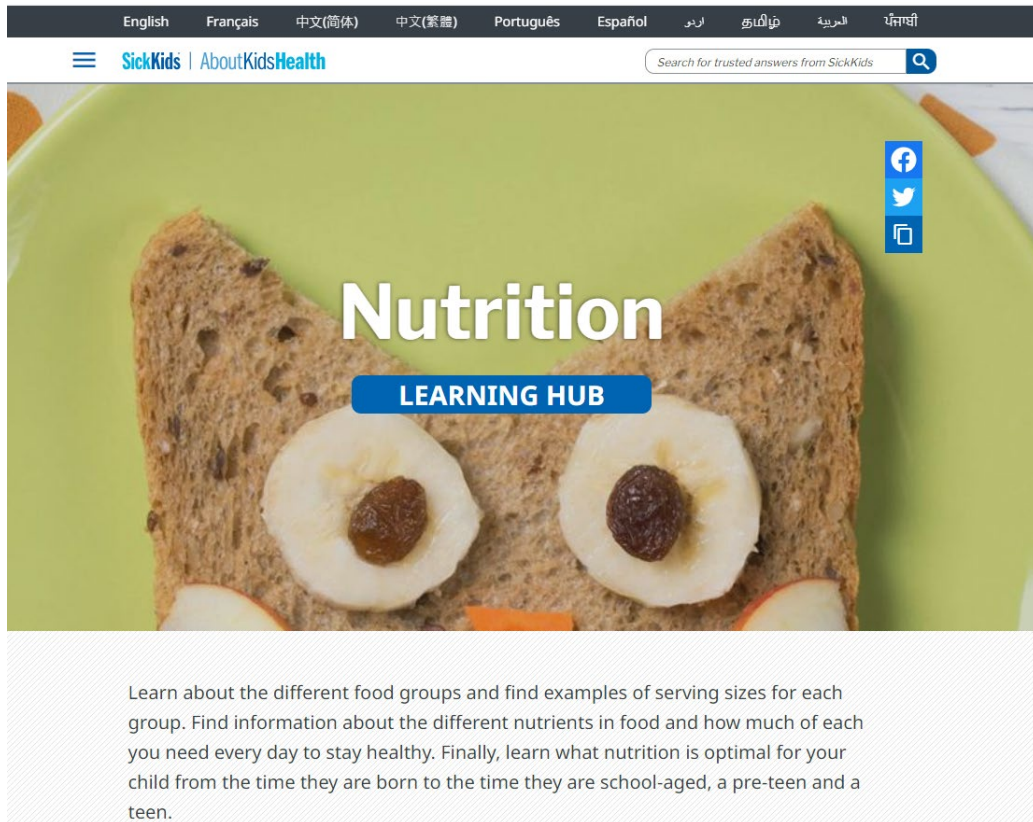




Nutrition Resources



RESOURCES – HANDOUTS for parents and families



- **About Kids Health**
- <https://www.aboutkidshealth.ca/nutrition>



- **CPS Caring For Kids resources:**
<https://caringforkids.cps.ca/handouts/healthy-living#food-nutrition>

Healthy Living

Food and nutrition

- [Breastfeeding](#)
- [Celiac disease and your child](#)
- [Dieting: Information for parents, teachers and coaches](#)
- [Dieting: Information for teens](#)
- [Energy drinks and sports drinks](#)
- [Feeding your baby in the first year](#)
- [Food allergy vs. food intolerance: What is the difference and can I prevent them?](#)
- [Food safety at home](#)
- [Gastroesophageal reflux disease \(GERD\)](#)
- [Healthy bones in children and youth](#)
- [Healthy eating for children](#)
- [Healthy snacks for children](#)
- [Iron needs of babies and children](#)
- [Limited supply of infant formula](#)
- [Nutrition for your young athlete](#)
- [Probiotics and children](#)
- [Vegetarian diets for children and teens](#)
- [Vitamin D](#)
- [Weaning your child from breastfeeding](#)
- [When your child is a picky eater](#)

Healthy habits

- [Children and pets: Tips for bringing a pet into your home](#)
- [Handwashing for parents and children](#)
- [Healthy bowel habits for children](#)
- [Healthy homes for children](#)
- [Healthy pets, healthy people: How to avoid the diseases that pets can pass on](#)
- [Healthy sleep for your baby and child](#)
- [Healthy teeth for children](#)
- [Masks and children during viral season](#)
- [Teens and sleep: Why you need it and how to get enough](#)

Physical activity

- [Healthy bones in children and youth](#)
- [How much physical activity for your adolescent?](#)
- [How much physical activity for your baby?](#)
- [How much physical activity for your preschooler?](#)
- [How much physical activity for your school-age child?](#)
- [Physical activity for children and youth](#)
- [When is my child ready for sports?](#)

- **Kids health network:** <https://kidshealthnetwork.org/>

Find health information from one of our 10 cultural chapters



OUR
KIDS'
HEALTH

The logo features the words 'OUR', 'KIDS'', and 'HEALTH' stacked vertically. 'OUR' is in orange, 'KIDS'' is in purple with two small stars on either side, and 'HEALTH' is in blue. The letters are in a playful, rounded font.

We share evidence-based health information that is translated and adapted to help you make the right decisions for the health of your family.

RESOURCES – HANDOUTS for parents and families

- **Raising our Healthy Kids:** <http://www.raisingourhealthykids.com/>
- Including:
 - Infant nutrition
 - Preschool nutrition
 - School age nutrition

Raising Our Healthy Kids



Raising Our Healthy Kids is a series of 60-90 second videos with up-to-date health information for parents and care providers. These short snappy videos will help Canadian families live healthier lives. The videos were developed for:

- Parents or soon to be parents, grandparents and guardians
- Prenatal groups and classes
- Health care providers who work with parents
- Teachers - for personal knowledge and classroom use
- Childcare workers and agencies that provide services to parents of young children
- Government agencies
- Public health units/departments, community health centres and family health teams/primary care centres
- Medical offices, clinics and waiting areas
- Trans Canada Trail
- Parent Link Centres
- Libraries, recreation and community centres

RESOURCES – HANDOUTS for parents and families

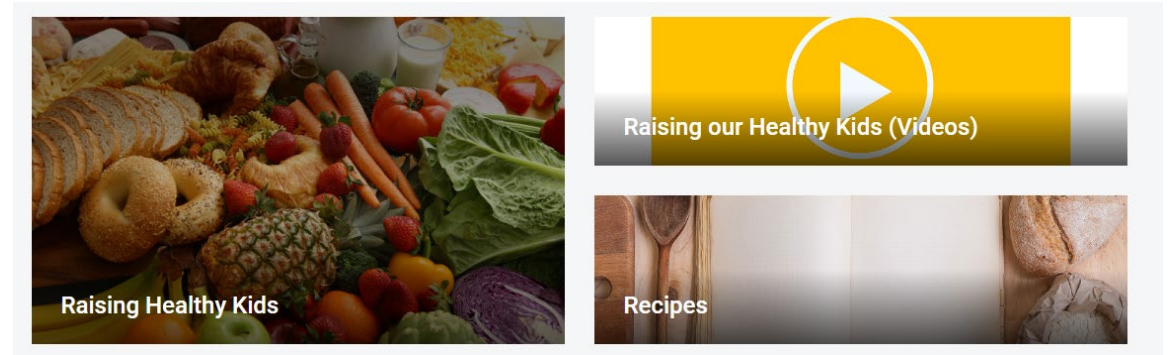
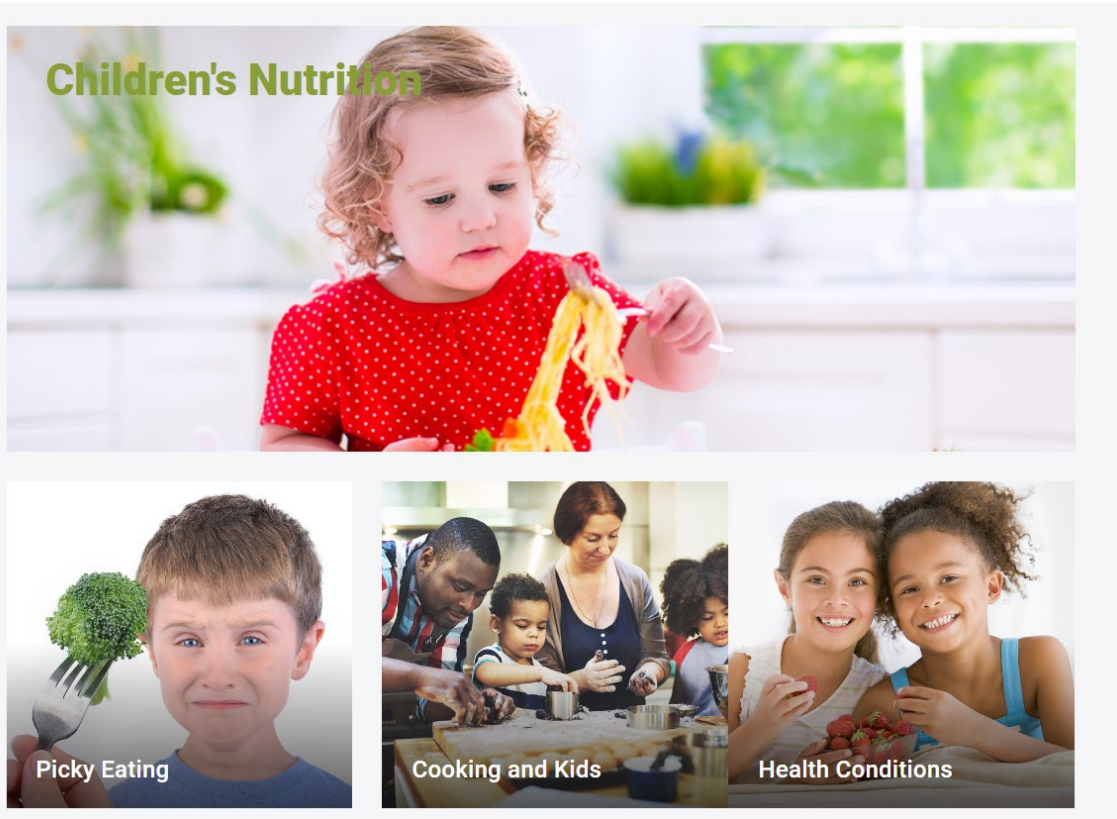
Rourke Baby Record: <https://www.rourkebabyrecord.ca/parent-resources>

Provides links for parent resources to other website on various topics, including:

Breastfeeding
Weaning
Colic
Nutrition
Sleep
Growth, Development, Family
Safety
Vaccinations
Common Illnesses
Medications and Your Baby
Miscellaneous



Rourke Baby Record



RESOURCES – HANDOUTS for parents and families

- **Dietitians of Canada:**
<https://www.unlockfood.ca/en/Children.aspx>