-based prevention and early intervention services to infants and children up to 3 years old. Consultants assess children and help families get the tools, skills and community connections they need to promote optimal child development and support developmental challenges. To find a program in your area, ask your public health nurse or health care provider.

Website: icdabc.ca/programs/infant-development-program

DECODA provides children from birth to age 5 with a strong foundation in literacy, physical activity and healthy eating through fun activities and play. This program values the learning and bonding that happen when children and caregivers play together.

Website: decoda.ca/resources

Ready, Set, Learn is a British Columbia government initiative that helps families connect with the school system and community agencies.

Website: gov.bc.ca/gov/content/education-training/early-learning/support/programs/ready-set-learn

Strong Start is a registered Canadian charity that helps children learn to read.

Website: strongstart.ca

Child Support

Family Justice Services has information about government support for families.

Website: gov.bc.ca/gov/content/life-events/divorce/family-justice

Ministry of Attorney General: Family Maintenance Enforcement Program has information on government financial support for families.

Website: fmep.gov.bc.ca/about-the-program

Dental Care

British Columbia Dental Association

Phone toll-free: 1-888-396-9888

Lower Mainland: 604-736-7202

Website: bcdental.org

BC Dental Hygienists' Association

Phone: 604-415-4559

Website: bcdha.bc.ca

BC Healthy Kids Program helps families with lower incomes with the costs of basic dental care for their children. For more information, visit the website or talk with your public health unit.

Phone toll-free: 1-866-866-0800

Website: gov.bc.ca/gov/content/health/managing-your-health/healthy-women-children/child-teen-health/dental-eyeglasses

Smiles 4 Canada is a program run by the Canadian Foundation for the Advancement of Orthodontics (CFAO) in conjunction with the Canadian Association of Orthodontists (CAO). The program provides orthodontic treatment to young Canadians who would otherwise not be able to afford treatment.

Website: smiles4canada.ca



Family Planning/Birth Control

Action Canada for Sexual Health & Rights is a progressive, human rights-based charitable organization committed to advancing and upholding sexual and reproductive health and rights in Canada and globally.

Website: actioncanadashr.org/about/who-we-are

Options for Sexual Health offers a confidential phone line staffed by registered nurses and trained volunteers.

Phone toll-free: 1-800-739-7367

Lower Mainland: 604-731-7803

Website: optionsforsexualhealth.org

Family Resources

Family Resource Programs of BC is a not-for-profit provincial organization dedicated to raising awareness of the importance of community-based family resource programs (FRPs). FRP provide services in communities across the province, and act as community hubs that enhance and support development of healthy families with children prenatal to 6 years old.

Website: frpbc.ca

BC Council for Families provides educational resources on parenting, childhood development, parent-teen relationships, work-life balance, suicide awareness and more. Information about involved parenting as well as customized programs and training are available on the website.

Website: bccf.ca

British Columbia Representative for Children and Youth supports children, youth and families who need help in dealing with the child-serving system and pushes for changes to the system itself.

The Representative is responsible for advocating for children and youth and for protecting the rights of those who are most vulnerable, including those who are:

- in care and live in foster or group homes
- in the home of a relative under a government program
- in youth custody

The Representative for Children and Youth is an independent officer of the legislature and does not report through a provincial ministry.

Phone toll-free: 1-800-476-3933

Website: rcybc.ca

Vanier Institute of the Family is a national charitable organization dedicated to promoting the well-being of Canadian families. Its website offers resources on many family-related issues.

Website: vanierinstitute.ca

Family Violence

When violence happens, there is help.

In case of emergency, call 9-1-1 and ask for the police. If your community does not have 9-1-1 service, look for the local police emergency phone number on the first page of your phone book under "Emergency."

Ending Violence Association of British Columbia

Website: endingviolence.org

BC Society of Transition Houses is a member-based provincial umbrella organization that provides leadership, support and collaboration to enhance B.C.'s range of services focused on responding to, preventing and ending violence against women, children and youth.

Website: bcsth.ca

Gender-Based Violence Knowledge Centre is an information and resource hub on gender-based violence.

Website: cfc-swc.gc.ca/violence/knowledge-connaissance/index-en.html

Kids Help Phone is Canada's only toll-free, 24-hour, bilingual and anonymous phone counselling, information and referral for young people.

Phone toll-free: 1-800-668-6868

Text HOME to: 686868

Website: kidshelpphone.ca

Stop Family Violence is a one-stop source for information on family violence.

Website: phac-aspc.gc.ca/sfv-avf/index-eng.php

National Clearinghouse on Family Violence is a resource centre for information on violence within relationships of kinship, intimacy, dependency or trust.

Website: cleoconnect.ca/organization/national-clearinghouse-on-family-violence

VictimLinkBC is a province-wide telephone help-line for victims of family and sexual violence and all other crimes. VictimLinkBC operates 24 hours a day, 7 days a week, and provides service in 110 languages. A victim service worker will help you find information on the victim services closest to you.

Phone toll-free: 1-800-563-0808

For deaf and hearing-impaired assistance (TTY): 604-875-0885

Text: 604-836-6381

Email: VictimLinkBC@bc211.ca

Website: victimlinkbc.ca

Fathering

Dad Central connects, inspires and trains dads and communities to build healthy children together by providing an extensive library of resources and guidance for the dad journey.

Website: dadcentral.ca

Health Authorities

Northern Health

Phone: 250-565-2649

Website: northernhealth.ca

Interior Health

Phone: 250-469-7070

Website: interiorhealth.ca

Island Health

Phone: 250-370-8699

Website: islandhealth.ca

Vancouver Coastal Health

Phone toll-free: 1-866-884-0888

Lower Mainland: 604-736-2033

Website: vch.ca

Fraser Health

Phone: 1-877-935-5669 toll-free or 604-587-4600

Website: fraserhealth.ca

Provincial Health Services Authority of BC

Phone: 604-675-7400

Website: phsa.ca

Hearing

BC Early Hearing Program The BC Early Hearing Program (BCEHP) is the province-wide screening program to check hearing for babies born in BC. The program provides integrated services from hearing screening to hearing testing, as well as early language support following identification of hearing loss.

Website: phsa.ca/our-services/programs-services/bc-early-hearing-program

BC Family Hearing Resource Society is a non-profit organization that provides intervention, support, education, sign language instruction and peer-to-peer mentoring to families throughout BC.

Website: bcfamilyhearing.com

Children's Hearing and Speech Centre of BC is a family-focused clinical and educational centre that teaches children with hearing loss to listen and talk, giving them the skills and confidence they need to achieve their fullest potential.

Website: childrenshearing.ca

Deaf Children Society of BC is a not-for-profit agency that provides resources, programs, support and information to families with deaf and hard of hearing children from birth to age five.

Website: www.deafchildren.bc.ca

Provincial Deaf and Hard of Hearing Services provide deaf, hard of hearing and deaf-blind children, and their families with a safe place to explore and achieve personal goals in an American Sign Language (ASL) and English environment.

Website: www2.gov.bc.ca/gov/content/family-social-supports/youth-and-family-services/deaf-hard-of-hearing

Immunizations

HealthLink BC Files contain information on many vaccination-related topics.

Website: healthlinkbc.ca

ImmunizeBC has information about immunizations in British Columbia, including common questions.

Website: immunizebc.ca

BC Pediatric Society helps advocate for improved health for infants, children, youth and their families.

Website: bcpeds.ca/families/immunization

Vaccination and Your Child is an online resource of the Canadian Pediatric Society that answers many common questions about having your child vaccinated.

Website: caringforkids.cps.ca/handouts/vaccination_and_your_child

Indigenous Services

Doulas for Aboriginal Families Grant Program is offered by the BC Association of Aboriginal Friendship Centres and First Nations Health Authority. The goal of the program is to increase healthy birth outcomes for Indigenous families by removing the cost barrier to accessing doula services. The grant program provides Indigenous families living in B.C. up to \$1,000 of coverage for doula services with each pregnancy.

Phone: 1-800-990-2432 toll-free or 250-388-5522

Email: doulasupport@bcaafc.com

Website: bcaafc.com/dafgp

Aboriginal Head Start Association of BC includes 12 urban Aboriginal Head Start preschool sites that provide early childhood education and services to Aboriginal children and their families.

Website: ahsabc.net

BC Aboriginal Child Care Society is a non-profit provincial organization offering Aboriginal early childhood programs throughout British Columbia.

Website: acc-society.bc.ca

Aboriginal Infant Development Program offers culturally relevant home-based prevention and early intervention services for Indigenous infants. It is a parallel organization to the BC Infant Development Program. For information on local programs, contact the Office of the Provincial Advisor for Aboriginal Infant Development Programs or your public health unit.

Phone toll-free: 1-866-388-4881

Website: aidp.bc.ca

Aboriginal Supported Child Development is a community-based program that offers a range of consulting and support services in a culturally relevant and meaningful way to children, families and child care centres to allow children with extra support needs to participate in fully inclusive child care settings. To find a program in your area, talk with your public health nurse or visit the website.

Website: ascdp.bc.ca

BC Association of Aboriginal Friendship Centres aims to improve the quality of life of Canada's Aboriginal people and to protect and preserve Aboriginal culture for the benefit of all Canadians.

Phone toll-free: 1-800-990-2432

Website: bcaafc.com

First Nations Health Authority (FNHA) is responsible for planning, managing and delivering services and funding health programs, in partnership with First Nations communities in B.C. Guided by the vision of embedding cultural safety and humility into health service delivery, the FNHA works to reform the way health care is delivered to B.C. First Nations through direct services, provincial partnership collaboration and health systems innovation. When it comes to maternal, child and family health, FNHA's approach is health and wellness now and into the future for the whole family.

Phone toll-free: 1-866-913-0033

Website: fnha.ca/what-we-do/maternal-child-and-family-health/healthy-pregnancy-and-early-infancy

Métis Nation British Columbia – Children & Families develops and enhances opportunities for Métis chartered communities and Métis people in B.C. by providing culturally relevant social and economic programs and services.

Website: mnb.ca/mnbc-ministries/children-and-families

KUU-US Crisis Line is a culturally safe crisis line available 24/7, regardless of where individuals reside in BC. KUU-US services are for First Nations, by First Nations, and all crisis response personnel are certified and trained in Indigenous cultural safety.

Phone toll-free: 1-800-588-8717

Youth Line: 250-723-2040

Adult Line: 250-723-4050

Website: www.kuu-uscrisisline.com

LGBTQ2S

Trans Care BC connects transgender, Two-Spirit and gender-diverse parents to supportive, gender-affirming care providers.

Phone toll-free: 1-866-999-1514

Email: transcareteam@phsa.ca

Website: phsa.ca/transcarebc

QMUNITY is a non-profit organization based in Vancouver that works to improve queer, trans and Two-Spirit lives. They provide a safer space for LGBTQ2S people and their allies to fully self-express while feeling welcome and included. Their building serves as a catalyst for community initiatives and collective strength, and they provide personal support, information and referrals for queer, trans and Two-Spirit people of all ages to live healthier, happier lives. Programs include free and low-cost counselling, an STI clinic, free legal advice through Access Pro-Bono, and an employment drop-in clinic.

Phone: 604-684-5307 ext. 100

Email: reception@qmunity.ca

Website: qmunity.ca

Medical Resources

BC College of Family Physicians

Phone: 604-736-1877

Website: bccfp.bc.ca

British Columbia College of Nurses & Midwives regulates the professions of nursing and midwifery, and maintains an online directory of nurses, nurse practitioners and midwives. Nurse practitioners can provide primary care to individuals and families in need of a primary care provider. Midwives can provide primary care to pregnant people and their newborn babies, from early pregnancy through labour and birth and up to 6 weeks after birth.

Phone: 604-742-2230

Website: registry.bccnp.ca/ElasticSearch/Search

Canadian Pediatric Society promotes quality health care for Canadian children and establishes guidelines for pediatric care. The organization offers educational materials on a variety of topics, including pregnancy, immunizations, safety issues and teen health.

Phone: 613-526-9397

Website: cps.ca

Caring for Kids is a website that provides parents with information about their child's health and well-being. Developed by the Canadian Paediatric Society.

Website: caringforkids.cps.ca

Oak Tree Clinic at B.C. Women's Hospital & Health Centre provide specialized, interprofessional HIV care for women across the lifespan. This includes care from birth, throughout childhood, adolescence and adulthood – including reproductive health, pregnancy, menopause and beyond – in a safe environment.

Phone: 1-888-711-3030

Website: bcwomens.ca/our-services/specialized-services/hiv-care-for-women-families or bcwomens.ca

Society of Obstetricians and Gynaecologists of Canada (SOGC)

is a leading authority on reproductive health care. The SOGC provides public education on important women's health issues.

Phone toll-free: 1-800-561-2416

Website: sogc.org

Mental Health

For information about perinatal depression support groups, contact your public health unit.

BC Reproductive Mental Health Program offers resources on maternal mental health, including tools that you can use yourself. Through referral from your health care provider, the program offers counselling for depression in pregnancy and after birth.

Website: reproductivementalhealth.ca

Pacific Post Partum Support Society is a non-profit society dedicated to supporting the needs of postpartum mothers and their families. Support is available by phone, text and through a guide, *Postpartum Depression and Anxiety: A Self-Help Guide for Mothers*.

Phone toll-free: 1-855-255-7999

Phone: 604-255-7999

Website: postpartum.org

BC Crisis Line provides emotional support to youth, adults and seniors in distress, 24 hours a day, 7 days a week.

Phone toll-free: 1-800-784-2433

Website: crisiscentre.bc.ca

HealthLink BC provides information on mental health and a variety of other health topics.

Phone: 8-1-1

Website: healthlinkbc.ca/mental-health

KUU-US Crisis Line is a culturally safe crisis line available 24/7, regardless of where individuals reside in BC. KUU-US services are for First Nations, by First Nations, and all crisis response personnel are certified and trained in Indigenous cultural safety.

Phone toll-free: 1-800-588-8717

Youth Line: 250-723-2040

Adult Line: 250-723-4050

Website: www.kuu-uscrisisline.com

Mental Health and Substance Use Service Map is a searchable listing of mental health and substance use resources and services, organized by community.

Website: gov.bc.ca/gov/content/mental-health-support-in-bc/map

British Columbia Association for Living Mindfully (BCALM)

is a non-profit society dedicated to facilitating increased mindfulness and reduced stress in homes, schools and workplaces throughout B.C. They offer mindfulness-based stress management programs across the province, some of which are covered through MSP with a referral from a primary care provider.

Email: info@bcalm.ca

Website: bcalm.ca

New Immigrants and Refugees

New Beginnings Maternity Clinic provides comprehensive maternity care for women who do not yet have Provincial Medical Services Plan (MSP) coverage, have significant financial hardship, and who meet the eligibility criteria as determined by BC Women's Hospital.

Phone: 604-875-2396

Website: bcwomens.ca/our-services/pregnancy-prenatal-care/maternity-care-for-new-immigrants

The Interim Federal Health Program (IFHP) covers certain pre-departure medical services for refugees coming to Canada for resettlement and provides limited, temporary coverage of health-care benefits to some people who aren't eligible for provincial or territorial (PT) health insurance.

Website: canada.ca/en/immigration-refugees-citizenship/services/refugees/help-within-canada/health-care/interim-federal-health-program/coverage-summary

Welcome BC provides many services and supports for newcomers to help them settle in the province.

Website: www.welcomebc.ca/Resources-For/Communities-Service-Providers/Services-and-programs-for-newcomers

Nutrition

Canada's food guide is available through the Health Canada website.

Website: food-guide.canada.ca/en

Dietitian Services – HealthLink BC can answer your questions about healthy eating, food and nutrition. Registered dietitians are available by email and phone from 9 am to 5 pm, Monday to Friday. Services are available in more than 130 languages.

Phone toll-free: 8-1-1 (or 7-1-1 for the deaf and hard of hearing)

Email: healthlinkbc.ca/healthy-eating/email-healthlinkbc-dietitian

Website: healthlinkbc.ca/dietitian-services

Parenting

Support groups, such as Parents without Partners, Mother Goose! and Nobody's Perfect, as well as the family resource program (Family Place), are available in many communities. Contact your local public health unit, mental health agency or family resource centre.

BC211 connects people to the community, government and social services they need. Help is confidential and available in many languages. Call, chat online or text 2-1-1 every day between 8 am and 11 pm.

Phone / Text: 2-1-1

Website: bc211.ca

Parent Support Services Society of BC provides self-help parenting support to parents, grandparents raising grandchildren, kinship care providers and caregivers throughout British Columbia through their Parenting Support Circles program.

Website: parentsupportbc.ca/support-circles

Physical Activity

Physical Activity Services – HealthLink BC is staffed by qualified exercise professionals who provide general physical activity information and professional guidance to help British Columbians be more physically active and lead a healthier lifestyle. Translation services are available in 130 languages.

Phone: 8-1-1 (or 7-1-1 for the deaf and hard of hearing)

Website: healthlinkbc.ca/physical-activity

Canadian 24-Hour Movement Guidelines show that there is an important relationship between overall health and how much sleep, sedentary behaviour and physical activity children get in a 24-hour period.

Website: csepguidelines.ca

HealthLink BC

Website: healthlinkbc.ca

Postpartum Support

BC Association of Pregnancy Outreach Programs offers free postpartum supports including the Healthy Care Pregnancy Pilot Project which provides support to newly parenting individuals who use or have used substances in the province and the Pregnancy Hub which offers access to referrals to local programs and services, an evidence-based resource library, a monthly newsletter, exciting live and recorded webinars, virtual classes and events.

Website: bcapop.ca

Pacific Post Partum Support Society provides support to mothers and their families experiencing postpartum/perinatal distress, depression and anxiety through support groups and phone and text support.

Website: postpartum.org

Pregnancy

BC Association of Pregnancy Outreach Programs improves the quality of maternal and infant health services by distributing prenatal vitamins, information on relevant research projects and providing Pregnancy Outreach Programs to the public including the Healthy Care Pregnancy Pilot Project and the Pregnancy Hub.

Website: bcapop.ca

BC Women's Hospital and Health Centre

Website: bcwomens.ca/health-info/pregnancy-parenting

HealthLink BC

Website: healthlinkbc.ca

Pregnancy Weight Gain Calculator

Website: hc-sc.gc.ca/fn-an/nutrition/prenatal/bmi/index-eng.php

Prescription Drugs

PharmaCare subsidizes eligible prescription drugs and medical supplies.

Phone toll-free: 1-800-663-7100

Lower Mainland: 604-683-7151

Website: gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents

Safety

BCAA Child Passenger Safety Program provides information and resources to keep children safe while travelling on B.C. roads.

Phone toll-free: 1-877-247-5551

Website: bcaa.com/community/child-car-seat-safety

BC Injury Research and Prevention Unit provides useful fact sheets by email.

Website: injuryresearch.bc.ca

Canada Safety Council is a national, non-government charitable organization that provides safety information, education and awareness covering traffic, home, work and leisure.

Phone: 613-739-1535

Website: canadasafetycouncil.org

Canadian Red Cross teaches emergency child care, first aid, CPR and basic skills for dealing with emergencies.

Phone toll-free: 1-877-356-3226

Website: redcross.ca

Environmental Working Group is a non-profit organization that provides information to support consumer choice and civic action. They publish consumer guides in order to help individuals and families reduce their exposure to pesticides and toxins, and promote healthy households and environments.

Website: ewg.org

Health Canada: Consumer Product Safety

Phone toll-free: 1-866-662-0666

Website: hc-sc.gc.ca/cps-spc/index-eng.php

National Highway Traffic Safety Administration is a U.S. website that provides information on child car seat recalls.

Website: nhtsa.gov

Poison Control Centre provides 24-hour poison information services.

Phone toll-free: 1-800-567-8911

Website: dpic.org

Emergency Management BC offers help with emergency planning and creating emergency kits.

Website: gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery

Public Health Agency of Canada offers online information on many child safety topics.

Website: phac.gc.ca

Parachute provides information on keeping children safe and preventing injuries.

Phone toll-free: 1-888-537-7777

Website: parachutecanada.org

Safe Start is an injury-prevention program of BC Children's Hospital that provides information to parents and caregivers on how to make homes and cars safer.

Website: bcchildrens.ca/health-info/healthy-living/child-safety

St. John's Ambulance offers programs in first aid, CPR and child care.

Local branches of St. John Ambulance are listed in the white pages of your telephone directory, and in the Yellow Pages under "First Aid Services."

Website: sja.ca

Shaken Baby Syndrome

Prevent Shaken Baby Syndrome British Columbia

Phone: 1-888-300-3088

Website: dontshake.ca

The Crisis Intervention and Suicide Prevention Centre of British Columbia provides free, confidential, non-judgmental emotional support 24 hours a day, 7 days a week to people experiencing feelings of distress or despair.

Phone toll-free: 1-800-784-2433

Website: crisiscentre.bc.ca

Special Needs

If you think your baby has a developmental problem or a disability, your public health nurse can help. Most communities have an infant development program that can help you find support services and activities for your baby that will encourage development.

Ministry of Children and Family Development: Early Childhood Intervention

services are provided to infants and young children who show signs of – or who are at risk of having – a developmental delay or disability. These services are tailored to the specific needs of each child and family. Visit the website or contact your local public health nurse or physician, or local service provider.

Website: gov.bc.ca/gov/content/health/managing-your-health/child-behaviour-development/assessing-child-development-38610

Supported Child Development of the Infant and Child

Development Association of BC is a community-based program that offers a range of consulting and support services to children, families and child care centres so that children with extra support needs can participate in fully inclusive child care settings. To find a Supported Child Development Program in your area, ask your public health nurse or health care provider, or contact your local Ministry of Children and Family Development office.

Website: icdabc.ca/programs/supported-child-development

Speech-Language Therapy

Speech language services are available through public health and a variety of community service providers.

British Columbia Association of Speech/Language Pathologists and Audiologists

Phone toll-free: 1-877-BCASLPA (222-7572)

Website: speechandhearingbc.ca/public

Vision

Annual vision exams are covered under the BC Medical Services Plan (MSP) for children and adolescents up to age 18.

BC Healthy Kids Program provides coverage for eye wear, for children from families with lower-incomes, up until age 18. For more information, visit the website or talk with your public health unit.

Phone toll-free: 1-866-866-0800

Website: gov.bc.ca/gov/content/health/managing-your-health/healthy-women-children/child-teen-health/dental-eyeglasses

BC Doctors of Optometry offers a tool to find a Doctor of Optometry.

Website: bc.doctorsofoptometry.ca/find-a-doctor

BC Doctors of Optometry Eye Health Library

Website: bc.doctorsofoptometry.ca/eye-health-library

We are always looking for new and helpful resources for families. If you have any suggestions, please contact us at healthlinkbc@gov.bc.ca.

