



## Helpful Websites for Childbearing Families

This resource has been developed to help childbearing families find useful and practical information about topics ranging from preconception through the first years of their child's life.

### GENERAL WEBSITES - From PRECONCEPTION to PARENTING

- \* [PregnancyInfo.ca \(The Society of Obstetricians and Gynaecologist of Canada\)](#)
- \* [Best Start Resource Centre – For parents](#)
- \* [Health Before Pregnancy](#)  
[Healthy Families BC](#)
- \* [Encyclopedia on Early Child Development](#)
- \* [Healthy Baby Healthy Brain](#)
- \* [Tiny tots to toddler \(Quebec\)](#)  
[The MoTHERS Program](#)
- \* [Caring for Kids](#)
- \* [Parents Matter](#)
- \* [Child Development \(Nipissing District Developmental Screen\)](#)
- \* [About Kids Health](#)
- \* [Service Ontario - Birth registration](#)
- \* [Ontario Early Years](#)
- \* [Service Canada - Having a baby](#)  
[The Period of Purple Crying \(Method to console crying baby\)](#)

### IMPACT of MEDICATIONS, SUBSTANCES and CONDITIONS on PREGNANCY and BREASTFEEDING

- \* [Motherisk](#)

### MIDWIFERY CARE

- [Ontario Midwives](#)
- \* [The Ottawa Birth and Wellness Center](#)

### CHILDBIRTH SUPPORT

- [Ottawa Childbirth Education Association](#)
- \* [Birth Companion Program](#)  
[Ottawa Valley Doulas](#)

### MULTIPLE BIRTHS

- [Multiple Births Canada](#)

## **BREASTFEEDING**

- \* [Ontario Breastfeeds](#)
- \* [Public Health Agency of Canada \(Ten Valuable Tips for Successful Breastfeeding\)](#)  
[Canadian Breastfeeding Foundation](#)  
[International Breastfeeding Centre \(IBC\) \(Newman Breastfeeding Clinic and Institute\)](#)  
[La Leche League Canada \(LLLCC\)](#)

## **SAFETY**

- \* [Canada Safety Council](#)
- \* [Parachute Canada](#)

## **FATHERS**

- \* [24-Hour Cribside Assistance](#)
- \* [Dad Central Ontario](#)

## **IMMUNIZATION**

- \* [Immunization \(Ontario Ministry of Health and Long-Term Care\)](#)

## **POSTPARTUM DEPRESSION, MENTAL HEALTH and ADDICTIONS**

- [Postpartum Support International](#)  
[Anxiety BC](#)
- \* [Canadian Mental Health Association – Mental Health](#)
- \* [Centre for Addiction and Mental Health](#)
- \* [Connex Ontario \(information for people experiencing addictions and mental health problems\)](#)  
[Methadone Saves Lives](#)

## **FAMILIES with DIFFERENT SEXUAL ORIENTATION and GENDER IDENTITY**

- \* [PFLAG Canada](#)
- \* [Rainbow Health Ontario](#)

## **PUBLIC HEALTH UNITS in Eastern and Southeastern Ontario**

- \* [Parenting in Ottawa \(Ottawa Public Health\)](#)
- \* [Eastern Ontario Health Unit](#)  
[Hasting & Prince Edward Counties Health Unit](#)  
[KFL&A Public Health](#)  
[Leeds, Grenville & Lanark District Health Unit](#)  
[Renfrew County & District Health Unit](#)

*CMNRP cannot guarantee that the information contained in these websites is correct, complete and up-to-date.  
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