

WRHA Healthy Parenting & Early Childhood Development Resources

Aboriginal Resources

- [2011/2013 Aboriginal Organizations in Manitoba](#)






Financial Resources

- [Healthy Baby/Manitoba Prenatal Benefit \(MPB\)](#)
- [Manitoba Child Benefit \(MCB\)](#)
- [Manitoba Shelter Benefit \(MSB\) for Families](#)
- [Canada Child Tax Benefit \(CCTB\)](#)
- [Universal Child Care Benefit \(UCCB\)](#)

Immunizations

- [Immunization \(Vaccination\)](#) (Manitoba Health)
- [Immunization Schedule for Infants and Pre-School Children](#) (Manitoba Health)

Infant Feeding

- [Breast Milk...Your Baby's First Food](#)  (Manitoba Healthy Living, Seniors and Consumer Affairs]
- [Infant Formula with Iron](#)  [Français](#)  (Manitoba Healthy Living, Seniors and Consumer Affairs]
- [Feeding Baby Solid Foods](#)  [Français](#)  (Manitoba Healthy Living, Seniors and Consumer Affairs]

Injury Prevention

- [Injury Prevention](#) (Manitoba Healthy Living, Seniors and Consumer Affairs)

Mental Health

- [Mental Health Promotion - Perinatal Mental Health Resources](#)

Nutrition

- [Healthy Eating](#) (Manitoba Healthy Living, Seniors and Consumer Affairs)
- [Canada's Food Guide](#) (Health Canada)

Oral Health

- [Dental/Oral Health](#) (Manitoba Health)
- [Prevent Early Childhood Tooth Decay - Action Plan Workbook and Toolkit](#) (WRHA)

Physical Activity

- [Active for Life](#)
- [Canadian Physical Activity Guidelines and Canadian Sedentary Behaviour Guidelines](#)
(Canadian Society for Exercise Physiology)
- [Winnipeg *in motion*](#)
- [Manitoba *in motion*](#)
- [ParticipACTION](#)

Safe Sleep

- [Healthy sleep for your baby and child](#) (Caring for Kids – Canadian Paediatric Society)
- [Is Your Child Safe? - Sleep Time](#) (Health Canada)
- [Safe Sleep easy read](#) (Winnipeg Regional Health Authority)
- [Safe Sleep for Your Baby](#) (Public Health Agency of Canada)

Safety

Car Seats

- [Booster seats and Car seats](#) (Manitoba Healthy Living, Seniors and Consumer Affairs)
- [Child Car Seats: Securing your precious cargo brochure](#) (Manitoba Public Insurance)
- [Keep Kids Safe](#) (Transport Canada)

Tobacco Reduction

- [Smokers' Helpline - Home](#) (Canadian Cancer Society)

Parenting On-line Resources

[Canadian Public Health Association](#)

Canadian Public Health Association provides information regarding immunization recommendations, questions & misconceptions.

[Caring for Kids](#)

Health information for newborns to teens from Canadian Pediatric Society example: Well beings

[Caring for Yourself and Baby After Giving Birth](#) (Women's Health Program – WRHA)

This booklet provides information on how to care for yourself after giving birth, and how to look after your baby in the first few months.

[Healthy Child Manitoba](#)

Healthy Child Manitoba site to support families with various programs and information regarding child & teen development.

[Infant Mental Health Promotion \(IMHP\)](#)

Infant Mental Health Promotion (IMHP) is a coalition of individuals and professional representatives from agencies concerned with infants and their families. IMHP is dedicated to promoting optimal mental health outcomes for infants through developing and supporting best practices through education and training, dissemination of information, networking and advocacy.

[Manitoba Health](#)

Manitoba Health site with information regarding healthy living, healthy schools, injury prevention, tobacco reduction, healthy sexuality, mental health promotion, and chronic disease prevention.

[Manitoba Parent Zone](#)

Manitoba Parent Zone provides parents with on-line parenting and child development information that reflects current best practices in health and child and adolescent development.

[Public Health Agency of Canada](#)

Public Health Agency of Canada with index of topics related to health and programming for all ages, including immunization, travel health, healthy pregnancy, injury reduction.

[Public Health | Manitoba Health](#)

Manitoba Public Health site with information regarding vaccine-preventable & non-vaccine preventable diseases.

[Positive Parenting Program \(Triple P\) | Government of Manitoba](#)

Triple P Positive Parenting Program is a helpful, practical approach to raising children that focuses on the positive. Triple P uses strong, nurturing relationships, good communication and positive attention to help children develop.