

MATERNAL HEALTH & PARENTING RESOURCES

PARENTING AND FAMILY RESOURCES AND SUPPORTS

BC Association of Aboriginal Friendship Centres (BCAAFC) often have programs for parents, children, and pregnant women.

250-388-5522

www.bcaafc.com

BC Council for Families is a source of dependable, current information and advice including parenting programs, online information, and online discussion groups for parents.

www.bccf.ca

First Nations Parents Club helps support parents with educational success.

1-877-422-36-72

www.fnsa.ca/parentsclub

Healthy Families BC – Parenting is an online resource for all British Columbians with information about pregnancy and parenting.

www.healthyfamiliesbc.ca/parenting

Metis Family Services provides services for parents.

www.metisfamilyservices.ca/programs-services

The National Collaborating Centre for Aboriginal Health (NCCAHA) is a source of reliable, current information of First Nations, Inuit, and Metis child, youth, and family health.

www.nccah.ca

EARLY CHILDHOOD DEVELOPMENT

Aboriginal Infant Development Program works together with families to support the growth and development of young children.

1-866-338-4881

www.aidp.bc.ca

Aboriginal Supported Child Development is a program for children with developmental delays or disabilities and their families.

1-866-338-4881

www.ascdp.bc.ca

The Aboriginal Head Start Association of British Columbia (AHSABC) provides programs that support early childhood development, school readiness, and family health and wellness for children from birth to six years old.

www.ahsabc.net

Canadian Physical Activity Guide for the Early Years give some guidelines for physical activity for children.

www.csepguidelines.ca/early-years-0-4/

Community Action Program for Children

promotes the healthy development of young children (0-6) who are living in conditions of risk.

www.capc-pace.phac-aspc.gc.ca/en

Preschoolers: Building a Sense of Security fact sheet by BC HealthLink.

www.healthlinkbc.ca/health-topics/ta7012

INFANT HEALTH

HealthLink BC Safe Sleeping for Babies.

www.healthlinkbc.ca/healthlinkbc-files/safe-sleeping-babies

Healthy Baby Healthy Brain is a parent website about early brain development.

www.healthybabyhealthybrain.ca

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

www.lllc.ca

PRENATAL AND MATERNAL HEALTH

Canada Prenatal Nutrition Program

provides support to improve the health and well-being of pregnant women, new mothers and babies facing challenging life circumstances.

www.cpnpc-npcnp.phac-aspc.gc.ca/en

The BC Association of Pregnancy Outreach Programs (BCAPOP)

604-314-8797

www.bcapop.ca/POP-Programs