

Healthy Eating for Life for Children by Physicians Committee for Responsible Medicine. New York: John Wiley, 2002

Drawing on the latest medical and dietary research, this book presents a complete nutrition program that helps promote and maintain health and good eating habits for children which will last throughout their lives.

Availability for loan:

GK 260 PCRM 2002 Health Information & Wellness Centre, Mississauga
613.2083 HEA Mississauga Library System
613.2083 HEA Toronto Public Library System

COMMUNITY RESOURCES

The Canadian Paediatric Society

2305 St. Laurent Boulevard
Ottawa, ON K1G 4J8
Tel: (613) 526-9397
e-mail: info@cps.ca

Telehealth Ontario 1-866-797-0000
Kids Helpline 1-800-668-6868

**Child Development Resource Connection
Peel** Tel: 905-890-9432

Motherisk General Helpline 416-813-6780
Alcohol & Substance Use 1-877-327-4636
Morning Sickness 1-800-436-8477
HIV treatment in pregnancy
1-888-246-5840
All Motherisk lines open Monday – Friday
9.00 a.m. – 5.00 p.m.

CONTACT

Health Information & Wellness Centres

Trillium Health Centre - Mississauga
100 Queensway West
Mississauga L5B 1B8
905-848-7511

Trillium Health Centre - West Toronto
150 Sherway Drive
Toronto M9C 1A5
416-521-4187

Email: hiwc@thc.on.ca
<http://www.trilliumhealthcentre.org/health>

Mississauga Library System
905-615-3500 (for book locations)
<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library
416-393-7131 (for book locations)
<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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Life. We're in it together.

Children's Health



INTERNET SITES

Caring for Kids

<http://www.caringforkids.cps.ca/index.htm>

This excellent site has been developed by the Canadian Paediatric Society, and is designed to provide parents with information about their child's health and wellbeing. Clicking on one of the broad headings in the left hand column of the homepage offers access to numerous authoritative articles on topics from Pregnancy & Babies to Teen Health.

About KidsHealth

<http://www.aboutkidshealth.ca>

This is a superb site from the Hospital for Sick Children in Toronto, which is one of the largest paediatric teaching hospitals in the world. There are hundreds of articles on all aspects of children's health, including specific diseases, general wellness information, and numerous safety tips.

KidsHealth <http://www.kidshealth.org>

This site is divided into three separate sections for children, teens, and parents – each with its own design and age-appropriate contents. The logos and other lively features are designed to attract teens and younger children, and encourage them to read lifestyle and health information which they would otherwise ignore. The site is owned by the Nemours Foundation's Center for Children's Health Media in the United States.

Children's Mental Health Ontario

<http://www.kidsmentalhealth.ca>

This organization supports the providers of child and youth mental health services throughout Ontario. Its website includes information on the most common mental health disorders, how to

get help, and what to expect in the future. Click on the Parents and Families link on the top toolbar at the homepage to access this.

Motherisk <http://www.motherisk.org>

This is the site of the Motherisk research program at the Hospital for Sick Children in Toronto. It provides authoritative information regarding the risks to the fetus associated with drug, chemical, infection, disease and radiation exposures during pregnancy.

Great Ormond Street Children's Hospital

<http://tinyurl.com/2fuap7h>

This world-renowned UK children's hospital has made available more than 300 fact sheets which cover a wide range of conditions, treatments and medications. They have been written by health professionals and are regularly updated.

BOOKS

Caring for Kids: The Complete Canadian Guide to Children's Health ed. by Norman Saunders and Jeremy Friedman. Toronto: Key Porter, 2006

This authoritative guide to health and wellness during the first ten years of life is written by the paediatric experts at the Hospital for Sick Children in Toronto. Parents and caregivers will find practical advice on how to cope with common accidents and emergencies of childhood, along with medically sound information on the specific conditions that affect children.

Availability for loan:

GK 100 C27 2006 Health Information and Wellness Centre, both locations
618.92 CAR Mississauga Library System
618.92 CAR Toronto Library System

Canada's Toddler Care Book by Jeremy Friedman. Toronto: Robert Rose & The Hospital for Sick Children, 2009

This outstanding and comprehensive book provides age-appropriate strategies to help parents raise children between one and five years old. Written in a friendly style by leading paediatric experts, it addresses numerous topics including vaccinations, teething, sleep problems, toilet training, and nutritional information.

Availability for loan:

GK 100 F74 2009 Health Information & Wellness Centre, both locations

Ages & Stages: a Parent's Guide to Normal Childhood Development by Charles E. Shaefer and Theresa Foy DiGeronimo. New York: John Wiley, 2000

This is a comprehensive guide to a child's psychological development from birth to age 10. It is written in an engaging style and features current research, as well as helpful tips and techniques to foster a child's maturation.

Availability for loan:

GK 300 S24 2000 Health Information & Wellness Centre, West Toronto
305.231 SCH Toronto Public Library System

What To Do When Your Child Gets Sick by Gloria Mayer and Ann Kuklierus. La Habra, CA: Institute for Healthcare Advancement, 2003

An excellent resource for parents, this book is written at about a Grade 6 literacy level, with clear point form instructions and helpful illustrations.

Availability for loan:

GK 100 W42 2003 Health Information & Wellness Centre, Mississauga
618.92925 MAY Mississauga Library System
618.92 M135 Toronto Reference Library