

Suggested Resources

For Families with Children 0-5 years

Child Development

- *Child Development Wheel* (contact info@tricitiesecd.ca for more information)
- *Do you have concerns about your child's development? Who are you going to call?* (available in English, Korean, Spanish, Punjabi, and Farsi from Simon Fraser Society for Community Living @ 604-525-8242)
- *First Steps and Beyond* (SUCCESS By 6) www.successby6bc.ca/what-we-do/projects/early-years-resources (hardcopies are available from the Tri-Cities Early Child Development Committee. Contact info@tricitiesecd.ca for more information)
- Visit www.healthlinkbc.ca/, <http://www.fraserhealth.ca/health-info/pregnancy-and-babies/> and www.healthyfamiliesbc.ca for resource sheets on a variety of child development topics

Child Care

- *Looking For Child Care?* (YMCA CCRR Program Brochure): available from YMCA CCRR @ 604-931-3400)
- *Looking for Child Care?* (YMCA CCRR Parent Information Package) <https://gv.ymca.ca/Programs/Child-Care/Child-Care-Information-and-Referrals>
- *Parent's Guide to Selection and Monitoring Child Care* <http://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care>
- *Making a Quality Child Care Choice* (Canadian Child Care Federation) www.cccf-fcsge.ca/parents/

Community Resources

- *Tri-Cities Community Map* <http://tricitiesecd.ca/parents/>
- *Tri-Cities Calendar* (contact info@tricitiesecd.ca for more information)
- *Community Resources for Families with Children (Tri-Cities)* <https://gv.ymca.ca/Programs/Child-Care/Child-Care-Information-and-Referrals>

Early Learning

- *Play for the Brain* (FRP Canada) www.parentsmatter.ca/
- *The Value of Play for Young Children* (Canadian Child Care Federation) www.cccf-fcsge.ca/parents/
- *Supporting Children's Play* (FRP Canada). Available in 14 languages. www.welcomehere.ca/index.cfm?fuseaction=page.viewpage&pageid=1099
- *Child Care Is Early Learning* <http://tricitiesecd.ca/parents/child-care-information/>
- *BC Early Learning Framework* www2.gov.bc.ca/gov/content/education-training/early-learning/teach/early-learning-framework

- *Ready, Set, Learn: Helping your preschooler get ready for school*
www2.gov.bc.ca/gov/content/education-training/early-learning/learn/ready-set-learn
- *1000 Stories Before Kindergarten: reading log available at Terry Fox Library*
www.fvrl.bc.ca/1000stories.php
- *All Aboard for Kindergarten: reading list available at Coquitlam Public Library www.coqlibrary.ca and Port Moody Public Library www.library.portmoody.ca*
- *The Pleasures of Reading Aloud (FRP Canada). Available in 14 languages.*
www.welcomehere.ca/index.cfm?fuseaction=page.viewpage&pageid=1099

Family Support

- Visit <http://tricitiesecd.ca/resources/community-resources/program-brochures/> for a variety of brochures from different programs.

Health and Safety

- BC Healthy Kids Program: What it means for children
www.sdsi.gov.bc.ca/publicat/bcea/healthykids.htm
- Home Safety Checklist www.bcchildrens.ca/health-info/healthy-living/child-safety
- Visit www.fraserhealth.ca, www.healthlinkbc.ca/, and www.healthyfamiliesbc.ca for print resources on a variety of health and safety topics

Guiding Behaviour

- *Guiding Your Child with Positive Discipline* www.caringforkids.cps.ca
- *Promoting Positive Behaviour* (FRP Canada) www.parentsmatter.ca/. Available in 14 languages at www.welcomehere.ca/index.cfm?fuseaction=page.viewpage&pageid=1099
- *Guiding Children's Behaviour* (BC Ministry of Health) English Version:
www.health.gov.bc.ca/library/publications/year/2003/com015.pdf
Translated Versions:
www.successbc.ca/eng/services/family-youth/family-service/360-multicultural-family-resource-centre
- *Time-In, Not Time-Out* (FRP Canada) www.parentsmatter.ca/
- *What's Wrong With Spanking:* <http://healthy Canadians.gc.ca/publications/healthy-living-vie-saine/spanking-2015-fessee/index-eng.php>
- *Be the Best Parent You Can Be: Why Positive Discipline Works:* <http://www.cwlc.ca/en/publications>
(Available in 11 languages)
- *Family Routines:* Available in 14 languages at www.welcomehere.ca/index.cfm?fuseaction=page.viewpage&pageid=1099
- Visit <http://healthyfamiliesbc.ca> for print resources for a variety of positive parenting practices
- A list of current Tri-Cities parent education opportunities is available at:
<http://tricitiesecd.ca/parents/programs-parents/>

Mental Health

- *Anxiety 101: What You and Your Child Need to Know about Anxiety*
www.anxietybc.com/parenting/anxiety-101
- *Child and Youth Mental Health Intake Clinics for Families in Tri-Cities*: call 604-469-7600 for a program brochure.
- *Coping With Separation Anxiety* www.cccf-fcsge.ca/parents/
- *Kids Have Stress Too* (Psychology Foundation of Canada)
https://www.psychologyfoundation.org/Public/Programs/Kids_Have_Stress_Too/Public/Programs/Kids_Have_Stress_Too/Kids_Have_Stress_Too.aspx?hkey=281a7065-a1dd-486d-8e83-f4b0da83ac56

Nutrition

- *Baby's First Foods* www.healthlinkbc.ca/healthfiles/hfile69c.stm
- *Helping Your 1 to 3 Year Old Eat Well* www.healthlinkbc.ca/healthfiles/hfile69d.stm
- *Meal and Snack Ideas for Your 1 to 3 Year Old Child* www.healthlinkbc.ca/healthfiles/hfile69e.stm
- Visit www.fraserhealth.ca and www.healthyfamiliesbc.ca for print resources on nutrition

Prenatal Health

- Pregnant? Register Early in Pregnancy for Best Beginnings (Tear off sheets provided by Fraser Health). To register online visit: <http://www.fraserhealth.ca/health-info/pregnancy-and-babies/pregnancy/pregnancy>
- *The Healthy Pregnancy Guide* www.phac-aspc.gc.ca/hp-gs/guide/index-eng.php

Screen Time

- Tri-Cities Screen Free Poster (for copies contact: contact Angelo@tricitieasmcm.org or visit www.tricitieasmcm.org for more information)

Social and Emotional Development

- *Connecting With Your Preschooler: Developing Social Skills*
www.healthyfamiliesbc.ca/home/articles/connecting-your-preschooler-developing-social-skills
- *Connecting With Your Preschooler: Building Self-Esteem*
www.healthyfamiliesbc.ca/home/articles/connecting-your-preschooler-building-self-esteem
- *Problem-Solving Skills: Enhancing Children's Social and Emotional Well-Being and Resilience*
www.cccf-fcsge.ca/parents/
- *Positive Thinking Habits* (FRP Canada) www.parentsmatter.ca/
- *From Hitting to Words* (FRP of Canada) www.parentsmatter.ca/
- Building a Healthy Relationship with Your Baby and Toddler (Child Health BC)
http://childhealthbc.ca/?drawer=Social%20and%20Emotional%20Development%20in%20the%20Early%20Years*Professional%20Handouts available in several languages.

Sibling Rivalry

- *Preparing Your Toddler for a Sibling* www.healthyfamiliesbc.ca/home/articles/preparing-your-toddler-sibling
- *Sibling Rivalry* (available for order from the BC Council for Families) <https://www.bccf.ca/topic/parenting/>

Sleep

- *Time for Bed* www.healthlinkbc.ca/healthfiles/hfile92e.stm
- *Time for Bed* (available for order from the BC Council for Families) <https://www.bccf.ca/shop/product/time-for-bed/>
Encouraging a Healthy Sleep Schedule for Babies www.healthyfamiliesbc.ca/home/articles/baby-sleep-schedule

Toilet Learning

- *Toilet Training* www.healthlinkbc.ca/healthfiles/hfile92d.stm
- *Is My Toddler Ready for Toilet Learning?* www.healthyfamiliesbc.ca/home/articles/my-toddler-ready-toilet-learning

Resources in other languages

- A number of resources in other languages are available under the topics listed in this document. Parents who speak Farsi, Chinese, and Korean may also search for parenting articles, in their own language, by visiting www.successbc.ca/ecd/



About this resource list:

This resource list has been developed for frontline staff working with families (0-6) in the Tri-Cities. It is intended to be used online as it includes a variety of direct links. To access the most current version of this resource please visit <http://tricitiesecd.ca/ecd-members/>.

This resource list is not intended to be inclusive of all topics or available resources. Feedback is welcome and revisions will be ongoing. Suggestions can be forwarded to: diane.lee@qv.ymca.ca or call Diane Lee at 604-931-3400.

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