



saskatchewan  
**prevention**institute  
our goal is **healthy** children

# Resource Catalogue

2023

## The Resource Catalogue

The Saskatchewan Prevention Institute offers a wide variety of resources available on our website. This resource catalogue is a detailed description of our available resources.

**Please note that you can not order directly from this resource catalogue, but everything listed in this catalogue is available on our website by visiting [www.skprevention.ca](http://www.skprevention.ca).**

You can search the resource by number or name, then add to your shopping cart or download directly.

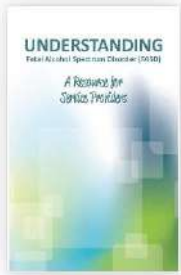

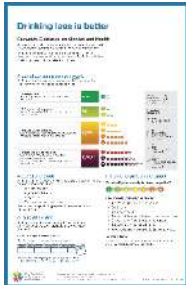
### Videos

All videos are loan only for a 2-week period. Videos are loaned out within Saskatchewan. There is a limit of 6 videos per 2-week borrowing period. No cost to borrow, but we require videos to be returned by Xpresspost mail (approximately \$13.00). Request to borrow videos indicate your acceptance of the above.

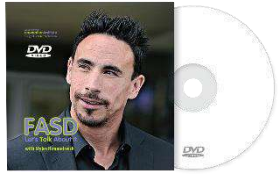



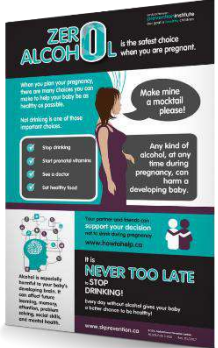
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# Alcohol, Tobacco, and Other Drugs

## Fetal Alcohol Spectrum Disorder (FASD)

Resource	#	Title	Description	Date
	3-013	Understanding Fetal Alcohol Spectrum Disorder (FASD): A Resource for Service Providers <i>(Booklet)</i>	This booklet provides basic information about alcohol, pregnancy, FASD, and approaches for supporting young children with FASD (0 to 6) and their families. The goal is to help prevent adverse impacts of FASD.	2020
	3-015	Becoming Trauma-informed: Trauma-informed Practices and How They can be Implemented in Relation to the Pre-conception, Prenatal, and Postnatal Period <i>(Report)</i>	Trauma involves an experience or experiences that are physically or emotionally harmful and result in long-term negative effects on functioning and well-being. Many people experience trauma during their lifetime. Having experienced trauma may play a role in sexual risk behaviours, unplanned pregnancies, substance misuse and dependence, and negative impacts on pregnancy, parenting, and children. Given the prevalence and impact of trauma during the perinatal period, it is recommended that services and interventions have a trauma-informed approach. This review examines recent literature on the impacts of trauma, and a trauma-informed approach to working with families, particularly in the pre-conception, prenatal, and postnatal period.	2022
	3-023	Canada's New Guidance on Alcohol and Health <i>(Poster)</i>	This poster presents a summary of Canada's Guidance on Alcohol and Health, focusing on young people. It acknowledges that zero alcohol is best for everyone, regardless of age, sex, gender, ethnicity, alcohol tolerance, or lifestyle and offers suggestions on how to minimize the risks related to alcohol use.	2023



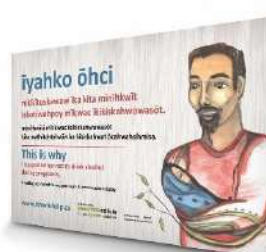
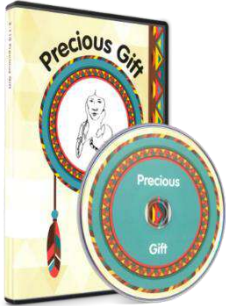
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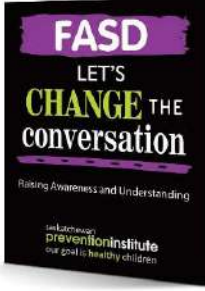

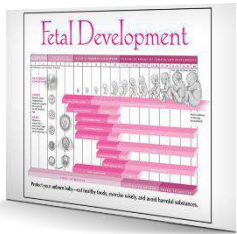
	3-049	FASD Let's Talk with Myles (DVD)	This DVD contains 12 short videos with Myles Himmelreich. These videos may be used for viewing or in presentations.	2018
	3-052	No Thanks I'm Pregnant (Cree) (Poster)	This 11" x 17" poster, translated to Plains Cree, shows a pregnant woman turning down a glass of wine because she is pregnant.	2017
	3-053	No Thanks I'm Pregnant (Dene) (Poster)	This 11" x 17" poster, translated to Dene 't' dialect, shows a pregnant woman turning down a glass of wine because she is pregnant.	2017
	3-054	No Thanks I'm Pregnant (Saulteaux) (Poster)	This 11" x 17" poster, translated to Saulteaux, shows a pregnant woman turning down a glass of wine because she is pregnant.	2019
	3-055	Zero Alcohol Infographic	This infographic describes how zero alcohol is the safest choice when pregnant.	2017

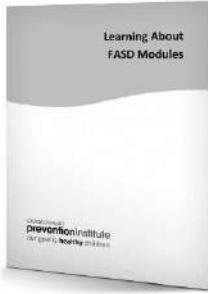



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<p>A poster with a yellow background. On the left, a pregnant woman in a purple dress is shown. On the right, a hand is pouring red wine from a glass. The text in Cree is at the top, and the English text 'No thanks, I am pregnant.' is in the center. Below the English text, there is a small illustration of a fetus in a womb.</p>	3-056	No Thanks Woodland (Cree 'th') (Poster)	This 11" x 17" poster, translated to Cree 'th' dialect, shows a pregnant woman turning down a glass of wine because she is pregnant.	2019
<p>A poster with a brown background. It features a photograph of a man kissing a woman on the cheek. The woman is holding a baby. The text 'This is why I supported her not to drink alcohol during pregnancy. Alcohol can harm an unborn baby.' is printed on the left side.</p>	3-060	This Is Why I Supported Her Not to Drink (Poster)	This poster is aimed at fathers and fathers-to-be, suggesting they support their partners to avoid alcohol during pregnancy in order to prevent Fetal Alcohol Spectrum Disorder.	2018
<p>An information card with a brown background, similar to the poster in row 2. It features the same photograph of a man kissing a woman. The text is the same as the poster. The card is shown at an angle, suggesting it is a physical card.</p>	3-061	This is Why I Supported Her Not to Drink (Information Card)	This information card is aimed at fathers and fathers-to-be, suggesting they support their partners to avoid alcohol during pregnancy in order to prevent Fetal Alcohol Spectrum Disorder. On the back of the card is information about how alcohol impacts the fetus and suggestions on how to provide support. There is a link to a website for more information.	2018
<p>A poster with a white background. On the right, there is a portrait of a man with a beard. On the left, there is text in Cree and English. The English text reads 'This is why I supported her not to drink alcohol during pregnancy. Alcohol can harm an unborn baby.' The Cree text is at the top.</p>	3-062	This is Why I Supported Her Not to Drink (Cree) (Poster)	This 11" x 17" poster, translated to Plains Cree, is aimed at fathers and fathers-to-be, suggesting they support their partners to avoid alcohol during pregnancy in order to prevent Fetal Alcohol Spectrum Disorder.	2018






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	3-063	This is Why I Supported Her Not to Drink (Dene) (Poster)	This 11" x 17" poster, translated to Dene 't' dialect, is aimed at fathers and fathers-to-be, suggesting they support their partners to avoid alcohol during pregnancy in order to prevent Fetal Alcohol Spectrum Disorder.	2019
	3-064	This is Why I Supported Her Not to Drink (Saulteaux) (Poster)	This 11" x 17" poster, translated to Saulteaux, is aimed at fathers and fathers-to-be. The father supports his partner to avoid alcohol during pregnancy. Prenatal alcohol exposure can harm an unborn baby.	2019
	3-065	This is Why I Supported Her Not to Drink (Woodland Cree 'th') (Poster)	This 11" x 17" poster, translated to Cree 'th' dialect, is aimed at fathers and fathers-to-be. The father supports his partner to avoid alcohol during pregnancy. Prenatal alcohol exposure can harm an unborn baby.	2019
	3-110	Precious Gift (DVD)	Filmed on the Beardy's and Okemasis Reserve in Saskatchewan, Precious Gift deals with the issue of drinking during pregnancy. It portrays a real-life situation focusing on the life of a young Aboriginal woman, who is pregnant and seeks guidance about making healthy choices from friends and family.	1997



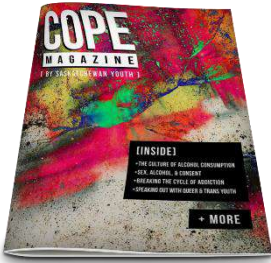
	3-126	<p>What Have You Heard about Alcohol and Pregnancy <i>(Information Card)</i></p>	<p>This information card is written in plain language, for people who are pregnant or trying to get pregnant. It explains how drinking alcohol can affect a developing baby and cause a lifelong disability.</p>	2021
	3-127	<p>FASD Awareness Day <i>(Package)</i></p>	<p>This package includes background information on FASD Awareness Day and suggestions for activities. It also includes a planning and reporting form to track activities.</p>	Rev. 2019
	3-140	<p>ARA Screening for Alcohol Use <i>(Information Card)</i></p>	<p>This screening tool has been adapted with permission from Best Start Resource Centre (Ontario). This tool helps health professionals screen for the level of alcohol risk in women of childbearing age. Research has shown that this screening tool has a higher sensitivity level for use with women than other screening tools.</p>	Rev. 2020
	3-143	<p>Fetal Development Posters</p>	<p>These 8.5 x 11 posters, developed by Childbirth Graphics, assist healthcare professionals in discussing alcohol use with their patients. Although these posters do not focus on FASD, they can be used to help patients understand that alcohol is one of many factors which can impact the development of the fetus.</p>	2008

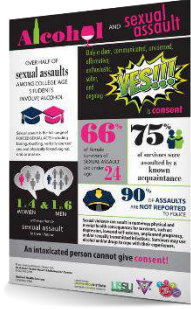



 <p>The image shows the cover of a white folder or binder titled "Learning About FASD Modules". The Saskatchewan Prevention Institute logo is visible at the bottom.</p>	<p>3-146</p>	<p>Learning about FASD (Modules)</p>	<p>The Learning about FASD Modules were developed for use by post-secondary instructors, professors, and anyone wishing to learn more about Fetal Alcohol Spectrum Disorder. Each module has been updated to reflect the most current research. Here you will find modules (with references) as they are brought up to date. The modules can be used in professional programs where students, upon graduation, may work with women of childbearing age. The programs may include health care, education, justice, addictions, psychology, social work, and other community service programs.</p>	<p>Rev. 2020</p>
 <p>The image shows a red speech bubble graphic with the text "LET'S TALK! ABOUT ALCOHOL". The Saskatchewan Prevention Institute logo is at the bottom.</p>	<p>3-148</p>	<p>Let's Talk About Alcohol (PowerPoint Presentation)</p>	<p>Alcohol is the most commonly used drug in Canada. This PowerPoint provides information about alcohol, so we know what it really is; what happens when we drink it; how it impacts us, our children, and our community; and how to reduce harms.</p>	<p>2019</p>
 <p>The image shows a red speech bubble graphic with the text "LET'S TALK! ABOUT Prenatal Development". The Saskatchewan Prevention Institute logo is at the bottom.</p>	<p>3-149</p>	<p>Let's Talk About Prenatal Development (PowerPoint Presentation)</p>	<p>To understand what happens to an unborn baby when she is exposed to alcohol, it is helpful to look at pregnancy and how the baby grows inside the mother. We can then better understand how Fetal Alcohol Spectrum Disorder happens.</p>	<p>2019</p>
 <p>The image shows a brochure with a question mark and the text "Which woman drinks alcohol at a RISKY LEVEL?". It features photos of diverse women and the text "You can't tell by looking. ASKING is the only way to find out." The Saskatchewan Prevention Institute logo is at the bottom.</p>	<p>3-150</p>	<p>Which Woman Drinks Alcohol at a Risky Level (Brochure)</p>	<p>This brochure for medical staff provides practical Motivational Interviewing strategies for talking with women about their alcohol use. It also includes links to resources that will support these conversations.</p>	<p>2017</p>


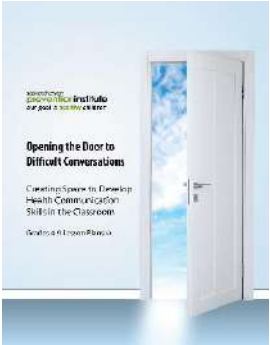



	3-151	Pregnancy and Alcohol: A Doctor's Advice (Brochure)	This brochure includes a summary of medical research about the impact of alcohol on a developing fetus. It provides information and advice that a doctor could give to women about how alcohol affects a developing baby and steps a woman can take to protect her unborn baby from exposure to alcohol. Also included are ideas about supports to help women quit drinking.	2019
	3-152	Pregnancy and Alcohol: What Doctors Would Like You to Know (Information Card)	This information card provides simple medical advice to a woman about ways to ensure her fetus is not exposed to alcohol when she is pregnant.	Rev. 2019
	3-153	A Teratogen is NOT a Dinosaur (Poster)	This poster describes alcohol as a teratogen that can cause birth defects.	Rev. 2019
	3-154	A Teratogen is NOT a Dinosaur (Information Card)	This card provides information that alcohol is a teratogen and can harm an unborn baby.	Rev. 2019
	3-190	Canada's Low-Risk Alcohol Drinking Guide (Brochure)	The goal of this brochure is to provide guidelines to reduce health and safety risks for people who choose to drink alcohol. Through graphics it also provides a clear guide to what a drink is. Low-risk drinking helps to promote a culture of moderation and supports healthy lifestyles. This brochure is also available directly from the Canadian Centre on Substance Abuse at: <a href="http://www.ccsa.ca">www.ccsa.ca</a> .	2018

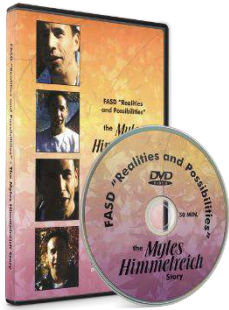

## Youth Action for Prevention (YAP)

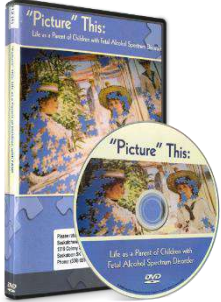
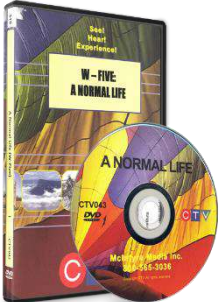
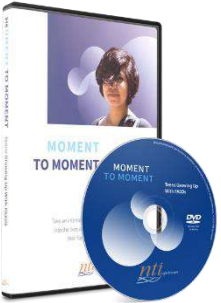
	<p>3-002</p>	<p>Thank You Mom <i>(Posters)</i></p>	<p>This series of nine posters was developed by Saskatchewan youth through the Saskatchewan Prevention Institute’s Youth Action for Prevention project. Each poster depicts a different young person thanking their mother for not drinking alcohol during pregnancy. Posters feature English, French, and Cree messages. Nine youth were chosen for the campaign to represent both the nine months of pregnancy and the variety of people to whom the message of preventing Fetal Alcohol Spectrum Disorder (FASD) is relevant.</p>	<p>2011</p>
	<p>3-007</p>	<p>Blindsided by the Alcohol Industry <i>(Infographic)</i></p>	<p>Youth Action for Prevention partnered with the What’s Your Cap? student group at the University of Saskatchewan to develop this educational infographic. It can be shared to raise awareness regarding the influence of the alcohol industry on young women’s drinking behaviours. This infographic was released September 2016 as part of Recovery Day activities on campus.</p>	<p>2016</p>
	<p>3-008</p>	<p>Cope <i>(Magazine)</i></p>	<p><i>Cope</i> shares the voices of Saskatchewan young people and how they cope with challenges in their lives. The aim is that youth throughout the province will connect with other young peoples’ experiences, feel supported, and learn about healthy ways of coping with difficulties in their lives.</p>	<p>2016</p>

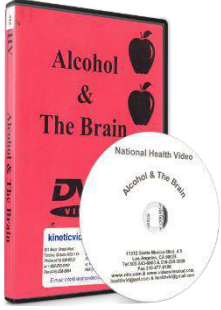
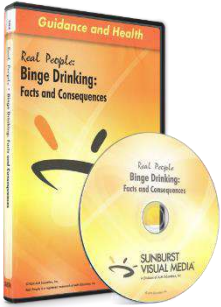
	3-009	Alcohol and Sexual Assault <i>(Infographic)</i>	Youth Action for Prevention partnered with the Sexual and Reproductive Health Program and the University of Saskatchewan student groups (USSU Women’s Centre, What’s Your Cap?, USSU Students’ Union) to develop an infographic for Sexual Assault Awareness Week on campus. This infographic can be shared to raise awareness regarding the connection between alcohol and sexual assault, and the importance of getting consent to all sexual acts.	2015
	3-011	YAP Youth Mental Wellness Cards <i>(Information Card)</i>	This card provides contact information for services providing free, anonymous mental health supports to youth.	Rev. 2022
	3-012	Your Voice Matters! <i>(Information Card)</i>	This card gives a brief explanation of the goals of the YAP Program, as well as links to our program website and social media platforms.	2019
	3-014	Health Promotion Through Youth Engagement: An Environmental Scan of Canadian Programs <i>(Report)</i>	This report shares information about youth engagement programs and activities across Canada that deliver harm reduction, health-promoting programming for youth that are harder to reach and/or those who experience marginalization based on identity, geographic location, class, etc. The purpose of this document is to provide inspiration, context, and contacts from existing programs to facilitate the development of innovative youth engagement programs in Saskatchewan.	2021

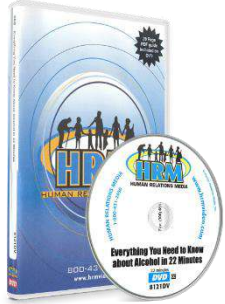
	<p>3-020</p>	<p>Using Motivational Interviewing to Engage Youth in Health Conversations About Alcohol <i>(Report)</i></p>	<p>If you work with youth aged 14-24, you have an opportunity to support young people during a period of tremendous growth, development, and transition. In your role(s), you can help to guide youth to make decisions that will support their health and well-being now and as they transition into adulthood and greater independence. This module introduces motivational interviewing skills and strategies that can help those working with youth to engage them in conversations about their health and well-being. Engaged youth are those that feel valued and empowered to make their own decisions about their well-being, engage in healthy conversations, seek support, and share information with peers.</p>	<p>2022</p>
	<p>3-021</p>	<p>Opening the Door to Difficult Conversations: Creating Space to Develop Health Communication Skills in the Classroom, Grades 4-9 Lesson Plans©</p>	<p><i>Opening the Door to Difficult Conversations: Creating Space to Develop Health Communication Skills in the Classroom, Grades 4-9 Lesson Plans©</i>, has been created for Saskatchewan educators to use with students when discussing topics related to health, support, and substance use. Each module contains lessons to use in your classroom, including module rationale, curricular outcomes, key understandings, materials for activities and handouts, links to further information, and assessment rubrics.</p>	<p>2023</p>
	<p>3-106</p>	<p>Trauma Informed Youth Engagement <i>(Brochure)</i></p>	<p>The YAP Program adapted this resource from its partners Wisdom2Action and PREVnet to create an information card to assist youth service providers and organizations towards supporting youth who may have been impacted by trauma.</p>	<p>2022</p>

## Fetal Alcohol Spectrum Disorder (FASD) Videos

	<p>3-V-300</p>	<p>FASD: Realities and Possibilities – the Myles Himmelreich Story</p> <p>This resource includes an accompanying DVD guide, which provides discussion questions and additional information about FASD. This resource is appropriate for anyone wanting to understand more about FASD from an honest and personal perspective.</p>	<p>Myles Himmelreich is a young man who lives with Fetal Alcohol Spectrum Disorder. He eloquently speaks about his experiences, including both his challenges and his many successes. Myles is a seasoned presenter who has told his story to national and international audiences including professionals, caregivers, and individuals who are affected by FASD.</p> <p>In this documentary, Myles courageously tells his story, speaking candidly about the issues he continues to face, as well as the strategies he has used to manage and overcome them. Tom Simes, a filmmaker who is passionate about FASD education, has collaborated with Myles and the Saskatchewan Prevention Institute to create a resource that captures the engaging and informative style of Myles' presentations.</p>	<p>2009</p>
	<p>3-V-311</p>	<p>Parenting with FASD: Challenges, Strategies, and Supports</p>	<p>Featuring four adults living and parenting with FASD, this video focuses on some of the parenting-related experiences and challenges faced by people with FASD. Highlighted as well are strategies, suggestions, and resources found to promote positive parenting. A resource booklet is included.</p>	<p>2005</p>



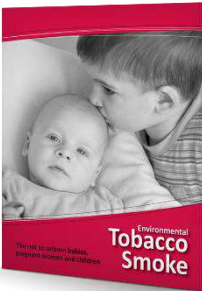

	<p>3-V-312</p>	<p>Picture This: Life as a Parent of Children with Fetal Alcohol Spectrum Disorder</p>	<p>This film gives a close-up look into the lives of parents whose children have FASD. It was created by five courageous women from Sioux Lookout, Ontario. They are all members of the Healthy Generations Family Support Program. It is a very powerful, very honest window into their lives. This film began as a photovoice research project. Each woman was asked to take photos that provide a look into her life as a parent of a child with FASD and to write a narrative about the photo. The National Film Board of Canada's CITIZENShift assisted by making the photos and the narratives into this short film.</p>	<p>2008</p>
	<p>3-V-315</p>	<p>A Normal Life</p>	<p>This video looks at the challenges of living with FASD through the eyes of three adults with FASD. Their parents share their insights and strategies. The video presents success stories of early intervention and diagnosis in reducing secondary disabilities commonly experienced by individuals with FASD.</p>	<p>2001</p>
	<p>3-V-316</p>	<p>Moment to Moment: Teens Growing up with FASD's</p>	<p>This video explores the lives of four adolescents living with FASDs and the effects that prenatal alcohol exposure has had and continues to have on their journeys to finding independence, fulfillment, and understanding the world around them.</p>	<p>2015</p>

	<p>3-V-352</p>	<p>Alcohol and the Brain</p>	<p>This video summarizes research that shows how alcohol affects parts of the brain, both immediately and long term. It also discusses theories on how alcohol causes addiction and some of the complications for treatment.</p>	<p>2001</p>
	<p>3-V-364</p>	<p>Binge Drinking: Facts and Consequences</p>	<p>Drinking to get drunk, or binge drinking, is a common occurrence among teens that use alcohol. Teens report many reasons for their preoccupation with drinking. For some, drinking is meant to relieve stress or help them fit in socially. For others it is used to celebrate and have a good time. In this program real teens share their reasons for drinking and the grave consequences that resulted from their behavior. Experts in the field of alcohol use present the hard facts teens need to know about alcohol's toxicity and teen vulnerability. Real teens talk about: how to handle peer pressure to drink; the effect of drinking on relationships; the ineffectiveness of alcohol for stress reduction; loss of trust with parents; and the negative effect drinking has on school work. Dramatic accounts from two teens, one who was almost raped and one who almost died while drinking heavily, bring home the seriousness of binge drinking.</p>	<p>2004</p>

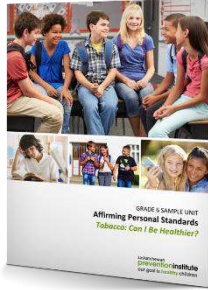

	<p>3-V-368</p>	<p>Everything You Need to Know about Alcohol in 22 Minutes</p>	<p>This DVD shows that teenage drinkers are more likely to experience health problems, school problems, and social dysfunction. It shows the effects of alcohol on the liver, immune system, and gastrointestinal system, and how binge drinking can lead to alcohol poisoning and death. It also explains how alcohol impacts brain development during adolescence and permanently damages parts of the brain associated with memory. The video details how a mother's drinking during pregnancy can cause Fetal Alcohol Syndrome and its impact on her child's entire life. It includes first-person accounts of teens' DUI tragedies, and describes the legal ramifications of underage drinking. The video helps viewers determine whether they have a drinking problem, plus where and how to get help.</p>	<p>2009</p>
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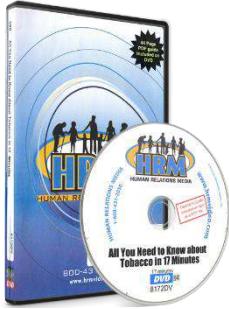
## Tobacco

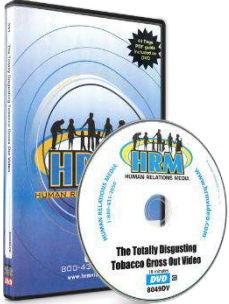

	3-301	<p>Smoke Free Home (<i>Brochure</i>)</p> <p><i>Currently Unavailable – Under Review</i></p>	<p>Outlines some of the harmful effects smoking and environmental tobacco smoke can have on pregnancy, as well as effects on children. Offers some tips on quitting.</p>	Rev. 2012
	3-303	<p>Smoking and ETS (<i>Fact Sheet</i>)</p> <p><i>Currently Unavailable – Under Review</i></p>	<p>This fact sheet outlines the hazards of exposure to environmental tobacco smoke (ETS) to pregnant women and to children.</p>	Rev. 2010
	3-306	<p>Tobacco Smoke: The Risk to Unborn Babies, Pregnant Women, and Children (<i>Booklet</i>)</p> <p><i>Currently Unavailable – Under Review</i></p>	<p>This booklet outlines the problems that can result from smoking and exposure to second-hand smoke. Information focuses on the types of smoke, issues in sexual and reproductive health, pregnancy complications, and effects on the newborn, infants, and children. Includes information on how to protect children and pregnant women from the effects of tobacco smoke.</p>	Rev. 2012
	3-308	<p>Children Need to Breathe More than You Need to Smoke (<i>Brochure</i>)</p> <p><i>Currently Unavailable – Under Review</i></p>	<p>This brochure, targeted to parents and caregivers, outlines the health effects of second-hand tobacco smoke on children. Issues presented include ear, throat, and lung infections, asthma, allergies, SIDS, and overall status of health. Support for the development of the brochure was provided from the Tobacco Demand Reduction Strategy Initiative of Health Canada.</p>	2012

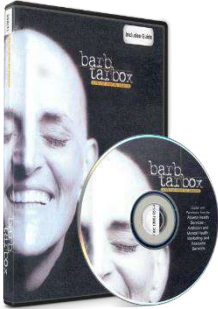
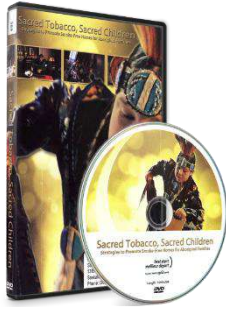
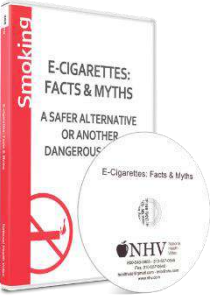
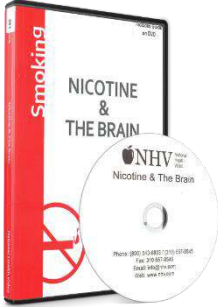
	<p>3-312</p>	<p>Make Your Home and Car Smoke-free: A Guide to Protecting Your Family from Second-Hand Smoke <i>(Brochure)</i></p> <p>Please order directly from <a href="http://www.hc-sc.gc.ca">www.hc-sc.gc.ca</a></p>	<p>This booklet talks about the effects about second-hand smoke and the benefits of a smoke-free home and car. There are guidelines to follow to help plan a smoke-free environment for the whole family.</p>	<p>2021</p>
	<p>3-313</p>	<p>Smoking and Quitting Clean Air for All <i>(Booklet)</i></p> <p>To avoid shipping charges, please order directly from <a href="http://HealthCanada.ca">Health Canada</a>, <a href="http://CentreofAddictionandMentalHealth.ca">Centre of Addiction and Mental Health</a>. Also available for order or download at <a href="http://www.knowledgex.camh.net">www.knowledgex.camh.net</a>.</p>	<p>Children worry when they see people, they care about doing something dangerous to their health. Smoking and Quitting: Clean Air for All (PDF) is a storybook for use with children in Grades 1 to 5 that will help them find answers to their questions, as well as make it easier for them to talk to teachers, parents, caregivers, and other family members about their thoughts and feelings about smoking. Smoking and Quitting has been awarded Curriculum Services Canada's (CSC) Seal of Quality. Available in limited quantities and in French.</p>	<p>2011</p>
	<p>3-314</p>	<p>Right Time Right Reasons <i>(Booklet)</i></p>	<p>This booklet is based on fathers' experiences of reducing and quitting smoking and is designed for men to further their understanding of the challenges associated with being a father who smokes. Exploring the route to reducing or quitting is the first step in the journey to becoming a smoke-free father. This booklet was designed by the University of British Columbia. Adaptations have been made to meet the needs of Saskatchewan fathers.</p>	<p>2014</p>

	3-315	Grade 6 Sample Unit on Tobacco <i>(Guide and Manual)</i>	This online resource includes current information about tobacco, related topics, and provides learning activities for Saskatchewan teachers to use in classroom settings. To promote further awareness on tobacco prevention, this unit was collaboratively developed to introduce the health and social issues related to tobacco for youth. Complete with links to other resources, this online unit promotes healthy lifestyles and encourages youth to further explore health behaviours.	2015
	3-316	Avoid the Heat <i>(Information Card)</i>	Saskatchewan has legislation to protect children from the harms associated with second-hand smoke when in vehicles. This information card is aimed at parents and caregivers. The card outlines the harms associated with second-hand smoke and encourages everyone to make their vehicles smoke-free.	2016


## Tobacco Videos

	3-V-350	All You Need to Know about Tobacco in 17 Minutes	Tobacco use is the leading cause of preventable death. Viewers learn about the toxic chemicals in tobacco smoke and are alerted to the hazards of second-hand and third-hand smoke. Long-term and short-term health risks are discussed, from shortness of breath to lung cancer. The video emphasizes the unique dangers of smokeless and dissolvable tobacco products including snus. Doctors share details about how nicotine quickly leads to addiction. The video also explores the misleading marketing tactics meant to lure young people into smoking. Several young ex-smokers describe how difficult it is to quit tobacco. Strong non-use message is sure to resonate with young teens.	2011
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	<p>3-V-351</p>	<p><b>The Totally Disgusting Tobacco Gross out Video</b></p> <p>This video includes a 44-Page <a href="#">Teacher's Resource Book</a>.</p>	<p>As the title suggests, this video goes for the gross-out factor, presenting students with a graphic look at all things vile and disgusting (and there are many!) about using tobacco products. The story revolves around Josie, a middle school student who is preparing a video on the dangers of tobacco use for a health class assignment, despite the disbelieving attitude from her peers – including her boyfriend, Miguel, a smoker himself. As she develops her video project, she shows her friends clips of hairy tongues, yellow teeth, dripping phlegm, oozing tar, diseased lungs, laryngectomies (neck breathers), wrinkled skin, cancerous tumors, and more, until they just can't take it anymore. Not for the fainthearted, this video's imagery will linger long in students' minds and remind them to never consider using tobacco products.</p>	<p>2008</p>
	<p>3-V-356</p>	<p><b>Everything You Need to Know about E-cigarettes, Vaping, and Hookahs</b></p>	<p>This program offers frequently asked questions about electronic cigarettes and provides evidence about e-cigarettes and vaping. The video addresses beliefs and myths about devices known as e-cigarettes or hookahs. It also provides information about the advertising techniques used by tobacco companies to promote the products. Real teens share their experiences with e-cigarettes.</p>	<p>2016</p>



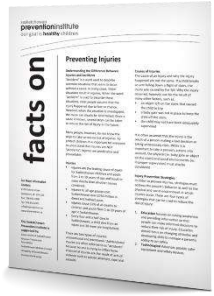

	<p>3-V-358</p>	<p>Barb Tarbox: A Life Cut Short by Tobacco</p>	<p>Barb Tarbox, a 42-year-old woman from Edmonton, Alberta was diagnosed with Stage Four terminal lung cancer after smoking since grade 7. Refusing to let cigarettes take another life, Barb began speaking to students across Canada warning of the dangers associated with smoking. This video captures the spirit of Barb’s presentations and the passion that characterized the last months of her life.</p>	<p>2003</p>
	<p>3-V-359</p>	<p>Sacred Tobacco, Sacred Children</p> <p>This video includes a Facilitator’s Guide.</p>	<p>This video offers real stories from Aboriginal families who have smoke-free homes. The families talk about the approaches that worked for them. The purpose of the video is to: 1) discuss the impact of second-hand smoke on young families; 2) understand the difference between sacred use of traditional tobacco and recreational use of commercial tobacco; and 3) share strategies to reduce the impact of recreational use of tobacco on children.</p>	<p>2012</p>
	<p>3-V-360</p>	<p>E-cigarettes: Facts and Myths – A Safer Alternative or Another Dangerous Habit?</p>	<p>A 16-minute video about the facts and health &amp; safety risks of electronic cigarettes. This video includes a disc with a summary and quiz you can download. The information is presented in clear language and is suitable for grade seven to adult.</p>	<p>2016</p>
	<p>3-V-361</p>	<p>Nicotine and the Brain</p>	<p>Nicotine is one of the most addictive substances known. This program explains just how nicotine affects the brain and why it is so addictive. Includes a state-of-the-art treatment section as well as a copier-ready handout.</p>	<p>2005</p>


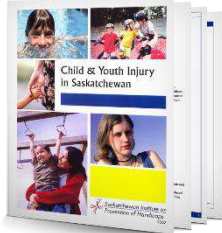
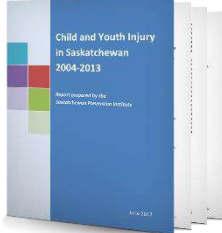
## Other Drugs

	3-010	Cannabis (Booklet)	This booklet provides basic information about cannabis and: pregnancy, breastfeeding, parenting, child safety, and young people.	2019
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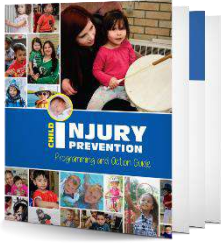


# Child Safety





## Child Injury Prevention (CIP)






Resource	#	Title	Description	Date
	4-001	Concussion in Children Under 6 ( <i>Fact Sheet</i> )	This fact sheet defines what a concussion is, how concussions happen, and the signs and symptoms of a concussion. Information on treatment, potential long-term outcomes, and prevention is also provided. Aimed at health professionals and service providers who work with families.	2019
	4-002	Button Battery Safety ( <i>Fact Sheet</i> )	This fact sheet provides information about what button batteries are, how they can be harmful to the health of children, safety tips, and what to do if a child swallows a button battery.	Rev. 2021
	4-003	Preventing Injuries ( <i>Fact Sheet</i> )	Injuries are the leading cause of death for Saskatchewan children. This fact sheet defines the differences between injuries and “accidents,” outlines the causes of injuries, and identifies the different types of strategies that can be used to prevent injuries.	2010
	4-004	Brain Injury Due to Trauma ( <i>Fact Sheet</i> )	Explains the different ways the brain can be injured, including closed, open, and crushing head injuries. Information about effects on the brain and how to prevent this type of injury is also shared.	Rev. 2019






	4-005	<p>Protecting the Brain (<i>Fact Sheet</i>)</p>	<p>The brain enables us to do everything that we do – breathe, walk, plan for our futures, and makes us who we are as individuals. It is important to understand how the brain works so we can protect it as best as possible.</p>	Rev. 2019
	4-006	<p>Child and Youth Injury in Saskatchewan 1995-1999 (<i>Report</i>)</p>	<p>This report focuses on the most significant causes of injury-related hospitalizations and deaths for Saskatchewan children and youth. The most significant causes discussed in this report are falls, motor vehicle traffic, self-injury, drowning and choking, fire and flame, poison, motor vehicle pedestrian, sports, and assaults.</p>	2002
	4-007	<p>Child and Youth Injury in Saskatchewan 2004-2013 (<i>Report</i>)</p> <p>This report serves as an update to the <i>Child and Youth Injury in Saskatchewan 1995-1999</i> report.</p>	<p>The report examines injury-related deaths and hospitalizations of Saskatchewan children and youth less than 20 years of age during the 10-year period of 2004 to 2013. Injury-related deaths and hospitalizations are examined, followed by a more detailed analysis of the ten most common causes of injury-related hospitalizations, both intentional and unintentional injuries. The ten most common causes are falls, sports, intentional self-harm, assault, poisoning, motor vehicle occupant, cycling, all-terrain vehicle, and fire and burns.</p>	2017





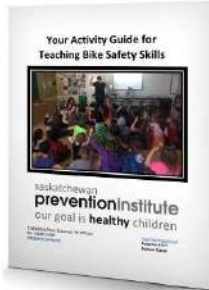

	<p>4-008</p>	<p>Child Injury Prevention Programming and Action Guide (<i>Guide</i>)</p>	<p>The Child Injury Prevention Programming and Action Guide provides information about the importance of injury prevention, why children are more at risk of injury, and how to develop and implement an injury prevention strategy. This resource was developed for community-based programs to use in their work with families to prevent child injury, but it will be of interest to anyone who works with caregivers and children. Adapted with permission from Parachute Canada’s Introduction to Child Injury Prevention (ICIP) online resource.</p>	<p>2017</p>
	<p>4-009</p>	<p>Child and Youth Injury in Saskatchewan 2004-2013 Summary (<i>Report</i>)</p>	<p>This summary is based on the report, “Child and Youth Injury in Saskatchewan 2004-2013” (resource 4-007). It provides information about injury-related deaths and hospitalizations of Saskatchewan children and youth, including the top causes of injury-related hospitalizations and types of injuries.</p>	<p>2017</p>
	<p>4-010</p>	<p>Child Injury Prevention Demonstration Activities (<i>Guide</i>)</p>	<p>This activity guide was developed for community leaders, educators, and other professionals to use in their work with families to help prevent child injury. The ten hands-on activities included in this guide demonstrate the risk to children and youth from common causes of injury. The causes of injury addressed in the guide include burns, choking, poisoning, scalds, traumatic brain injury, cycling-related injury, drowning, and motor-vehicle injury. Each activity includes a list of the materials, the process, discussion points, and safety tips. Additional materials such as fact sheets, images, and videos are also listed for each activity.</p>	<p>2020</p>

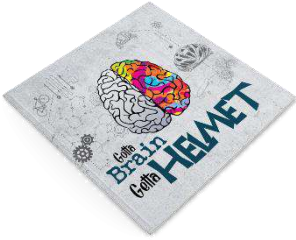




	4-012	I'm Growing Up Safely Growth Chart <i>(Poster)</i>	This resource provides home safety information for parents and caregivers in the form of a children's growth chart. The growth chart reaches a maximum height of 90 cm (36 inches or 3 feet) and is intended for children between birth and 2 years of age.	Rev. 2011
	4-018	Halloween Safety <i>(Fact Sheet)</i>	This fact sheet provides Halloween safety tips and includes a colouring page.	Rev. 2019
	4-019	Holiday Safety <i>(Fact Sheet)</i>	This fact sheet provides safety tips to help ensure an injury-free holiday season and includes a colouring page.	Rev. 2019
	4-020	Winter Safety <i>(Fact Sheet)</i>	This fact sheet provides tips on winter safety and includes a colouring page.	Rev. 2019


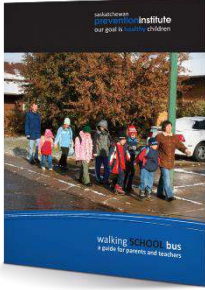

	4-021	Child Pedestrian Safety ( <i>Fact Sheet</i> )	This fact sheet provides tips and facts on child pedestrian safety.	Rev. 2015
	4-023	Home Safety Tips: Birth to 1 Year ( <i>Brochure</i> )	This brochure contains home safety information on the common causes of injury for children less than one year of age. Specific information and preventative messages are included on the following topics: safe sleep, coping with crying, car seats, falls, drowning, choking, and burns and scalds.	2012
	4-024	Home Safety Tips: 1 to 4 Years ( <i>Brochure</i> )	This brochure contains home safety information on the common causes of injury for children between one and four years of age. Information is divided by activities around the home including play time, bath time, sleep time, and mealtime. Injury topics include falls, car seats, drowning, choking, strangulation, poisoning, and burns and scalds.	2011
	4-025	Home Safety Tips: 5 to 9 Years ( <i>Brochure</i> )	This brochure contains information on the common causes of injury for children between five and nine years of age. Injury prevention at home as well as within a community is discussed including car seats, playgrounds, bikes and other wheels, pedestrian safety, falls, drowning, poisoning, and burns and scalds.	2011
	4-026	Bicycle Carrier ( <i>Brochure</i> )	This brochure highlights bicycle carrier safety messages for caregivers.	2017

	4-027	Bicycle Trailer <i>(Brochure)</i>	This brochure highlights bicycle trailer safety messages for caregivers.	2017
	4-040	Close Before Your Doze <i>(Doorhanger)</i>	This resource outlines the importance of closing bedroom doors before going to sleep to reduce the risks associated with fire and smoke. It is intended to be used as a door hanger for children’s bedrooms.	2022
	4-101	Protect Your Baby’s Head Shape: Preventing Flat spots on Your Baby’s Head <i>(Brochure)</i>	This brochure provides parents and caregivers with information on positional plagiocephaly, or “flat head”. Information includes how to prevent flat spots and what to do if a flat spot is found on baby’s head.	2017
	4-201	How to Choose a Bicycle Helmet <i>(Fact Sheet)</i>	This document provides information on the standards for helmets, types of helmets, and how to adjust a helmet for proper fit.	Rev. 2022
	4-202	Bicycle Safety <i>(Fact Sheet)</i>	The best way to avoid injury while cycling is to follow safe practices. This fact sheet outlines some rules of the road and general tips to help you avoid injury while cycling. This resource is ideal for all cyclists.	Rev. 2022

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	4-203	<b>Bicycle Safety for Children and Parents</b> <i>(Brochure)</i>	Children and caregivers can enjoy learning about bicycle safety together! This resource has safety messages for children and adults. Bicycle safety information includes helmet safety, bike maintenance, rules of the road, and sidewalk safety.	2017
	4-205	<b>Municipal Bicycle Bylaw Development</b> <i>(Guide and Manual)</i>	Provides background information on why legislation is a successful strategy in reducing bicycle-related injury and presents a framework for communities to develop and implement comprehensive bicycle bylaws in their municipalities.	2002
	4-217	<b>Bicycle Safety Week Guide</b> <i>(Guide)</i>	This booklet is for any individual to use in educating children and youth about bicycle safety. These nine activities are designed for teaching bike safety skills for children ages 5 – 12. Included are speaking notes, notes to the educator, items required for the activities, and tools to support the activity (e.g., diagrams and photos). This booklet will help individuals focus on the importance of safe cycling through education.	Rev. 2020
	4-219	<b>Protecting Children's Brains</b> <i>(Brochure)</i>	This brochure contains information about characteristics of children at different ages and stages, what this means for their safety, and prevention tips for protecting their brains.	2022



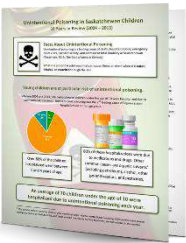
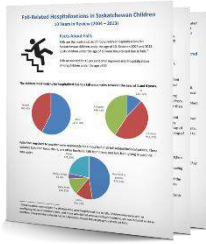
	4-220	Gotta Brain Getta Helmet ( <i>Booklet</i> )	This booklet provides safety information about helmet use for a variety of activities. It also includes an example of a young boy's experience of a head injury. As part of the Gotta Brain Getta Helmet booklet, view this <a href="#">video featuring Savannah Smith</a> , a motocross rider from Saskatchewan. Savannah shares information about her experiences, the importance of wearing a properly fitted helmet, and how to choose a helmet.	2018
	4-221	2V1 ( <i>Bookmark</i> )	This bookmark illustrates bicycle helmet fitting technique. The bookmark has a corresponding poster.	2017
	4-222	2V1 ( <i>Poster</i> )	This poster illustrates bicycle helmet fitting technique. The poster has a corresponding bookmark.	2017
	4-223	Ready to Ride (Arm Signals) ( <i>Bookmark</i> )	This bookmark illustrates arm signals for cyclists. It is important to use arm signals to show others where you are going to turn and when you are going to stop.	2020
	4-224	Ready to Ride ( <i>Booklet</i> )	Children (ages 5-12), their caregivers, and educators can find out how to stay safe while biking. This booklet answers the following questions: why bike safety is important, what should I wear when I ride my bike, why should I wear a bike helmet, what's the right bike for me, and what road rules should I know?	Rev. 2021


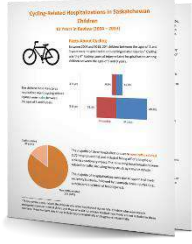

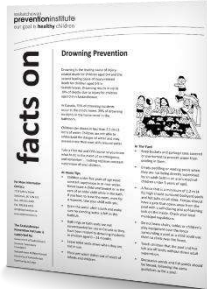
	4-301	E-Cigarette ( <i>Fact Sheet</i> )	This fact sheet defines what electronic cigarette devices are and how they can be harmful to the health of children and youth. This resource outlines tips for parents to avoid injury or accidental poisoning from electronic cigarettes.	Rev. 2017
	4-305	Walking School Bus: A Guide for Parents and Teachers ( <i>Manual</i> )	A Walking School Bus (WSB) is a group of children (passengers) and adults (drivers and conductors) who walk to and from school along a designated, safe route. The “bus” picks up students and drops them off in the reverse order in the afternoon. This guide identifies the benefits, such as safety, environmental, and health of a WSB. It also goes through the process needed to set up a Walking School Bus.	Rev. 2015
	4-350	Million Messages: Key Messages Table ( <i>Information Sheet</i> )  This program was developed by Capital Health in Alberta.	The Million Messages program is the development of a comprehensive plan to standardize messages given to parents about injury by public or community health nurses. Each of these messages is simple, consistent, routine, and targets an issue that affects children at specific stages in their growth and development. The messages are developed for visits during the prenatal, newborn, two months, four months, six months, twelve months, eighteen months, and preschool periods.	Rev. 2010





<p>The image shows a document titled 'Prenatal' with the subtitle 'Share Your Time and Advice With Your Baby's Care Team'. It lists various topics for discussion during prenatal visits, such as 'What to expect', 'Your baby's development', and 'Your role in your baby's care'. It includes a 'Checklist' and 'Key messages' section.</p>	<p>4-351</p>	<p><b>Million Messages: Prenatal</b> <i>(Information Sheet)</i></p> <p>This program was developed by Capital Health in Alberta.</p>	<p>The Million Messages program is the development of a comprehensive plan to standardize messages given to parents about injury by public or community health nurses. Each of these messages is simple, consistent, routine, and targets an issue that affects children at specific stages in their growth and development. The messages are developed for visits during the prenatal, newborn, two months, four months, six months, twelve months, eighteen months, and preschool periods.</p>	<p>Rev. 2010</p>
<p>The image shows a document titled 'Birth to 6 Months' with the subtitle 'Share Your Time and Advice With Your Baby'. It lists topics for discussion during visits from birth to 6 months, including 'Your baby's development', 'Your role in your baby's care', and 'Your baby's safety'. It includes a 'Checklist' and 'Key messages' section.</p>	<p>4-352</p>	<p><b>Million Messages: Birth to 6 Months</b> <i>(Information Sheet)</i></p> <p>This program was developed by Capital Health in Alberta.</p>	<p>The Million Messages program is the development of a comprehensive plan to standardize messages given to parents about injury by public or community health nurses. Each of these messages is simple, consistent, routine, and targets an issue that affects children at specific stages in their growth and development. The messages are developed for visits during the prenatal, newborn, two months, four months, six months, twelve months, eighteen months, and preschool periods.</p>	<p>Rev. 2012</p>
<p>The image shows a document titled '6 to 12 Months' with the subtitle 'Share Your Time and Advice With Your Baby'. It lists topics for discussion during visits from 6 to 12 months, including 'Your baby's development', 'Your role in your baby's care', and 'Your baby's safety'. It includes a 'Checklist' and 'Key messages' section.</p>	<p>4-353</p>	<p><b>Million Messages: 6 to 12 Months</b> <i>(Information Sheet)</i></p> <p>This program was developed by Capital Health in Alberta.</p>	<p>The Million Messages program is the development of a comprehensive plan to standardize messages given to parents about injury by public or community health nurses. Each of these messages is simple, consistent, routine, and targets an issue that affects children at specific stages in their growth and development. The messages are developed for visits during the prenatal, newborn, two months, four months, six months, twelve months, eighteen months, and preschool periods.</p>	<p>Rev. 2010</p>









<p>The image shows a document titled "12 to 18 Months" under the heading "Protect Your Child". It lists various safety messages for this age group, such as "Don't let your child play with small objects" and "Don't let your child play with toys that have sharp edges".</p>	<p>4-354</p>	<p><b>Million Messages: 12 to 18 Months</b> <i>(Information Sheet)</i></p> <p>This program was developed by Capital Health in Alberta.</p>	<p>The Million Messages program is the development of a comprehensive plan to standardize messages given to parents about injury by public or community health nurses. Each of these messages is simple, consistent, routine, and targets an issue that affects children at specific stages in their growth and development. The messages are developed for visits during the prenatal, newborn, two months, four months, six months, twelve months, eighteen months, and preschool periods.</p>	<p>Rev. 2010</p>
<p>The image shows a document titled "18 Months to 4 Years" under the heading "Protect Your Child". It lists various safety messages for this age group, such as "Don't let your child play with small objects" and "Don't let your child play with toys that have sharp edges".</p>	<p>4-355</p>	<p><b>Million Messages: 18 Months to 4 Years</b> <i>(Information Sheet)</i></p> <p>This program was developed by Capital Health in Alberta.</p>	<p>The Million Messages program is the development of a comprehensive plan to standardize messages given to parents about injury by public or community health nurses. Each of these messages is simple, consistent, routine, and targets an issue that affects children at specific stages in their growth and development. The messages are developed for visits during the prenatal, newborn, two months, four months, six months, twelve months, eighteen months, and preschool periods.</p>	<p>Rev. 2010</p>
<p>The image shows a document titled "Preschool" under the heading "Protect Your Child". It lists various safety messages for preschool children, such as "Don't let your child play with small objects" and "Don't let your child play with toys that have sharp edges".</p>	<p>4-356</p>	<p><b>Million Messages: Preschool</b> <i>(Information Sheet)</i></p> <p>This program was developed by Capital Health in Alberta.</p>	<p>The Million Messages program is the development of a comprehensive plan to standardize messages given to parents about injury by public or community health nurses. Each of these messages is simple, consistent, routine, and targets an issue that affects children at specific stages in their growth and development. The messages are developed for visits during the prenatal, newborn, two months, four months, six months, twelve months, eighteen months, and preschool periods.</p>	<p>Rev. 2010</p>

 <p>The Million Messages Program is a comprehensive plan to standardize messages given to parents about injury by public or community health nurses. Each of these messages is simple, consistent, routine, and targets an issue that affects children at specific stages in their growth and development. The messages are developed for visits during the prenatal, newborn, two months, four months, six months, twelve months, eighteen months, and preschool periods.</p>	<p>4-357</p>	<p><b>Million Messages: Program (Information Sheet)</b></p> <p>This program was developed by Capital Health in Alberta.</p>	<p>The Million Messages program is the development of a comprehensive plan to standardize messages given to parents about injury by public or community health nurses. Each of these messages is simple, consistent, routine, and targets an issue that affects children at specific stages in their growth and development. The messages are developed for visits during the prenatal, newborn, two months, four months, six months, twelve months, eighteen months, and preschool periods.</p>	<p>Rev. 2010</p>
 <p>This fact sheet provides information on how to prevent poisoning and a checklist for poison-proofing your home.</p>	<p>4-400</p>	<p><b>How to Prevent Poisoning (Fact Sheet)</b></p>	<p>Contains information on how to prevent poisoning and a checklist for poison-proofing your home.</p>	<p>Rev. 2015</p>
 <p>This summary provides information about unintentional poisoning-related hospitalizations for Saskatchewan children under the age of 10, between 2004 and 2013. Information about how to prevent unintentional poisonings in children is also provided.</p>	<p>4-401</p>	<p><b>Unintentional Poisoning Summary (Fact Sheet)</b></p>	<p>This summary provides information about unintentional poisoning-related hospitalizations for Saskatchewan children under the age of 10, between 2004 and 2013. Information about how to prevent unintentional poisonings in children is also provided.</p>	<p>2018</p>
 <p>This summary provides information about fall-related hospitalizations for Saskatchewan children under the age of 10, between 2004 and 2013. Information about how to prevent fall-related injuries in children is also provided.</p>	<p>4-402</p>	<p><b>Fall-Related Hospitalizations Summary (Fact Sheet)</b></p>	<p>This summary provides information about fall-related hospitalizations for Saskatchewan children under the age of 10, between 2004 and 2013. Information about how to prevent fall-related injuries in children is also provided.</p>	<p>2018</p>

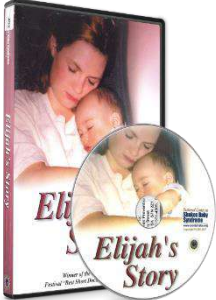
	4-403	Sport-Related Hospitalizations Summary ( <i>Fact Sheet</i> )	This summary provides information about sport-related hospitalizations for Saskatchewan children under the age of 20, between 2004 and 2013. Information about how to prevent sport-related injuries in children is also provided.	2018
	4-404	Cycling-Related Hospitalizations Summary ( <i>Fact Sheet</i> )	This summary provides information about cycling-related injury hospitalizations for Saskatchewan children under the age of 10, between 2004 and 2013. Information about how to prevent cycling-related injuries in children is also provided.	2018
	4-405	Fire and Burn-Related Hospitalizations Summary ( <i>Fact Sheet</i> )	This summary provides information about fire and burn-related hospitalizations for Saskatchewan children under the age of 10, between 2004 and 2013. Information about how to prevent fire and burn-related injuries in children is also provided.	2018
	4-500	Drowning Prevention ( <i>Fact Sheet</i> )	Drowning can happen swiftly and silently. In Saskatchewan, drowning is the leading cause of death due to injury among children birth to four years of age and is the second leading cause of death due to injury among children five to nine years of age. The fact sheet outlines ways to assist you in protecting your family from drowning. Ideal for families and professionals working in child safety.	Rev. 2015

	4-600	Farm Safety ( <i>Fact Sheet</i> )	Every year, children are injured on Saskatchewan farms. This information sheet was developed to assist families in making the farm a safe place for children and outlines ways to help prevent injuries.	2010
	4-800	Playground Safety ( <i>Fact Sheet</i> )	Every year in Saskatchewan, children between the ages of one and nine years are hospitalized due to playground injuries. This fact sheet outlines the steps parents can take to protect their children. Includes a checklist for ensuring their local playgrounds are safe and well-maintained.	Rev. 2014
	4-900	Pediatric Abusive Head Trauma (Shaken Baby Syndrome) ( <i>Fact Sheet</i> )	Explains what abusive head trauma is, including how and why it happens, the long-term effects, and how it can be prevented. Aimed at health professionals and service providers who work with families.	Rev. 2019
	4-902	When Your Baby Can't Stop Crying	Although infant crying is normal, it can be very frustrating for caregivers. This brochure identifies strategies for dealing with a crying infant, as well as strategies for handling caregivers' frustration. Ideal for use with all caregivers.	Rev. 2019





	4-907	Poison Prevention Guide <i>(Guide and Manual)</i>	This guide is for anyone who works with children and their families and can be used to educate children and families about home and personal safety related to poisoning prevention. There are activities for both children and adults in the guide. There are activity pages at the end of the guide that can be photocopied.	2021
	4-910	Burn and Scald <i>(Information Card)</i>	This information card is part of the Injury prevention begins with you campaign, and shares tips for how you can prevent burn and scald injuries in children.	2021
	4-911	Drowning Prevention <i>(Information Card)</i>	This information card is part of the Injury prevention begins with you campaign, and shares tips for how you can prevent drowning injuries in children.	2021
	4-912	Promoting Risky Play <i>(Information Card)</i>	This information card is part of the Injury prevention begins with you campaign, and shares tips for how you can promote children's risky play.	2021
	4-913	Trampoline Safety <i>(Information Card)</i>	This information card is part of the Injury prevention begins with you campaign, and shares tips for how you can prevent trampoline injuries in children.	2021

	4-914	Bicycle Safety <i>(Information Card)</i>	This information card is part of the Injury Prevention Begins with You campaign, and shares tips on how you can prevent cycling-related injuries in children.	2022
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## Child Injury Prevention Videos

	4-V-402	Elijah's Story	Elijah's Story is the true story of a 16-month-old baby boy who was shaken to death by his biological father. The film follows the young family from the birth of Elijah to the 911 emergency call and sentencing hearing. Testimonies are given by Elijah's mom and grandparents, as well as by the doctor, detective, and judge in the case. Elijah's mom shares her emotions as she tries to go on, and Elijah's dad speaks out from prison, encouraging others to learn from his mistakes.	2000
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## Child Traffic Safety (CTS)


 <p>The image shows a fact sheet titled "Rear-Facing Car Seats". It includes diagrams of a child in a rear-facing seat, a car seat base, and a car seat being buckled. The text explains the importance of rear-facing seats for young children and provides instructions on how to properly install and use them.</p>	4-000	Rear Facing Car Seats ( <i>Fact Sheet</i> )	This fact sheet explains the different types of rear-facing car seats and how to properly buckle and tighten a child into one.	Rev. 2022
 <p>The image shows a fact sheet titled "Forward-Facing Car Seats". It includes diagrams of a child in a forward-facing seat, a car seat base, and a car seat being buckled. The text explains the importance of forward-facing seats for older children and provides instructions on how to properly install and use them.</p>	4-125	Forward Facing Car Seats ( <i>Fact Sheet</i> )	This fact sheet explains the different types of forward-facing car seats, describes how to properly secure the child into one, and contains car seat installation tips.	Rev. 2021
 <p>The image shows a fact sheet titled "Booster Seats". It includes diagrams of a child in a booster seat, a booster seat base, and a booster seat being buckled. The text explains the importance of booster seats for older children and provides instructions on how to properly install and use them.</p>	4-126	Booster Seats ( <i>Fact Sheet</i> )	This fact sheet shares information about the importance of booster seats, the different types of booster seats, and tips for installing and properly fitting booster seats.	2022
 <p>The image shows a fact sheet titled "Aftermarket Car Seat Accessories". It includes diagrams of a child in a car seat, a car seat base, and various aftermarket accessories like covers, footmuffs, and toys. The text explains the safety risks associated with these accessories and why they should not be used.</p>	4-128	Aftermarket Car Accessories ( <i>Fact Sheet</i> )	This fact sheet explains the safety risks associated with aftermarket accessories for your child's car seat and your vehicle and why they should not be used.	2022

# Early Childhood Development





## Early Childhood Mental Health (ECMH)



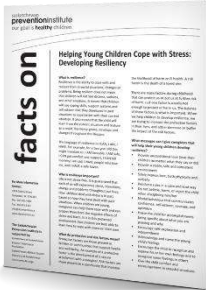

	<p>6-000</p>	<p>Attachment - Connections for Life</p> <p>All of the materials are available in both English and French (6-001).</p> <p>Note – The information in this kit should not be used to diagnose children or provide therapy. Only trained professionals should provide diagnosis or therapy.</p>	<p>This kit provides educational resources and tools for those who work with families. The kit provides evidence-based information on what attachment means, why it is important, what influences it, and what we can do to help promote healthy, secure attachment relationships.</p> <p>The tools for supporting families are the “Attachment Activities”. These are simple, enjoyable activities that parents, and other caregivers can do with children to help promote the development of healthy, secure attachment relationships. There are seven activities that can be done with a child of any age; a list of activities that can be done before the baby is born; and a list of parenting myths and what we know now to facilitate discussion. The “Attachment Activities” include: “Group Guidelines” that provide suggestions for how to introduce the activities to parent groups in a strength-based way, using adult education techniques; and “Handouts” for parents with brief descriptions of the activities. Each “Attachment Activity” is independent of the others, so you can introduce one, some, or all the activities, depending on what works best for you.</p>	<p>2007</p>
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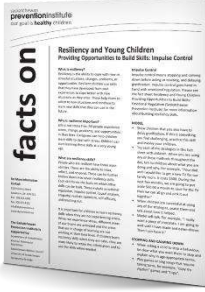




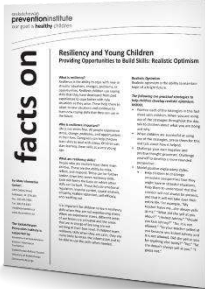


	<p>6-001</p>	<p>Des liens pour la vie: Trousse de ressources pour l'attachement</p>	<p>Cette trousse contient des documents éducatifs, dont un DVD et un guide, ainsi que des outils à l'intention de ceux et de celles qui travaillent auprès des familles. Ces documents, mis au point à partir de données fondées sur des résultats en matière d'attachement, donnent une définition de l'attachement, traitent de son importance dans le développement de l'enfant, des facteurs qui l'influencent, et de ce que nous pouvons faire pour favoriser un attachement sécurisant. Les outils pour développer l'attachement s'appellent "Activités pour développer l'attachement". Il s'agit d'activités simples et agréables que les parents, ou les personnes responsables de l'enfant, peuvent faire avec l'enfant pour favoriser le développement d'un attachement sécurisant. Il y a sept activités à faire avec un enfant, quel que soit son âge. Il y a aussi plusieurs activités à faire avant la naissance du bébé et une liste de mythes et réalités pour faciliter la discussion avec les parents. La section sur les "activités pour développer l'attachement" comprend : les "directives pour l'animation de groupes de discussion", lesquelles comprennent des suggestions sur la façon de présenter une activité à un groupe de parents en faisant appel à leurs qualités personnelles et à leurs points forts, et en utilisant des techniques d'enseignement pour adultes. Chaque activité comprend également un prospectus qui donne une brève description de l'activité aux parents. Les activités pour développer l'attachement sont indépendantes les unes des autres; vous pouvez en utiliser une ou plusieurs, selon ce qui est le plus approprié pour vous.</p>	<p>2007</p>
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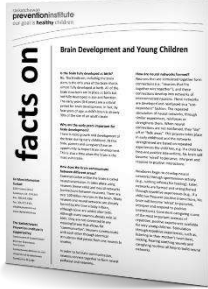



	8-001	<p>Nurturing Early Childhood Mental Health (<i>Information Card</i>)</p>	<p>Written in plain language, this information card provides general information about early childhood mental health and opportunities that parents have to increase their child’s overall health in the early years.</p>	2010
	8-002	<p>Nurturing Early Childhood Mental Health (<i>Fact Sheet</i>)</p>	<p>This fact sheet shares information about nurturing early childhood mental health for children aged birth to six years. Not only does it explain what it is and why it is important, but the fact sheet also includes a detailed chart on the impact of good mental health.</p>	2010
	8-101	<p>Postpartum Depression and Mental Health Concerns: The Impact on Young Children (<i>Fact Sheet</i>)</p>	<p>Approximately 10% of mothers experience postpartum depression. Postpartum depression and mental health concerns impact every aspect of a person’s life, including body, mind, and spirit; extended family and friends; partner and baby. This fact sheet not only discusses the impact that maternal mental health can have on young children, but also ways in which professionals can support families when this is a concern.</p>	2011
	8-201	<p>Caregiver Mental Health (<i>Fact Sheet</i>)</p>	<p>Just like everyone else, caregivers can experience mental health concerns. Caregivers’ mental health concerns, whether in their past or present, can impact their young child(ren) in a number of ways. This fact sheet discusses general mental health concerns.</p>	2010

	8-301	Domestic Violence and Young Children ( <i>Information Card</i> )	Written in plain language, this information card provides basic information about the impact of witnessing domestic violence during early childhood. Caregivers are given practical tips for helping children who have had this experience.	Rev. 2020
	2-905	Domestic Violence and Young Children ( <i>Fact Sheet</i> )	Intimate partner violence (domestic violence, partner abuse) refers to abuse that occurs within an intimate relationship. Intimate partner violence can happen in any intimate relationship regardless of income, length, living arrangements, marital status, or social status. This fact sheet discusses the impact of witnessing intimate partner violence on young children.	2015
	8-501	Stress Trauma and Young Children ( <i>Brochure</i> )	Written in plain language, this brochure helps parents to understand that stress is not always negative and that children should not be sheltered from mild stressors. The brochure also includes information about harmful stress and trauma and its impact on young children. Parents are given practical tips for helping their children who have experienced stress or trauma.	2011
	8-502	Stress Trauma and Young Children ( <i>Fact Sheet</i> )	Many people believe that young children are not affected by stress and trauma. Unfortunately, this is not the case. Brain development, attachment, and emotional regulation can all be impacted by stress and trauma. This fact sheet outlines the differences between positive and negative stress as well as tolerable and toxic trauma. Professionals are given practical tips for working with children who have been traumatized.	2010

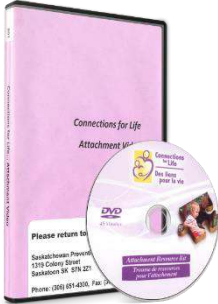
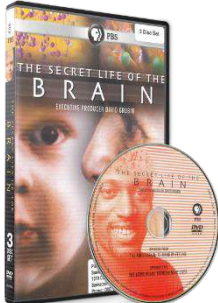
	8-503	<b>Stress and Trauma</b> <i>(Information Card)</i>	This information card provides basic information about the impact of stress and trauma on a young person’s body, particularly the development of his brain.	Rev. 2020
	8-601	<b>Helping Young Children Cope with Stress: Developing Resiliency</b> <i>(Information Card)</i>	Stress is inevitable. Every child and adult will experience stress at some time in their lives. Written in plain language, this information card provides practical information for caregivers to help their young children develop resiliency – coping skills to handle stressful events.	Rev. 2020
	8-602	<b>Helping Young Children Cope with Stress: Developing Resiliency</b> <i>(Fact Sheet)</i>	This fact sheet helps professionals and communities understand their roles in helping young children to develop resiliency. Resilience is the ability to cope with and recover from stressful situations, changes, or problems.	2010
	8-603	<b>Resiliency and Young Children: Self-Efficacy</b> <i>(Fact Sheet)</i>	People who are resilient have three main abilities: relax, reflect, and respond. These abilities can be further broken down into seven resiliency skills. Each skill forms the basis on which others can be built. The seven skills are emotional regulation, impulse control, causal analysis, empathy, realistic optimism, self-efficacy, and reaching out. This fact sheet focuses on practical ways that caregivers and frontline workers can help children build skills in the area of self-efficacy.	2013

	<p>8-604</p>	<p>Resiliency and Young Children: Impulse Control <i>(Fact Sheet)</i></p>	<p>People who are resilient have three main abilities: relax, reflect, and respond. These abilities can be further broken down into seven resiliency skills. Each skill forms the basis on which others can be built. The seven skills are emotional regulation, impulse control, causal analysis, empathy, realistic optimism, self-efficacy, and reaching out. This fact sheet focuses on practical ways that caregivers and frontline workers can help children build skills in the area of impulse control.</p>	<p>2012</p>
	<p>8-605</p>	<p>Resiliency and Young Children: Empathy <i>(Fact Sheet)</i></p>	<p>People who are resilient have three main abilities: relax, reflect, and respond. These abilities can be further broken down into seven resiliency skills. Each skill forms the basis on which others can be built. The seven skills are emotional regulation, impulse control, causal analysis, empathy, realistic optimism, self-efficacy, and reaching out. This fact sheet focuses on practical ways that caregivers and frontline workers can help children build skills in the area of empathy.</p>	<p>2012</p>
	<p>8-606</p>	<p>Resiliency and Young Children: Emotional Regulation <i>(Fact Sheet)</i></p>	<p>People who are resilient have three main abilities: relax, reflect, and respond. These abilities can be further broken down into seven resiliency skills. Each skill forms the basis on which others can be built. The seven skills are emotional regulation, impulse control, causal analysis, empathy, realistic optimism, self-efficacy, and reaching out. This fact sheet focuses on practical ways that caregivers and frontline workers can help children build skills in the area of emotional regulation.</p>	<p>2012</p>

	<p>8-607</p>	<p>Resiliency and Young Children: Realistic Optimism (<i>Fact Sheet</i>)</p>	<p>People who are resilient have three main abilities: relax, reflect, and respond. These abilities can be further broken down into seven resiliency skills. Each skill forms the basis on which others can be built. The seven skills are emotional regulation, impulse control, causal analysis, empathy, realistic optimism, self-efficacy, and reaching out. This fact sheet focuses on practical ways that caregivers and frontline workers can help children build skills in the area of realistic optimism.</p>	<p>2012</p>
	<p>8-608</p>	<p>Resiliency and Young Children: Casual Analysis (<i>Fact Sheet</i>)</p>	<p>People who are resilient have three main abilities: relax, reflect, and respond. These abilities can be further broken down into seven resiliency skills. Each skill forms the basis on which others can be built. The seven skills are emotional regulation, impulse control, causal analysis, empathy, realistic optimism, self-efficacy, and reaching out. This fact sheet focuses on practical ways that caregivers and frontline workers can help children build skills in the area of causal analysis.</p>	<p>2012</p>
	<p>8-609</p>	<p>Resiliency and Young Children: Reaching Out (<i>Fact Sheet</i>)</p>	<p>There are three main abilities that people who are resilient have: relax, reflect, and respond. These can be further broken down into seven resiliency skills. Each skill forms the basis on which others can be built. These include emotional regulation, impulse control, causal analysis, empathy, realistic optimism, self-efficacy, and reaching out. This fact sheet focuses on practical ways that caregivers and frontline workers can help children build skills in the area of reaching out.</p>	<p>2012</p>

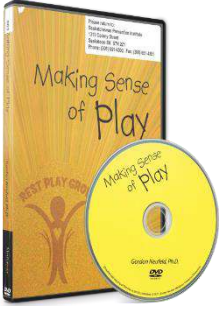
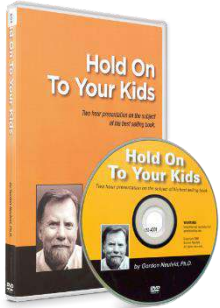
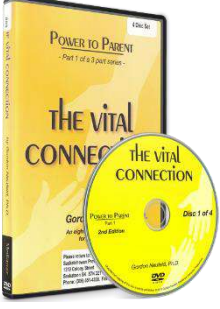
	8-701	<p>Your Young Child's Brain: How Does it Develop? <i>(Information Card)</i></p>	<p>Written in plain language, this information card provides basic information about the importance of brain development during the early years. Practical tips to increase opportunities for children's healthy development are included.</p>	Rev. 2021
	8-702	<p>Brain Development and Young Children <i>(Fact Sheet)</i></p>	<p>This fact sheet provides an overview of early childhood brain development and stresses the influences that experience, and the environment have on optimal development. Early childhood is a time when there is rapid growth and development of the brain. At this time, parents and caregivers have an opportunity to impact brain development. This is also a time when the brain is the most vulnerable.</p>	2010
	8-801	<p>Attachment <i>(Information Card)</i></p>	<p>Written in plain language, this information card provides basic information about attachment ... the connection that a baby forms with his caregivers that helps him to feel loved, secure, and safe.</p>	Rev. 2020
	8-810	<p>Temperament <i>(Information Card)</i></p>	<p>This information card is about temperament, the inherent and unique traits that influence how we interact with the world. Caregivers will be provided with information on why it is important to understand their children's temperaments and how it affects behaviour.</p>	2015
	9-000	<p>Promising Practices in the Mitigation of the Impacts of Adverse Childhood Experiences (ACES) in Children Ages 0-6 <i>(Report)</i></p>	<p>The purpose of this report is to define ACEs and their impact on development, health, and well-being; describe how ACEs are identified in children ages 0 to 6; and investigate evidence-based practices being used with children ages 0 to 6 and parent/caregiver-child dyads to mitigate (make less severe or harmful) the impacts of ACEs in childhood and beyond.</p>	2022

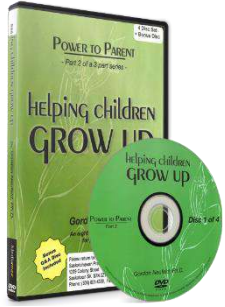
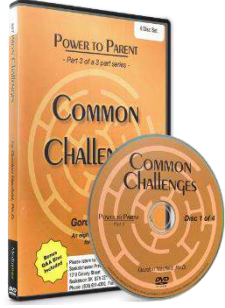
## Early Childhood Development Videos



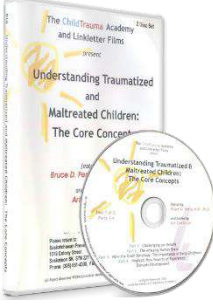
 <p>The image shows a pink DVD case for 'Connections for Life: Attachment' and a matching DVD disc. The case has the title and 'Please return to' information for the Saskatchewan Prevention Institute.</p>	<p>8-V-801</p>	<p>Connections for Life: Attachment</p>	<p>This educational DVD provides consistent, evidence-based information on attachment and is for those who work with families. The DVD has four sections: 1) Introduction to Attachment, 2) The Importance of Attachment, 3) Factors that Influence Attachment, and 4) Promoting Secure Attachment. The information is made accessible through the use of plain language, visual demonstrations of child and caregiver behaviours, expert explanations, and graphics. Both English and French versions are on the one DVD.</p>	<p>2007</p>
 <p>The image shows a DVD case for 'The Secret Life of the Brain' and a matching DVD disc. The case features a close-up of a person's face and the title.</p>	<p>8-V-802</p>	<p>The Secret Life of the Brain</p>	<p>The following DVDs are part of a series entitled "The Secret Life of the Brain".</p> <ul style="list-style-type: none"> <li>• Episode One: The Baby's Brain: Wider than the Sky</li> <li>• Episode Two: The Child's Brain: Syllable from Sound</li> <li>• Episode Three: The Teenage Brain: A World of Their Own</li> <li>• Episode Four: The Adult Brain: To Think by Feeling</li> <li>• Episode Five: The Aging Brain: Through Many Lives</li> </ul> <p>This series examines brain development and function throughout the lifetime, from prenatal development to later life. Presenting personal stories, the series highlights various diseases and disabilities, and describes the cutting edge research and resulting knowledge about the brain.</p>	<p>2001</p>

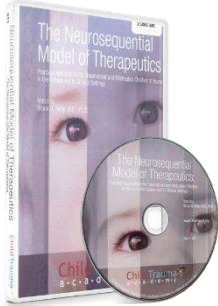
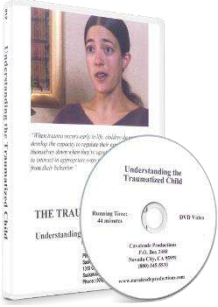
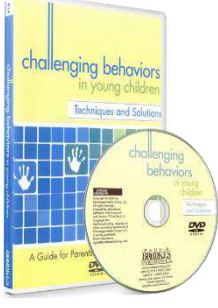


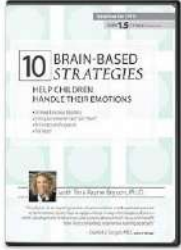

Saskatchewan Prevention Institute Resource Catalogue

	8-V-803	<p><b>Making Sense of Play</b></p>	<p>In this two-hour seminar, Dr. Gordon Neufeld explores what play is, the benefits of play, and what is needed for children to play. Dr. Neufeld explains that play is not an option; it is a developmental requirement. Through various examples, he explores the three basic tenants of play: 1) Play is not work, 2) Play is expressive and exploratory, and 3) Play is “not for real”.</p>	2011
	8-V-804	<p><b>Hold onto Your Kids</b></p>	<p>This DVD explores the importance of attachment in the development of children. In some cases, these relationships do not last for the length of time that children are still maturing. Often times, children turn their attachment relationship from caregivers to peers. However, peer relationships do not have the same benefits for the child as those with caregivers.</p>	2008
	8-V-805	<p><b>Power to Parent: The Vital Connection</b></p> <p>This is part 1 of a 3-part series.</p>	<p>In this DVD, Dr. Neufeld examines the importance of the attachment relationship that children have with their caregivers and its continuance into adolescence. He discusses the difficulties that can occur if attachments to peers begin to compete with the attachment children have with their caregiver(s).</p>	2012

 <p>The image shows a DVD case and a disc for 'Power to Parent: Helping Children Grow Up'. The case is green and white, with the title 'POWER TO PARENT - Part 2 of a 3-part series' at the top. Below that, it says 'HELPING CHILDREN GROW UP'. The disc is green and white with the same title.</p>	<p>8-V-806</p>	<p><b>Power to Parent: Helping Children Grow Up</b></p> <p>This is part 2 of a 3-part series.</p>	<p>This course is recommended for professional development purposes and should be used in a consecutive fashion as each session builds on previous information. The DVD speaks to the topic of helping children grow up. Sessions are broken down as follows:</p> <ul style="list-style-type: none"> <li>• Parents and the miracle of maturation</li> <li>• How to give children the rest they need to grow</li> <li>• Keys to independence, individuality, and responsibility</li> <li>• How to help children become their own persons</li> <li>• Keys to resilience, resourcefulness, and recovery</li> <li>• How to help children accept limits and adapt to circumstances</li> <li>• Keys to emotional and social maturity</li> </ul>	<p>2008</p>
 <p>The image shows a DVD case and a disc for 'Power to Parent: Common Challenges'. The case is orange and white, with the title 'POWER TO PARENT - Part 2 of a 3-part series' at the top. Below that, it says 'COMMON CHALLENGES'. The disc is orange and white with the same title.</p>	<p>8-V-807</p>	<p><b>Power to Parent: Common Challenges</b></p> <p>Dr. Neufeld discusses ways to address challenging behaviour in children while maintaining attachment relationships.</p>	<p>The eight sessions are as follows:</p> <ul style="list-style-type: none"> <li>• Thinking developmentally when facing challenges</li> <li>• Recognizing the signs of trouble</li> <li>• Living with a sensitive child</li> <li>• Cultivating resilience in a child</li> <li>• Leading an alpha child</li> <li>• Disciplining a stuck child</li> <li>• Putting the developmental approach into practice</li> </ul>	<p>2011</p>


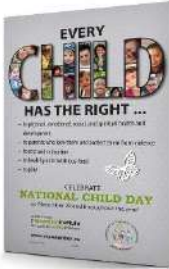

	<p>8-V-808</p>	<p>The Art and Science of Transplanting Children</p>	<p>This course explores the attachment needs of children and how these can become disrupted when a child is moved into a new environment. Each presentation is designed so that the material builds on the information learned in previous presentations. This course is suitable for anyone working with children or who is responsible for making policy decisions regarding children who are placed into care. This can be used for individual professional development or could be used as a series of one-hour staff development sessions. Foster and adoptive parents will also benefit from this information.</p>	<p>2011</p>
	<p>8-V-809</p>	<p>The Six Core Strengths for Healthy Childhood Development</p>	<p>In this DVD, Dr. Bruce Perry outlines the core strengths that, if developed in early childhood, help children to grow into creative, social, humane, and caring humans. These core strengths are only expressed if a child is given opportunities to develop them. They include attachment, self-regulation, affiliation, attunement, tolerance, and respect.</p>	<p>2004</p>
	<p>8-V-810</p>	<p>Understanding Traumatized and Maltreated Children: The Core Concepts</p> <p>This DVD consists of seven, half-hour presentations focused on child maltreatment and trauma.</p>	<p>Dr. Bruce Perry, from the ChildTrauma Academy, presents information on the following topics:</p> <ul style="list-style-type: none"> <li>• Challenging our beliefs</li> <li>• The amazing human brain</li> <li>• How the brain develops: The importance of early childhood development</li> <li>• Neglect: How poverty of experience disrupts development</li> <li>• The fear response: The impact of childhood trauma</li> <li>• Living and working with traumatized children</li> <li>• Violence and childhood</li> </ul>	<p>2004</p>

	<p>8-V-811</p>	<p>The Neuro-sequential Model of Therapeutics</p>	<p>This lecture series features Dr. Bruce Perry sharing information about the Neurosequential Model of Therapeutics. This series can be used for professional education. The series is separated into 8 parts as follows:</p> <ul style="list-style-type: none"> <li>• The neurodevelopmental lens</li> <li>• The response to threat</li> <li>• Memory and processing</li> <li>• Neurosociology: Relational neurobiology</li> <li>• Neglect</li> <li>• NMT: Principles</li> <li>• Clinical application of the NMT</li> <li>• Questions and Answers</li> </ul>	<p>2008</p>
	<p>8-V-812</p>	<p>The Traumatized Child: Understanding the Traumatized Child</p>	<p>This DVD is part of a video series, The Traumatized Child. In this video, experts, foster children, and foster care parents explain how abuse and neglect impacts children. Information is included on emotional and behavioural symptoms, coping strategies children use, and ways to stabilize traumatized children.</p>	<p>2004</p>
	<p>8-V-814</p>	<p>Challenging Behaviors in Young Children: Techniques and Solutions</p>	<p>This DVD highlights expert information from two books <i>Challenging Behaviors in Early Childhood Classroom Settings: Creating a Place for all Children</i> and <i>Addressing Challenging Behaviors in Early Childhood Settings: A Teacher's Guide</i>. The DVD uses footage from a daycare setting to highlight concepts that are introduced by experts throughout the film. Special attention is paid to methods that can be used to teach young children how to problem solve.</p>	<p>2004</p>






	<p>8-V-815</p>	<p><b>10 Brain-Based Strategies to Help Children Handle Their Emotions</b></p>	<p>In this recording, Tina Payne Bryson (co-author with Dan Siegel of <i>The Whole-Brain Child</i>) discusses how to increase the effectiveness of your treatment by working with parents to reduce the backwards steps taken when a child leaves the therapy office or classroom. Using stories, case examples, and plenty of humour, Dr. Bryson explains ten simple, scientifically grounded strategies that will help children handle their emotions and make better decisions – even in high-stress moments. You will learn how to accurately assess a child’s temperament and the key questions to provide a great understanding of family dynamics and parenting styles. Walk away from this recording with the tools to improve outcomes by working more effectively with the entire family as part of the process.</p>	<p>2013</p>
	<p>8-V-816</p>	<p><b>Brain Development &amp; Addiction</b></p>	<p>Gabor Maté, M.D. provides a clear explanation of addiction and its crucial relationship to brain development in early childhood and associated environmental conditions. Through a synthesis of clinical experience, cutting edge brain research, and spiritual teachings, Dr. Maté describes why we seek such destructive ways to comfort ourselves and why it is so difficult to stop. He explains the 4 basic systems involved with healthy development, as well as addiction, and why they are so powerful. Dr. Maté proposes a compassionate approach to healing and suggests that we need to widen our lens to look at the conditions in the world that drive and promote addiction versus health and balance.</p>	<p>2009</p>

# Parenting Education

## Community Action Program for Children (CAPC)




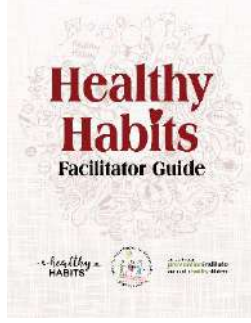
	5-800	Parenting Matters <i>(Bookmark)</i>	This bookmark provides ideas to support child development. Ideal for service providers to give as a take-home keepsake to parents and caregivers.	Rev. 2023
	5-801	National Child Day <i>(Poster)</i>	This poster was developed by the Community Action Program for Children (CAPC) project to raise awareness on the United Nations Convention on the Rights of the Child (1989) and to celebrate National Child’s Day on November 20 of each year. The poster highlights children’s rights: right to education, right to play, right to healthy food, right to parents who love them and protect them from harm, right to health, and right to rest and relaxation. By ratifying the United Nations Convention on the Rights of the Child in 1991, Canada made a commitment to ensure that children’s rights are upheld. Help us celebrate National Child’s Day on November 20 and everyday throughout the year!	2020
	5-802	Sleep Skills <i>(Brochure)</i>	Good sleep among infants and young children is important for their physical, mental, and emotional well-being. This brochure, designed for use with parents and caregivers, explains what can affect your child’s sleep, how parents and caregivers can help their child go to sleep, and sleep guidelines for children 0-6 years old.	Rev. 2022

	5-812	<p>Healthy Minds Begin at Home: From Infant to Individual (<i>Guide and Manual</i>)</p>	<p>This guide was developed for use with the “Healthy Minds Begin at Home: from Infant to Individual” toolkit. It is designed to help service providers begin or continue to work in early childhood mental health. Included in the guide is information on early childhood mental health topics, suggested activities that professionals or caregivers can do with children, tip sheets for caregivers, and a list of resources. The “Healthy Minds Begin at Home: from Infant to Individual” toolkit was developed for Community Action Program for Children projects.</p>	2014
	5-900	<p>Healthy Habits (<i>Poster</i>)</p>	<p>A habit is a behaviour that is repeated so often it becomes routine. A healthy habit creates a feeling of wellness in the body, mind, and spirit. These habits help children to grow up happy and healthy. Children watch and learn healthy habits from the adults in their lives, such as parents, caregivers, program staff, and healthcare professionals. To help children develop healthy habits, it is important for the adults in children’s lives to practice healthy habits.</p>	2021
	5-901	<p>Healthy Habits (<i>Postcard</i>)</p>	<p>See 5-900 for more information.</p>	2021
	5-902	<p>Childs Favourite Healthy Food (<i>Poster</i>)</p>	<p>See 5-900 for more information.</p>	2021


 <p><b>What is your child's favourite healthy food?</b></p> <p>Children learn about healthy eating and nutrition through their favourite foods. Encourage your child to try new foods and to eat a variety of fruits and vegetables.</p> <p>Children learn about healthy eating and nutrition through their favourite foods. Encourage your child to try new foods and to eat a variety of fruits and vegetables.</p> <p>Children learn about healthy eating and nutrition through their favourite foods. Encourage your child to try new foods and to eat a variety of fruits and vegetables.</p>	5-903	Childs Favourite Healthy Food (Postcard)	See 5-900 for more information.	2021
 <p><b>What are whole foods and processed foods?</b></p> <p>Whole foods are foods with nothing added, like apples, carrots, and chicken. When you buy them, they're usually in their natural, unprocessed state.</p> <p>Processed foods have additional ingredients added to them, like salt, sugar, fat, and dyes. Processed foods may have changed the way they are being prepared, the cooking, the ingredients, or even the nutrients of whole foods.</p> <p>How can your family begin to eat more whole foods?</p>	5-904	Processed Foods (Poster)	See 5-900 for more information.	2021
 <p><b>What are whole foods and processed foods?</b></p> <p>Whole foods are foods with nothing added, like apples, carrots, and chicken. When you buy them, they're usually in their natural, unprocessed state.</p> <p>Processed foods have additional ingredients added to them, like salt, sugar, fat, and dyes. Processed foods may have changed the way they are being prepared, the cooking, the ingredients, or even the nutrients of whole foods.</p> <p>How can your family begin to eat more whole foods?</p>	5-905	Processed Foods (Postcard)	See 5-900 for more information.	2021
 <p><b>Why is it important to eat together as a family?</b></p> <p>Eating meals together is good for the whole family. Everyone gets a chance to enjoy each other's company and to talk about their day. It's also a chance to teach children about healthy eating and to help them learn their own likes and dislikes.</p> <p>How can eating together help your family?</p>	5-906	Eating Together (Poster)	See 5-900 for more information.	2021
 <p><b>Why is it important to eat together as a family?</b></p> <p>Eating meals together is good for the whole family. Everyone gets a chance to enjoy each other's company and to talk about their day. It's also a chance to teach children about healthy eating and to help them learn their own likes and dislikes.</p> <p>How can eating together help your family?</p>	5-907	Eating Together (Postcard)	See 5-900 for more information.	2021






 <p><b>What is mindful eating?</b></p> <p>Mindful eating happens when you notice your thoughts, feelings, and the way your body feels while you're eating.</p> <p><b>Why is mindful eating important?</b></p> <ul style="list-style-type: none"> <li>• You'll eat less and avoid binge eating and purging.</li> <li>• You'll eat less to lose weight, if you're eating.</li> <li>• Your child's gut will be better.</li> </ul> <p><b>How can you teach your child mindful eating?</b></p> <p><i>Healthy Habits</i>   <i>Healthy Habits for Kids</i></p>	5-908	What is Mindful Eating ( <i>Poster</i> )	See 5-900 for more information.	2021
 <p><b>What is mindful eating?</b></p> <p>Mindful eating happens when you notice your thoughts, feelings, and the way your body feels while you're eating.</p> <p><b>Why is mindful eating important?</b></p> <ul style="list-style-type: none"> <li>• You'll eat less and avoid binge eating and purging.</li> <li>• You'll eat less to lose weight, if you're eating.</li> <li>• Your child's gut will be better.</li> </ul> <p><b>How can you teach your child mindful eating?</b></p> <p><i>Healthy Habits</i>   <i>Healthy Habits for Kids</i></p>	5-909	What is Mindful Eating ( <i>Postcard</i> )	See 5-900 for more information.	2021
 <p><b>Why is physical activity important for children?</b></p> <p>Children who are active and physically fit:</p> <ul style="list-style-type: none"> <li>• Feel better about their bodies.</li> <li>• Have more energy.</li> <li>• Are more confident.</li> <li>• Have better school performance.</li> <li>• Have better relationships.</li> <li>• Live longer.</li> </ul> <p><b>Physical activity is important to your child's health because:</b></p> <ul style="list-style-type: none"> <li>• It helps them grow and develop.</li> <li>• It helps them learn and concentrate.</li> <li>• It helps them feel good about themselves.</li> <li>• It helps them have fun and enjoy life.</li> <li>• It helps them live longer.</li> </ul> <p><b>What is your child's favorite way to be active?</b></p> <p><i>Healthy Habits</i>   <i>Healthy Habits for Kids</i></p>	5-910	Physical Activity Important ( <i>Poster</i> )	See 5-900 for more information.	2022
 <p><b>Why is physical activity important for children?</b></p> <p>Children who are active and physically fit:</p> <ul style="list-style-type: none"> <li>• Feel better about their bodies.</li> <li>• Have more energy.</li> <li>• Are more confident.</li> <li>• Have better school performance.</li> <li>• Have better relationships.</li> <li>• Live longer.</li> </ul> <p><b>Physical activity is important to your child's health because:</b></p> <ul style="list-style-type: none"> <li>• It helps them grow and develop.</li> <li>• It helps them learn and concentrate.</li> <li>• It helps them feel good about themselves.</li> <li>• It helps them have fun and enjoy life.</li> <li>• It helps them live longer.</li> </ul> <p><b>What is your child's favorite way to be active?</b></p> <p><i>Healthy Habits</i>   <i>Healthy Habits for Kids</i></p>	5-911	Physical Activity Important ( <i>Postcard</i> )	See 5-900 for more information.	2022
 <p><b>What healthy habits support healthy relationships?</b></p> <p>Healthy habits are the things you do every day that help you feel good about yourself and your relationships.</p> <ul style="list-style-type: none"> <li>• Being kind to others.</li> <li>• Being honest.</li> <li>• Being respectful.</li> <li>• Being responsible.</li> <li>• Being confident.</li> <li>• Being active.</li> <li>• Being healthy.</li> <li>• Being happy.</li> </ul> <p><b>How does your child respond when you practice healthy relationship habits?</b></p> <p><i>Healthy Habits</i>   <i>Healthy Habits for Kids</i></p>	5-912	Healthy Habits Support Healthy Relationships ( <i>Poster</i> )	See 5-900 for more information.	2022

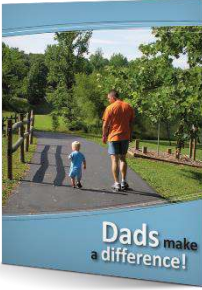
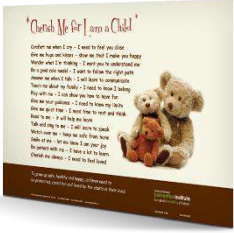


 <p><b>What healthy habits support healthy relationships?</b></p> <p>Healthy relationships are a cornerstone of well-being. They provide support, love, and a sense of belonging. Healthy habits can help you build and maintain strong relationships.</p> <p>Healthy habits include:</p> <ul style="list-style-type: none"> <li>• Being honest and open</li> <li>• Listening to others</li> <li>• Showing respect</li> <li>• Being kind and caring</li> <li>• Being responsible</li> <li>• Being patient</li> <li>• Being forgiving</li> <li>• Being understanding</li> <li>• Being supportive</li> <li>• Being helpful</li> <li>• Being generous</li> <li>• Being compassionate</li> <li>• Being empathetic</li> <li>• Being caring</li> <li>• Being loving</li> <li>• Being affectionate</li> <li>• Being intimate</li> <li>• Being vulnerable</li> <li>• Being authentic</li> <li>• Being genuine</li> <li>• Being sincere</li> <li>• Being honest</li> <li>• Being truthful</li> <li>• Being forthright</li> <li>• Being candid</li> <li>• Being direct</li> <li>• Being straightforward</li> <li>• Being unambiguous</li> <li>• Being clear</li> <li>• Being concise</li> <li>• Being brief</li> <li>• Being to the point</li> <li>• Being succinct</li> <li>• Being terse</li> <li>• Being laconic</li> <li>• Being terse</li> <li>• Being laconic</li> <li>• Being terse</li> <li>• Being laconic</li> </ul> <p>Healthy relationships are built on trust, respect, and communication. By practicing these habits, you can create a strong and lasting bond with the people you care about.</p> <p>For more information, visit <a href="http://www.healthycanada.ca">www.healthycanada.ca</a></p>	5-913	Healthy Habits Support Healthy Relationships (Postcard)	See 5-900 for more information.	2022
 <p><b>What healthy habits help your child balance their energy?</b></p> <p>Children need to have a balance of energy to be happy and healthy. They need to be active and have fun, but they also need to rest and relax. Healthy habits can help your child find the right balance.</p> <p>Healthy habits include:</p> <ul style="list-style-type: none"> <li>• Getting enough sleep</li> <li>• Eating healthy food</li> <li>• Being active</li> <li>• Taking breaks</li> <li>• Being kind and caring</li> <li>• Being responsible</li> <li>• Being patient</li> <li>• Being forgiving</li> <li>• Being understanding</li> <li>• Being supportive</li> <li>• Being helpful</li> <li>• Being generous</li> <li>• Being compassionate</li> <li>• Being empathetic</li> <li>• Being caring</li> <li>• Being loving</li> <li>• Being affectionate</li> <li>• Being intimate</li> <li>• Being vulnerable</li> <li>• Being authentic</li> <li>• Being genuine</li> <li>• Being sincere</li> <li>• Being honest</li> <li>• Being truthful</li> <li>• Being forthright</li> <li>• Being candid</li> <li>• Being direct</li> <li>• Being straightforward</li> <li>• Being unambiguous</li> <li>• Being clear</li> <li>• Being concise</li> <li>• Being brief</li> <li>• Being to the point</li> <li>• Being succinct</li> <li>• Being terse</li> <li>• Being laconic</li> <li>• Being terse</li> <li>• Being laconic</li> <li>• Being terse</li> <li>• Being laconic</li> </ul> <p>Children who are active and have a good diet will have more energy and be happier. They will also be able to handle stress better and have a better attitude. Healthy habits are the key to a balanced and happy child.</p> <p>For more information, visit <a href="http://www.healthycanada.ca">www.healthycanada.ca</a></p>	5-914	Recharge Their Energy (Poster)	See 5-900 for more information.	2022
 <p><b>What healthy habits help your child balance their energy?</b></p> <p>Children need to have a balance of energy to be happy and healthy. They need to be active and have fun, but they also need to rest and relax. Healthy habits can help your child find the right balance.</p> <p>Healthy habits include:</p> <ul style="list-style-type: none"> <li>• Getting enough sleep</li> <li>• Eating healthy food</li> <li>• Being active</li> <li>• Taking breaks</li> <li>• Being kind and caring</li> <li>• Being responsible</li> <li>• Being patient</li> <li>• Being forgiving</li> <li>• Being understanding</li> <li>• Being supportive</li> <li>• Being helpful</li> <li>• Being generous</li> <li>• Being compassionate</li> <li>• Being empathetic</li> <li>• Being caring</li> <li>• Being loving</li> <li>• Being affectionate</li> <li>• Being intimate</li> <li>• Being vulnerable</li> <li>• Being authentic</li> <li>• Being genuine</li> <li>• Being sincere</li> <li>• Being honest</li> <li>• Being truthful</li> <li>• Being forthright</li> <li>• Being candid</li> <li>• Being direct</li> <li>• Being straightforward</li> <li>• Being unambiguous</li> <li>• Being clear</li> <li>• Being concise</li> <li>• Being brief</li> <li>• Being to the point</li> <li>• Being succinct</li> <li>• Being terse</li> <li>• Being laconic</li> <li>• Being terse</li> <li>• Being laconic</li> <li>• Being terse</li> <li>• Being laconic</li> </ul> <p>Children who are active and have a good diet will have more energy and be happier. They will also be able to handle stress better and have a better attitude. Healthy habits are the key to a balanced and happy child.</p> <p>For more information, visit <a href="http://www.healthycanada.ca">www.healthycanada.ca</a></p>	5-915	Recharge Their Energy (Postcard)	See 5-900 for more information.	2022
 <p><b>Healthy Habits Facilitator Guide</b></p> <p>This guide provides strategies and activities to help frontline staff use the Healthy Habits resources with parents and caregivers. Activities are also provided that help teach healthy habits to children. These activities can be used both within programs and within the home environment.</p> <p>For more information, visit <a href="http://www.healthycanada.ca">www.healthycanada.ca</a></p>	5-916	Healthy Habits Facilitator Guide (Guide and Manual)	The <i>Healthy Habits Facilitator Guide</i> provides strategies and activities to help frontline staff use the <i>Healthy Habits</i> resources with parents and caregivers. Activities are also provided that help teach healthy habits to children. These activities can be used both within programs and within the home environment.	2022


### Healthy Parenting Home Study - Online

	5-501	Healthy Parenting <i>(Poster)</i>	This poster advertises the Healthy Parenting resource. The Healthy Parenting online resource is a literacy-friendly, interactive, web-based resource that covers topics relevant to parents of children under 6 years old, e.g., eating healthy, safety, childcare, and child development. This resource can be accessed using a computer, tablet, or cell phone.	2019
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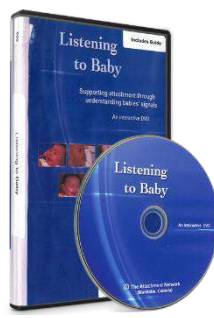

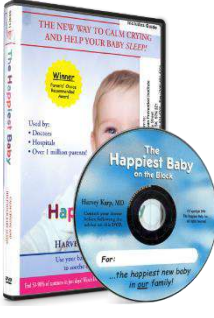
### Nobody's Perfect Parenting Program

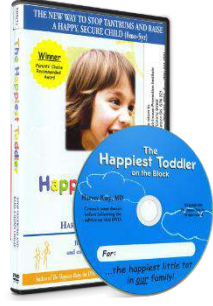
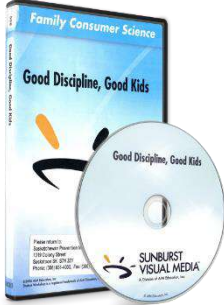
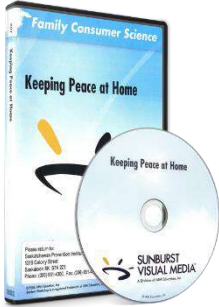
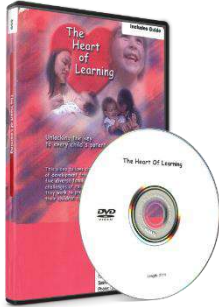
	5-001	Nobody's Perfect Bookmark <i>(Bookmark)</i>	This bookmark provides information about the Nobody's Perfect Parenting Program. Ideal for program facilitators as a take-home keepsake for participants.	2010
	5-002	Nobody's Perfect <i>(Information Card)</i>	This information card provides information about the Nobody's Perfect Parenting Program. Ideal for program facilitators as a recruitment tool for potential participants.	2010
	5-004	Nobody's Perfect <i>(Poster)</i>	This poster provides information about the Nobody's Perfect Parenting Program. Ideal for program facilitators to use as a recruitment tool for potential participants.	2010

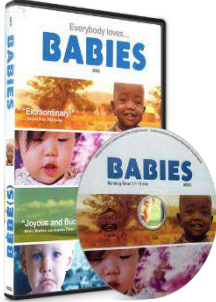
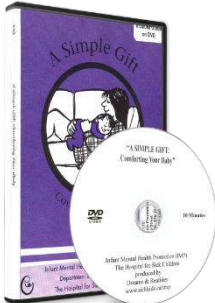

	5-015	<b>Dads Make a Difference (Booklet)</b>	The dad’s role in a child’s life is very important. The booklet contains information on how to be an active parent, and provide structure, guidance, and opportunities to learn. This booklet challenges fathers to do everything they can to be the best dads to their children. Funding for the development of this publication was provided by Saskatchewan Community Resources and Employment.	Rev. 2010
	5-504	<b>Cherish Me for I am a Child (Wall Hanging)</b>	This brightly coloured wall hanging with the poem “Cherish Me for I am a Child” talks about the importance of a child growing up feeling safe, secure, and happy and in order for a child to do this he needs to be protected, cared for, and loved by the adults in his life. This can be used as a wall hanging for anyone to have in their home or office.	2011
	5-505	<b>My Curious Brain (Book)</b>	My Curious Brain is a fun, interactive, and educational book for parents and caregivers to teach their kids about how the brain works. When parents and caregivers have a greater understanding of how the brain works, they will better understand how to support their child and promote healthy brain development. With a greater awareness of how the brain works and with supportive caregivers, children can develop self-regulation skills and strategies to help them effectively deal with stress.	2019
	5-507	<b>My Curious Brain Resource Room (Poster)</b>	The My Curious Brain Resource Room is an interactive virtual tool to help children and adults learn what happens in the brain and body when stress is experienced. This poster provides the QR code and link to access the resource.	2022

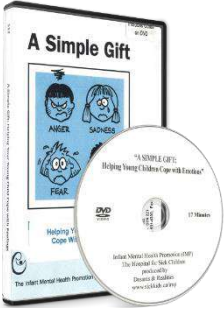

 <p>The image shows a colorful postcard titled "My Curious Brain Resource Room". It features a vibrant, child-friendly illustration of a room with various educational toys and a QR code in the bottom right corner. Text on the postcard includes "A Fun Way for Children to Learn about Their Brains" and "Early Childhood TEAM".</p>	<p>5-508</p>	<p>My Curious Brain Resource Room Postcard (Information Card)</p>	<p>The My Curious Brain Resource Room is an interactive virtual tool to help children and adults learn what happens in the brain and body when stress is experienced. This postcard provides the QR code and link to access the resource.</p>	<p>2022</p>
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## Parenting Videos

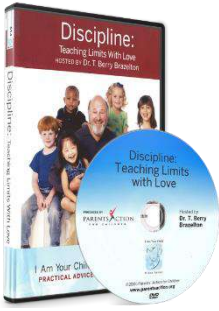
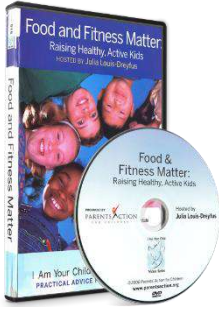
 <p>The image shows a blue DVD case and disc for "Listening to Baby". The cover features a close-up of a baby's face and the text "Supporting maternal trust through understanding baby's signals".</p>	<p>5-V-500</p>	<p>Listening to Baby</p>	<p>Listening to Baby is an interactive DVD about the importance of supporting attachment by noticing, understanding, and responding with sensitivity to babies' cues. This DVD is a rich and multifaceted teaching tool developed primarily for a parent audience but with potential to be used in education and other settings. Messages are told mostly in the voices of parents and illustrated by beautiful images of their babies, from 2 weeks to 16 months of age.</p>	<p>2007</p>
 <p>The image shows a DVD case and disc for "Ten Things Every Child Needs". The cover features a baby's face and the text "For the first 1000 days of life!".</p>	<p>5-V-503</p>	<p>Ten Things Every Child Needs</p>	<p>Can a child's IQ be improved during the first years of life? Researchers say yes if the child receives ten simple things shown to help children's brains develop. This video explains how our earliest interactions influence a child's brain development. It is an invaluable guide that parents and caregivers can follow to give a child his or her best start in life.</p>	<p>1999</p>
 <p>The image shows a DVD case and disc for "The Happiest Baby on the Block". The cover features a baby's face and the text "THE NEW WAY TO CALM CRYING AND HELP YOUR BABY SLEEP!".</p>	<p>5-V-504</p>	<p>The Happiest Baby on the Block</p>	<p>Dr. Karp teaches parents and caregivers how to calm and soothe a crying baby by using the "5 S's". The "Happiest Baby on the Block" is a positive parenting video and can also be used for the prevention of Shaken Baby Syndrome by teaching how to appropriately deal with infant crying.</p>	<p>2002</p>

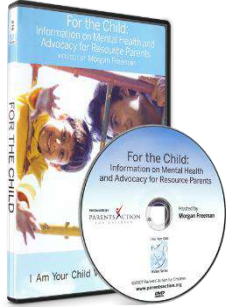
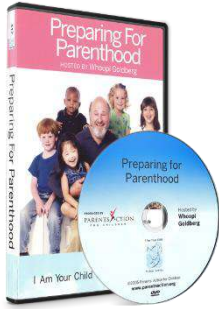

	5-V-505	<p>The Happiest Toddler on the Block</p>	<p>In this video, Dr. Karp teaches parents and caregivers how to calm toddler meltdowns, stop tantrums before they happen, and build a loving and respectful relationship with their child.</p>	2004
	5-V-506	<p>Good Discipline, Good Kids (Parent and Child Series)</p> <p>This is one of a three-part series entitled “Parent and Child” produced by Sunburst Videos.</p>	<p>Adele Faber and Elaine Mazlish, authors of “How to Talk So Kids Will Listen &amp; Listen So Kids Will Talk” discuss parenting issues. This video helps parents understand the basic element of healthy discipline – respectful communication. It helps parents get past the daily power struggle with their children by showing them how to engage cooperation; effectively set rules, expectations, and limits; problem-solve; and use effective alternatives to punishment.</p>	1998
	5-V-507	<p>Keeping Peace at Home</p> <p>This is one of a three-part series entitled “Parent and Child” produced by Sunburst Videos.</p>	<p>A variety of conflict management and problem-solving skills are presented to help families promote respect, cooperation, and successful communication. By learning concrete, practical skills, parents can acquire strategies to ease tensions, prevent family fights, and peaceably resolve those conflicts that do occur. The video demonstrates conflict management skills that can benefit the whole family.</p>	1998
	5-V-508	<p>The Heart of Learning</p>	<p>Much of the way children think and feel about themselves and their world is determined in the first three years of their lives. In this formative time, the brain is developing a complex “wiring” system, making connections that will strongly influence children’s patterns of emotional, social, and psychological behaviour – and how well they can learn, handle stress, thrive, and function in the world.</p>	1999

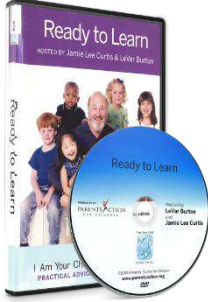

	5-V-509	Babies	<p>Experience joy and happiness at its purest in this life-affirming, universal celebration of the magic and innocence of babies. Proving that if you surround your baby with love, it doesn't matter what culture you're from or what childrearing practices you follow. "Babies" travels the globe following four children from vastly different corners of the world – Ponijao from Namibia, Bayarjargal from Mongolia, Mari from Tokyo, and Hattie from San Francisco.</p>	2009
	5-V-510	A Simple Gift: Comforting Your Baby	<p>This video addresses the development and importance of an infant's attachment relationship with parents in the first year of life. It uses the ideas of attachment theory and research to help focus on different ways parents or other caregivers may respond to infants' cries. It also shows how infants are likely to interpret the responses of caregivers. The information is presented in clear language and is suitable for parents from many cultures.</p>	2000
	5-V-511	A Simple Gift: Ending the Cycle of Hurt	<p>Certain caregiver behaviours can be frightening to a young child and may contribute to disorganized attachment. As a result, serious emotional and behavioural problems can develop. This video is designed to help parents recognize and prevent interactions with their children that may be harmful. Simple examples of harmful caregiving behaviours are demonstrated with explanations of why they might frighten children. As well, more positive ways to interact with children are suggested. The information is presented in clear language and is suitable for parents from many cultures.</p>	2000

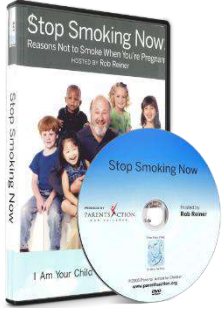
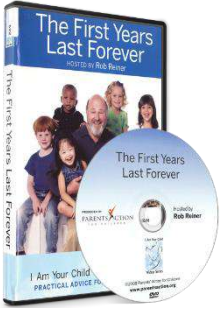
	<p>5-V-512</p>	<p><b>A Simple Gift: Helping Young Children Cope with Emotions</b></p>	<p>Negative emotions (anger, sadness, fear, jealousy) and the difficult behaviours that may follow (temper tantrums, whining) are normal in young children. Research has shown that not learning to manage negative emotions in the early years may result in later problems. This videotape suggests how parents can help young children understand their difficult feelings and express these feelings in ways that are socially acceptable. The information is presented in clear language and is suitable for parents from many cultures.</p>	<p>2000</p>
	<p>5-V-513</p>	<p><b>A Child with Special Needs (I Am Your Child Series)</b></p> <p>Finding out that your child has special needs is the beginning of a remarkable journey. You want your child to be happy and safe, and to develop to her fullest potential.</p>	<p>In this video, families of children with special needs share their stories to help others in similar circumstances understand that, while every child is unique, there are common experiences, emotions, and challenges families are likely to encounter as they work to help their child.</p> <p>This video provides information on:</p> <ul style="list-style-type: none"> <li>• What to do when you find out that your child has a special need</li> <li>• Moving from confusion and grief to acceptance and empowerment</li> <li>• Finding answers and getting help</li> <li>• Speaking up as your child’s best advocate</li> <li>• The importance of looking beyond the diagnosis</li> <li>• Focusing on your child’s unique strengths</li> </ul>	<p>2005</p>

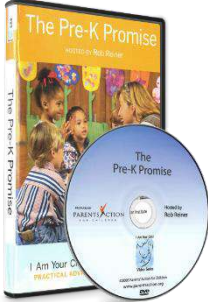

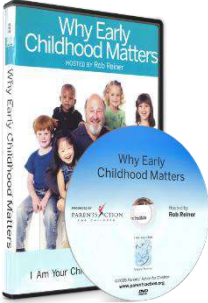


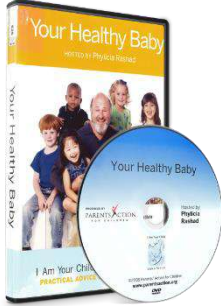
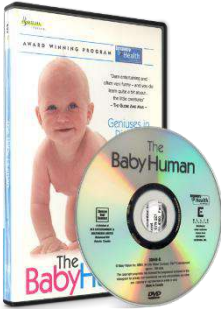
	<p>5-V-514</p>	<p>Discipline – Teaching Limits with Love (I Am Your Child Video Series)</p>	<p>Discipline – setting limits – is one of the most difficult challenges parents face. In this video, Dr. T. Berry Brazelton, shows parents that setting limits is not punishment, but a loving way to teach a child how to control his or her own behaviour. Included is information on:</p> <ul style="list-style-type: none"> <li>• Why a child looks for limits</li> <li>• Techniques for setting effective limits from the start</li> <li>• Why a firm but gentle approach is the most effective</li> <li>• Managing your own emotions and avoiding physical punishment</li> <li>• Why the limits children learn in their first few years build a foundation for the rest of their lives</li> </ul>	<p>2005</p>
	<p>5-V-515</p>	<p>I Am Your Child Video Series: Food and Fitness Matter</p>	<p>The dramatic rise in childhood obesity is one of the most serious health problems facing our country today. Reversing this trend requires changes in our homes, school, and communities. In the video, nutrition experts and others explain:</p> <ul style="list-style-type: none"> <li>• The causes of the dramatic increase in overweight kids</li> <li>• The health problems posed by the childhood obesity epidemic</li> <li>• Practical tips for parents to improve nutrition and fitness at home</li> <li>• Profiles of schools that found ways to serve healthier food and to increase physical activity</li> <li>• Inspiration for parents to work with their schools for change</li> </ul>	<p>2006</p>


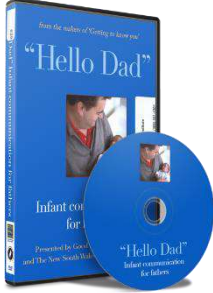
	<p>5-V-516</p>	<p>For the Child: Information on Mental Health and Advocacy for Resource Parents (I Am Your Child Series)</p>	<ul style="list-style-type: none"> <li>• Understand the most common children’s mental health problems</li> <li>• Navigate the local mental health service delivery system</li> <li>• Develop alliances with birth parents, school systems, mental health providers, and case workers</li> <li>• Feel increased comfort with seeking mental health services</li> <li>• Recognize the rights and responsibilities of foster children, birth parents, kinship providers, foster parents, and caseworkers</li> <li>• Identify who to call, what to say, and where to go to obtain the right services for the children in their care</li> <li>• Be an effective advocate for the children in their care</li> </ul>	<p>2007</p>
	<p>5-V-517</p>	<p>Preparing for Parenthood (I Am Your Child Video Series)</p>	<p>Becoming a parent is one of life’s most wonderful – and challenging – experiences. If you are planning a pregnancy, there are many things you can do right now to help give your future child the best possible start in life. If you’re already pregnant, you can begin making changes today that will help your baby enter the world as healthy as possible.</p>	<p>2005</p>
	<p>5-V-518</p>	<p>Quality Child Care – Making the Right Choices for You and Your Child (I Am Your Child Video Series)</p>	<p>Finding the right child care is often challenging – but is one of the most important decisions a parent will ever make.</p> <p>Children’s intellectual and emotional development is strongly influenced by the quality of care that they receive in the first few years of their lives.</p>	<p>2005</p>

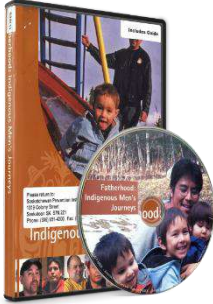
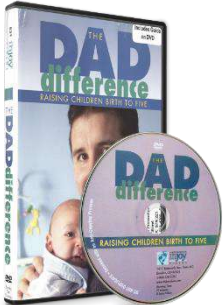
	<p>5-V-519</p>	<p>Ready to Learn (I Am Your Child Video Series)</p>	<p>When you hold a baby lovingly and talk, sing, or read to her, the emotional closeness and language experiences you provide are an important part of preparing her to learn when she is old enough for school. There are many things parents and caregivers can do to help build a child’s literacy skills from the time she is born. This video provides helpful information about:</p> <ul style="list-style-type: none"> <li>• The importance of communicating with your newborn</li> <li>• Establishing reading routines</li> <li>• Materials that prepare your child for reading and writing</li> <li>• Activities to spark your child’s interest in learning</li> <li>• The importance of quality child care</li> <li>• Incorporating literacy into everyday activities</li> </ul>	<p>2005</p>
	<p>5-V-520</p>	<p>I Am Your Child Video Series: Safe from the Start</p>	<p>Childhood is a time of growth, experimentation and learning. Although a few bumps and scrapes are to be expected along the way, there are many things parents and caregivers can do to help prevent serious childhood injuries. It is important to think ahead about potential hazards to make a child’s environment as safe as possible. Prevention will go a long way towards making children “safe from the start.”</p>	<p>2005</p>

	<p>5-V-521</p>	<p>Stop Smoking Now: Reasons Not to Smoke When You're Pregnant – I Am Your Child Video Series</p>	<p>When you're pregnant, everything you eat, drink, and breathe affects your health and your baby's health. So when you smoke, your baby does too.</p> <p>Quitting smoking is one of the most important things you can do for your baby. When you stop smoking, you:</p> <ul style="list-style-type: none"> <li>• Increase the amount of oxygen your baby will get,</li> <li>• Lower the risk that your baby will be born too early, and</li> <li>• Increase your chances of having a healthy baby.</li> </ul> <p>No matter how long you have been smoking, quitting smoking also benefits your health, gives you more energy, and lets you feel good about what you've done for yourself and your baby. This video provides support, guidance, and information about resources to help you resist the urge to smoke.</p>	<p>2005</p>
	<p>5-V-522</p>	<p>The First Years Last Forever (I Am Your Child Video Series)</p>	<p>The new research in brain development tells us of the vital importance of the relationship between caregiver and child in the critical first years of life. New parents have a wonderful opportunity to help their child reach their full potential.</p> <p>This video includes information on:</p> <ul style="list-style-type: none"> <li>• Bonding and attachment</li> <li>• Child care</li> <li>• Communication</li> <li>• Discipline</li> <li>• Health and nutrition</li> <li>• Self-esteem</li> <li>• Self-awareness</li> </ul>	<p>2005</p>

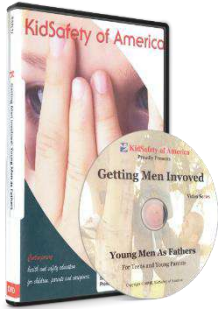
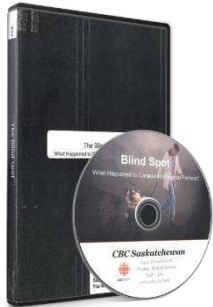
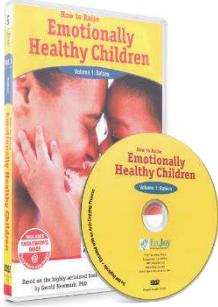
	<p>5-V-523</p>	<p>The Pre-k Promise (I Am Your Child Video Series)</p>	<p>Quality preschool programs for 3 and 4 year olds can provide a sure route to success in school and beyond. Finding a high quality program at an affordable price can be challenging. This video, featuring well-known experts on early care and education, provides guidance to help parents understand:</p> <ul style="list-style-type: none"> <li>• How preschool programs can benefit young children</li> <li>• What a quality preschool program looks like</li> <li>• What questions to ask when evaluating a preschool</li> <li>• How to help make quality, affordable preschool programs more widely available</li> </ul>	<p>2006</p>
	<p>5-V-524</p>	<p>To Be a Father (I Am Your Child Video Series)</p>	<p>New research has shown that fathers can have an enormous impact on children – from how well they succeed in school, to how they get along with their friends. This generation of dads is responding to the challenge, by taking a more active role in everything from changing diapers to helping with homework ... and it's paying off, as you'll hear from men who talk about the rewards of being close to their kids.</p>	<p>2005</p>
	<p>5-V-525</p>	<p>Why Early Childhood Matters (I Am Your Child Series)</p>	<p>In this video, our country's leaders in government, business, crime prevention, and academia voice their commitment to our nation's youngest children and emphasize the crucial need for increased investments in early childhood.</p> <p>This video is designed to help you motivate your community to create and support programs so that every child enters school ready to succeed.</p>	<p>2005</p>

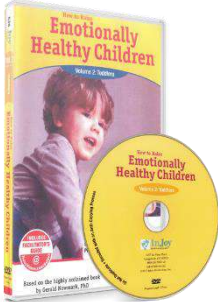
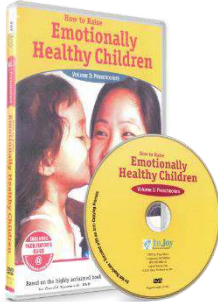
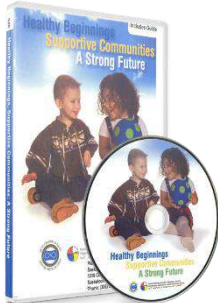
	<p>5-V-526</p>	<p>Your Healthy Baby (I Am Your Child Series)</p>	<p>To give a child a healthy start in life, parents and caregivers need the most up-to-date information on children’s health and nutrition issues. In this video, Phylicia Rashad delivers expert advice on how parents can help their children establish healthy habits, with information on:</p> <ul style="list-style-type: none"> <li>• How to maintain good health during pregnancy</li> <li>• Bottle-feeding versus breast-feeding</li> <li>• When you and your child should visit the doctor</li> <li>• What foods to feed your child and when</li> <li>• The importance of exercise</li> </ul>	<p>2005</p>
	<p>5-V-527</p>	<p>The Baby Human</p> <p>Episodes include: To Walk, To Think, and To Talk. Also includes segments on baby trivia, and common baby names and their meanings.</p>	<p>Imagine you’re suddenly thrust into a world where you can’t speak, can barely move, and must unravel the meaning behind a maze of sounds and sights to survive. This is the world of the baby.</p> <p>For the first time, experience the first two years of a child’s life just as they do. This groundbreaking program reveals what only the little ones know. What is their most profound need? How do they REALLY see their parents? What does it feel like to struggle to walk or learn to speak?</p>	<p>2004</p>

	<p>5-V-528</p>	<p>The Baby Human 2</p>	<p>Imagine being thrust into a world where you cannot speak, can barely move, and must unravel the meaning behind a maze of sounds and sights to survive. This is the world of the baby. Series Two of this groundbreaking program looks inside the mind of a baby, revealing how they think, communicate, and observe. Episodes include: To Feel, To Belong, and To Relate. Also includes segments on less common baby names and their meanings, and baby trivia.</p>	<p>2008</p>
	<p>5-V-529</p>	<p>Hello Dad</p>	<p>Sometimes, despite the amazing emotions of fatherhood, men can feel like little more than bystanders. However, babies know their fathers too, and from the moment of birth, they are eager to interact with them. Dads, as well as moms, are crucial in helping their babies build relationships. Science tells us these relationships are critical for the healthy development of babies' brains. By following a group of families, this film teaches how to recognize the earliest signs of infant communication. These early interactions enrich your time as a father and give your baby the best possible start in life.</p>	<p>2006</p>

	<p>5-V-530</p>	<p>Fatherhood: Indigenous Men's Journeys</p>	<p>Six First Nations fathers in Canada tell what it has been like for them to become fathers and to grow into fatherhood. Most have overcome huge social obstacles and personal challenges. These men hope that other fathers will be encouraged by their stories – their sense of being on a journey and not needing to know everything about fatherhood before getting involved in caring for their children. Their message is one of hope: “You can do it!” The fathers also hope that their stories will inspire practitioners to find new ways to include fathers in child care decisions, programs, and family services.</p> <p>The men speak in a personal way to fathers as well as to boys and other men considering becoming fathers. Presented in six interview segments (about 6 minutes each) with a screening guide to facilitate discussion, the DVD is an effective tool for professional development workshops and courses in family health, social services, law, early childhood education, and youth care.</p>	<p>2008</p>
	<p>5-V-531</p>	<p>The Dad Difference: Raising Children Birth to Five</p>	<p>This video is a research-based series that shows dads how to be involved with their babies from pregnancy on. This video features a diverse group of real fathers, candid comments, and practical tips to encourage every dad to become more connected. This video comes with a Facilitator's Guide.</p>	<p>2004</p>



	<p>5-V-532</p>	<p>Getting Men Involved: Young Men as Fathers</p>	<p>Many educational programs are designed for teen mothers. Here is a video program designed to help young men, especially teen fathers. It is known that a child's total emotional and physical development is better attained when both parents are involved. This DVD educates viewers about the important role of men in a child's life. Real life experiences of teen fathers and other young men are shared with viewers.</p>	<p>2002</p>
	<p>5-V-533</p>	<p>The Blind Spot</p>	<p>The Blind Spot is a one-hour television documentary filmed in North Central Regina by Geoff Leo of CBC Saskatchewan. The documentary sheds light on the largely unknown and unstudied issue of fatherlessness in Aboriginal communities. It follows three First Nations men as they face their own personal demons on their quest to become better fathers – even if the odds are against them.</p>	<p>2012</p>
	<p>5-V-535</p>	<p>How to Raise Emotionally Healthy Children: Volume 1 – Babies</p>	<p>Volume 1 of this 3-volume set teaches parents how to nourish their baby's emotional health right from the start. Featuring common challenges, this program shows parents how to modify their interactions to meet their child's critical emotional needs: to feel respected, important, accepted, included, and secure. Shows real-life scenarios. Includes tips on improving parents' emotional health. Segments include: The Five Critical Emotional Needs of Babies, Crying, A New Babysitter, and Exploration.</p>	<p>2013</p>

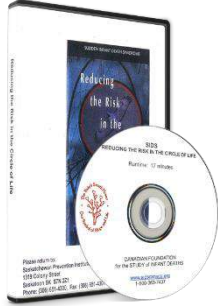
	<p>5-V-536</p>	<p>How to Raise Emotionally Healthy Children: Volume 2 – Toddlers</p>	<p>Volume 2 of this 3-volume set teaches parents how to support their toddler’s desire for independence. Featuring common challenges, this program shows parents how to modify their interactions to meet their child’s critical emotional needs: to feel respected, important, accepted, included, and secure. Shows real-life scenarios. Includes tips on improving parents’ emotional health. Segments include: The Five Critical Emotional Needs of Toddlers, No! I Won’t!, Parenting in Public, and Defiant Behaviour.</p>	<p>2013</p>
	<p>5-V-537</p>	<p>How to Raise Emotionally Healthy Children: Volume 3 – Preschoolers</p>	<p>Volume 3 of this 3-volume set teaches parents how to support their preschooler’s social and cognitive growth. Featuring common challenges, this program shows parents how to modify their interactions to meet their child’s critical emotional needs: to feel respected, important, accepted, included, and secure. Shows real-life scenarios. Includes tips on improving parents’ emotional health. Segments include: The Five Critical Emotional Needs of Preschoolers, Fighting Siblings, Getting Attention, and Power Struggles.</p>	<p>2013</p>
	<p>5-V-540</p>	<p>Healthy Beginnings, Supportive Communities, a Strong Future</p>	<p>In 2009, the Métis Centre of the National Aboriginal Health Organization (NAHO) met with Métis in different parts of Canada to share and collect stories, teachings, and information on maternal-child well-being. This DVD is the result of learnings from Métis midwives, health professionals, Elders, and parents. The objective of this project was to collect and share experiences, traditions, and health information for the benefit of Métis families.</p>	<p>2010</p>

	<p>5-V-542</p>	<p>The Moving Child</p>	<p>This video draws from diverse expertise in Child Development and Movement, featuring experts in Dance/Movement Education, Physical and Occupational Therapy, and Body-Mind Centering. The video explores dynamic movement’s important role in child’s physical, mental, emotional, and social health and shows how awareness of movement from the get-go can support healthy family bonding and positively share how a child grows. The video also shares practical ideas for supporting and engaging movement with children.</p>	<p>2016</p>
	<p>7-V-701</p>	<p>How to End Unhealthy Relationships</p>	<p>This program offers adolescents insight on how to honestly assess the health of relationships, particularly romantic relationships and intense friendships, and presents concrete steps to help viewers end unhealthy relationships. Adolescents share their experiences, covering a broad spectrum of unhealthy relationships, from a once good friendship that has gone bad to a romantic relationship that has become abusive. Includes a pdf copy of a teacher’s resource book.</p>	<p>2016</p>

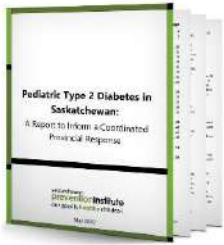
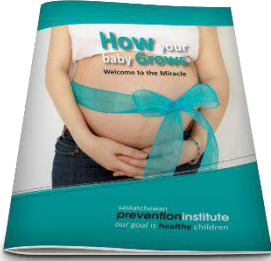

# Infant Mortality



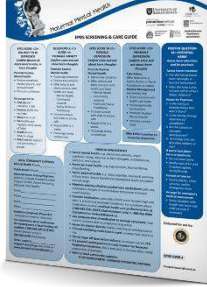
	2-120	<p>Your Choices Matter Facilitator's Guide (<i>Guide and Manual</i>)</p>	<p>The Facilitator's Guide can be used to engage youth and communities to have conversations about health and behaviour choices that they are making today to ensure the best health outcome for themselves and their future children. The guide provides background information and several lesson plans, which can be used in the classroom or in a group setting, to address the various topics introduced in the video.</p>	Rev. 2020
	2-121	<p>Your Choices Matter Lesson Plans</p> <p>Each lesson has been linked to the Saskatchewan Curriculum and, where applicable, includes marking rubrics.</p>	<p>For use in conjunction with the <a href="#">Your Choices Matter Video</a> and Facilitator's Guide, the Your Choices Matter Lesson Plans are a way to take the discussion of infant mortality and health behaviours a step further. Each lesson addresses common risk factors for infant mortality and can help guide discussion about the impact of these risk factors for youth today and in the future, and for their future children.</p>	Rev. 2020
	2-457	<p>Infant Mortality in Saskatchewan: Evidence to Inform Public Health Practice (<i>Report</i>)</p>	<p>This document was prepared to describe the relationship between modifiable risk factors and infant mortality. It is meant to provide guidance, strategies, and support to help expand or develop programs that may contribute to the reduction of infant mortality in Saskatchewan. It includes a review of the literature regarding prevalent risk factors associated with infant mortality, as well as identifying promising practices related to those modifiable risk factors.</p>	Rev. 2010




## Infant Mortality Videos

 <p>The image shows a DVD case and a disc. The DVD case is titled "Reducing the Risk in the Circle of Life" and features a blue and white design with a tree. The disc is white with a red and white design and the same title. Text on the disc includes "SIDS: REDUCING THE RISK IN THE CIRCLE OF LIFE" and "Narrator: Graham Greene".</p>	<p>2-V-204</p>	<p>Sudden Infant Death Syndrome: Reducing the Risk in the Circle of Life</p>	<p>Graham Greene narrates this video that describes strategies for reducing the occurrence of SIDS. Discussion of SIDS and the risk reduction strategies involve key interviews with Aboriginal parents, health professionals, and an Elder. The video is accompanied by a study guide, which can be used to lead group discussion. Audience: expectant parents, caregivers, health professionals.</p>	<p>2000</p>
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## Perinatal and Infant Health (PIH)

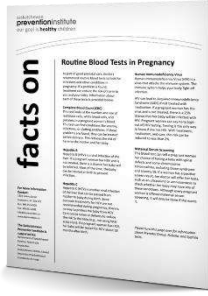



	2-001	Pediatric Type 2 Diabetes Report <i>(Report)</i>	Pediatric type 2 diabetes (T2D) is a rising issue in Canada. Research shows an increasing prevalence of T2D in communities around the world, including in Canada. In Canada, some of the highest incidence rates are found in the First Nations pediatric population in the Prairie provinces. The Saskatchewan Prevention Institute partnered with Dr. Mark Inman (Pediatric Endocrinologist, Saskatchewan Health Authority) to bring together current evidence and data relevant to Saskatchewan and increase the understanding of the strengths, gaps, and needs related to pediatric T2D within Saskatchewan.	2020
	2-100	How Your Baby Grows <i>(Booklet)</i>	Adapted with permission from March of Dimes, this illustrated booklet describes fetal development and physical changes experienced by the mother.	Rev. 2002
	2-101	Maternal Mental Health <i>(Information Card)</i>	The Maternal Mental Health Information Card provides information for women and their families and friends who want to know more about maternal depression. It includes information on symptoms of depression and who to contact for help. The card also includes ways a woman can take care of herself and suggestions for family and friends to help support her if she is suffering from depression. Contacts for help are also provided. The card is ideal for waiting rooms or as a handout to those who would benefit from information on maternal depression.	2013


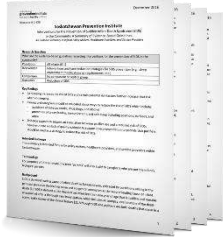


	<p>2-102</p>	<p>Maternal Mental Health (<i>Fact Sheet</i>)</p>	<p>These fact sheets are intended as an information resource for healthcare providers or other individuals who would like further information on maternal depression. It is more detailed than the Information Card. On the back of the fact sheet is the Edinburgh Postpartum Depression Scale (EPDS), a depression screen that can be done with a woman or can be provided to a woman to complete on her own. The fact sheet can be referred to when discussing maternal depression with women and their families, or used to share information with your colleagues.</p>	<p>2013</p>
	<p>2-103</p>	<p>Maternal Mental Health (<i>Poster</i>) <i>Temporarily Pulled for Updating</i></p>	<p>The Maternal Mental Health poster is intended to raise awareness about maternal depression and get people thinking about the issue. It includes information on symptoms of depression and suggestions about who to contact for help. There is space provided for local contact information to be added.</p>	<p>2013</p>
	<p>2-104</p>	<p>Edinburgh Postpartum Depression Scale (EPDS) Screening and Care Guide (<i>Guide and Manual</i>)</p>	<p>The EPDS Screening and Care Guide provides healthcare providers with score interpretation and care guide to use when screening pregnant and postpartum women for depression and anxiety using the Edinburgh Postpartum Depression Scale (EPDS). It also includes guidelines for medical management when maternal mental health is of concern, contact information for Saskatchewan Healthline and Saskatchewan Drug Information Services, and a space for relevant local contact information. On the reverse side of the form there is a brief description of maternal depression including common symptoms, guidelines for screening, and the EPDS questions.</p>	<p>2012</p>



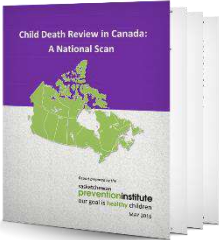
	2-105	<b>Maternal Mental Health Screen</b> <i>(Information Sheet)</i>	<p>The “Maternal Mental Health Screen” is a form that can be used to keep a record of a completed Edinburgh Postnatal Depression Scale (EPDS) screen for depression and anxiety, and associated information, in a woman’s medical chart. The form includes the EPDS that can be completed by the woman, as well as a place to record information including the date screen completed, woman’s HSN, name, weeks’ gestation/postpartum, depression and anxiety scores, and whether the woman was referred and to whom.</p>	Rev. 2017
	2-106	<b>Cannabis Use in Childbearing Years Evidence Summary</b> <i>(Report)</i>	<p>Due to the legalization of cannabis in Canada, and for the health of children and families, there is a growing need to provide parents, prospective parents, healthcare professionals, and other service providers with evidence-based information about the potential risks of cannabis use. This evidence summary is for healthcare providers. It provides general information about cannabis and rates of cannabis use in Canada, as well as information about the potential risks of cannabis use before, during, and after pregnancy. This summary also offers several recommendations for public messaging based on the available research.</p>	2018
	2-251	<b>Common Non-prescription Medications in Pregnancy</b> <i>(Fact Sheet)</i>	<p>Non-prescription medications, sometimes referred to as over-the-counter or OTC medications, are those that can be purchased without having a doctor’s prescription. This fact sheet provides information on common OTC medications such as antacids, antihistamines, laxatives, cough and cold medications, herbal products, and many more that are used in pregnancy.</p>	Rev. 2021



	2-301	Folic Acid and the Prevention of Neural Tube Defects ( <i>Fact Sheet</i> )	Provides information on neural tube defects and the importance of taking folic acid before becoming pregnant.	Rev. 2016
	2-309	Before You Become Pregnant ( <i>Brochure</i> )	This brochure talks about the important information a woman should know when planning a pregnancy. It promotes a healthy lifestyle prior to conception in order to ensure the healthiest baby possible.	Rev. 2022
	2-313	Should I Get the COVID Vaccine ( <i>Infographic</i> )	This fact sheet provides evidence-based information on COVID-19 illness and vaccination in pregnant and breastfeeding people to help them make informed decisions about getting vaccinated. A list of associated references can be accessed at: <a href="#">COVID-19 Vaccine in Pregnancy and Breastfeeding References</a> .	2021
	2-409	ABCs for Safe Sleep ( <i>Door Hanger</i> )	This resource outlines safe sleeping tips for babies to help reduce the risk of Sudden Infant Death Syndrome (SIDS). It is intended to be used as a door hanger within a baby's sleep environment.	Rev. 2020

	2-427	<b>Routine Blood Test in Pregnancy</b> <i>(Fact Sheet)</i>	As part of prenatal care, routine blood tests are recommended for all women. If these tests identify an infection or another condition, treatment can reduce the risk of harm to the pregnant woman and her baby. This fact sheet provides information on routine blood tests conducted. The sheet comes in pads of 50.	2013
	2-432	<b>I Need to be Safe</b> <i>(Information Card)</i>	This information card for the general public provides information on how domestic violence affects children.	Rev. 2015
	2-434	<b>We Need to be Safe</b> <i>(Information Card)</i>	This information card for the general public provides information on how domestic violence affects children.	Rev. 2015
	2-435	<b>Domestic Violence and Pregnancy</b> <i>(Fact Sheet)</i>	Domestic violence (DV), also referred to as intimate partner violence, includes physical, psychological, verbal, sexual, spiritual, and financial abuse and aggression that is committed by a spouse, common-law partner, or romantic partner. This fact sheet focuses on domestic violence during pregnancy. It provides information about the signs of DV and the effects of DV on the pregnant woman and the fetus. Links are provided to screening tools and resources to help health and allied healthcare providers support pregnant women experiencing DV.	2019



	2-437	Safe Sleeping <i>(Brochure)</i>	This brochure outlines safe sleeping habits for babies to help reduce the risk of Sudden Infant Death Syndrome (SIDS). It also provides information on breastfeeding and the importance of supervised “tummy time”.	Rev. 2019
	2-438	Safe Sleep Evidence <i>(Summary)</i>	This evidence summary summarizes evidence-based guidelines on safe sleep and is intended for use by policy makers, healthcare providers, and service providers.	2017
	2-440	Guide to a Healthy Pregnancy <i>(Booklet)</i>	In this guide, you will find important facts and questions related to a healthy pregnancy. They include Prenatal nutrition, folic acid, alcohol, tobacco and vaping, cannabis, oral health, physical activity, emotional health, sexual health, immunization, breastfeeding, common complaints, your developing baby, preparing for birth, postpartum, and other helpful resources.	2021
	2-442	Gestational Diabetes <i>(Fact Sheet)</i>	Gestational diabetes, also known as gestational diabetes mellitus (GDM), is a sub-type of diabetes that is first identified during pregnancy. This fact sheet provides information on risk factors for developing GDM, its impact on maternal and child health, screening and diagnosis, as well as recommended management and primary prevention strategies.	Rev. 2020

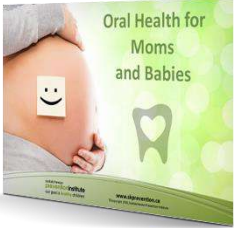


	2-448	<p>Gestational Diabetes Risks Prevention Treatments <i>(Literature Review)</i></p>	<p>Gestational diabetes, also known as gestational diabetes mellitus (GDM), is a sub-type of diabetes that is first identified during pregnancy. It consists of abnormal glucose tolerance or higher than normal blood glucose levels, that may or may not diminish following the birth of an infant. Over the past decades, GDM rates have continued to increase in Canada. This review provides information on the risk factors for developing GDM, its impact on maternal and offspring health, the approach to screening and diagnosis, recommended management strategies (both pharmacological and non-pharmacological), as well as primary prevention strategies.</p>	2020
	2-459	<p>Healthy Weight Gain During Pregnancy <i>(Booklet)</i></p> <p>Developed in consultation with Saskatchewan dietitians, nurses, and other healthcare providers, as well as First Nations women.</p>	<p>This booklet includes information on the benefits of gaining the recommended amount of weight during pregnancy, how to determine the amount of weight to gain during pregnancy, and recommendations for how to gain a healthy amount of weight. Recent updates include the latest Canada Food Guide recommendations, the importance of certain nutrients in pregnancy, and how to track weight gain during pregnancy using the My Saskatchewan Pregnancy app.</p>	Rev. 2021
	2-460	<p>Child Death Review in Canada: A National Scan <i>(Report)</i></p>	<p>This report provides information about current child death review processes that exist in each of the provinces and territories in Canada, based on interviews with key informants in each region. Particular attention is paid to those provinces with a coordinated, multi-disciplinary, provincial child death review process. Recommendations and advice for others initiating a child death review process are also included.</p>	2016

	2-461	Cannabis and Pregnancy <i>(Poster)</i>	Cannabis can be harmful. This poster highlights that cannabis can harm developing fetuses during pregnancy, and infants through breastfeeding. This poster was created in partnership with the Cannabinoid Research Institute of Saskatchewan.	2019
	2-500	My Saskatchewan Pregnancy App <i>(Poster)</i>	To provide evidence-based information to pregnant women in Saskatchewan, the Prevention Institute has created a smart phone app, My Saskatchewan Pregnancy. This poster provides tear-away cards to advertise the availability of this app.	2020
	2-501	My Saskatchewan Pregnancy App <i>(Tear Away Cards)</i>  These tear-away cards come in pads of 25.	To provide evidence-based information to pregnant women in Saskatchewan, the Prevention Institute has created a smart phone app, My Saskatchewan Pregnancy. Features of the app include daily health tips, monthly summaries of baby's growth, a "to do" list for each trimester, videos, a pregnancy timeline, a My Health feature (with trackable functions for blood pressure, weight gain, and mental health), and more.	2020
	2-502	Gestational Diabetes <i>(Brochure)</i>	Gestational diabetes, also known as gestational diabetes mellitus (GDM), is a type of diabetes that begins in pregnancy. This brochure provides information on the risk factors for developing GDM, its impact on the mother and the baby, screening, management, and prevention of GDM, as well as supports available to people with GDM in Saskatchewan.	2022

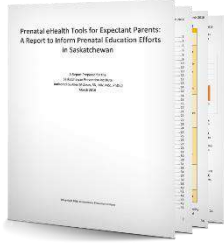
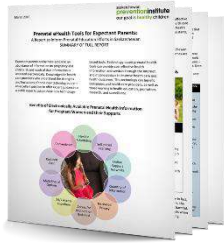
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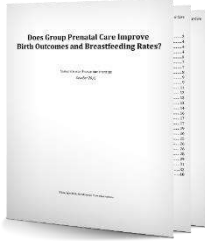


	2-800	Pregnancy is a Time for Smiling <i>(Poster)</i>	This poster emphasizes the importance of good oral health during pregnancy.	Rev. 2022
	2-801	Pregnancy is a Time for Smiling <i>(Information Card)</i>	This information card is about the importance of good oral care during pregnancy. Pregnant women are provided with information on why the health of their teeth and mouth may affect the health of their pregnancy.	Rev. 2022
	2-802	Germs <i>(Information Card)</i>	This information card promotes good oral care among caregivers and young children. Caregivers are provided with information on how they can reduce the chance of early cavities in children's teeth.	Rev. 2022
	2-803	Improving the Oral Health of Pregnant Women and Young Children: Opportunities for Oral Care and Prenatal Care Providers <i>(Summary Report)</i>	This is a summary of the larger consensus document. The aim of both documents is to provide oral and prenatal care providers in Saskatchewan with a better understanding of the importance and safety of oral care during pregnancy so that oral care can become part of routine prenatal care. The consensus document was developed in collaboration with the Maternal Oral Health Working Group, with many Saskatchewan groups and organizations expressing formal support.	2014

	<p>2-804</p>	<p>Improving the Oral Health of Pregnant Women and Young Children: Opportunities for Oral Care and Prenatal Care Providers <i>(Report)</i></p>	<p>The aim of this document is to provide oral and prenatal care providers in Saskatchewan with a better understanding of the importance and safety of oral care during pregnancy so that oral care can become part of routine prenatal care. The document was developed in collaboration with the Maternal Oral Health Working Group, with many Saskatchewan groups and organizations expressing formal support.</p>	<p>2014</p>
	<p>2-805</p>	<p>Improving the Oral Health of Pregnant Women and Young Children: Opportunities for Oral Care and Prenatal Care Providers <i>(Fact Sheet)</i></p>	<p>Good oral health is an important part of good overall health. Oral health is particularly important during pregnancy as hormonal changes and changes in eating patterns increase the risk for oral disease. Oral disease during pregnancy may affect not only the health of a pregnant woman, but may also affect the health of her pregnancy and potentially, the health of her infant.  This fact sheet was developed to influence oral care and prenatal care providers in Saskatchewan toward a better understanding of the importance and safety of oral care during pregnancy so that oral care becomes part of routine prenatal care.</p>	<p>2015</p>

	<p>2-806</p>	<p>Oral Health for Mothers and Babies <i>(PowerPoint Guide and Manual)</i></p>	<p>Good oral health during pregnancy can not only improve the quality of life of the pregnant mother, but also potentially reduce complications during pregnancy as well as the risk of her child developing early cavities. This presentation is an education tool for prenatal educators to share with pregnant women, women who have recently given birth, and women who are considering getting pregnant. Presentation objectives are: 1) to increase awareness among women of childbearing age of the importance of oral health during pregnancy, for the overall health of women and their children; and 2) to encourage women to include oral care as part of their routine prenatal care.</p>	<p>2015</p>
	<p>2-808</p>	<p>Maternal Mental Health Supports <i>(Information Sheet)</i></p>	<p>This information sheet provides descriptions of organizations and how to contact them if a pregnant person needs assistance with their mental health before, during, and/or after pregnancy.</p>	<p>2023</p>
	<p>2-900</p>	<p>Saskatoon Support for a Growing Family <i>(Booklet)</i></p>	<p>This booklet is a collection of <b>FREE programs</b> that parents, and their children can access in Saskatoon, but it is not a complete list of services in the community.</p>	<p>Rev. 2019</p>



	<p>2-901</p>	<p><b>Prenatal eHealth Tools (<i>Report</i>)</b></p>	<p>Expectant parents today have access to a wealth of information on pregnancy and childbirth, and much of that information is accessed electronically. Knowledgeable healthcare providers who understand the strengths and limitations of these new technologies are in an excellent position to offer expert guidance to women using these technology-based prenatal health tools. This report seeks to educate interested stakeholders about eHealth, what it entails, the potential benefits and challenges, and recommended options for using eHealth to provide quality prenatal information to residents of Saskatchewan.</p>	<p>2016</p>
	<p>2-902</p>	<p><b>Prenatal eHealth Tools (<i>Summary Report</i>)</b></p>	<p>Expectant parents today have access to a wealth of information on pregnancy and childbirth, and much of that information is accessed electronically. Knowledgeable healthcare providers who understand the strengths and limitations of these new technologies are in an excellent position to offer expert guidance to women using these technology-based prenatal health tools. This summary seeks to educate interested stakeholders about eHealth, what it entails, the potential benefits and challenges, and recommended options for using eHealth to provide quality prenatal information to residents of Saskatchewan.</p>	<p>2016</p>




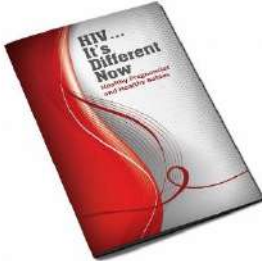
	2-903	Group Prenatal Care ( <i>Literature Review</i> )	This report examines current research on group prenatal care to assess if it is a good model of care for Saskatchewan and if there is an improvement in birth outcomes and breastfeeding rates associated with using this model of care compared to individual prenatal care. Birth outcomes examined in this report are gestational age at birth, preterm birth, and low birth weight.	2016
	2-904	Does Group Prenatal Care Improve Birth Outcomes and Breastfeeding Rates? ( <i>Evidence Summary</i> )	All prenatal care is provided in this group setting, combining the usual physical assessment with peer support and increased time for education about healthy pregnancy. This report examines current research on group prenatal care to assess if it is a good model of care for Saskatchewan and if there is an improvement in birth outcomes and breastfeeding rates associated with using this model of care compared to individual prenatal care. Birth outcomes examined in this report are gestational age at birth, preterm birth, and low birth weight.	2016
	2-906	Neonatal Abstinence Syndrome ( <i>Fact Sheet</i> )	Neonatal abstinence syndrome (NAS) is a condition whereby infants who are exposed to particular substances in the womb experience a variety of withdrawal symptoms shortly after they are born. This fact sheet shares information about the signs and symptoms of NAS, treatment, at-home care recommendations, and potential long-term outcomes.	2020





## Perinatal and Infant Health Videos




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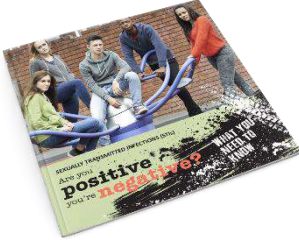
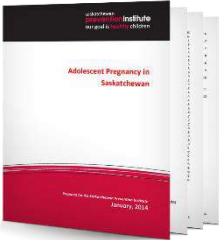

	<p>2-V-200</p>	<p>The Smiling Mask: Truths about Postpartum Depression and Parenthood</p>	<p>The documentary, “The Smiling Mask: Truths about Postpartum Depression and Parenthood” tells the inspirational true story of three families and their struggles with postpartum depression. As Carla O’Reilly, Elita Paterson, and Tania Bird journey to wellness, they speak out, inspiring women and families who may be suffering with postpartum depression.</p>	<p>2009</p>
	<p>2-V-207</p>	<p>Move for Two</p>	<p>Active living during pregnancy benefits you and your baby for life! This DVD answers many of the questions women have about the safe and healthy ways to be active during pregnancy. It contains an easy to follow, adaptable workout for all pregnant women.</p>	<p>2011</p>


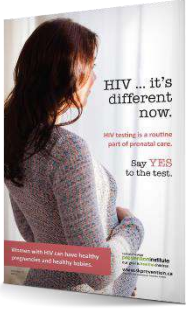


# Sexual and Reproductive Health

	7-000	<p>Hope for the Future: Having a Healthy Pregnancy While Living with HIV <i>(DVD)</i></p>	<p>This DVD shares information about HIV, pregnancy, and parenting, with the goal of showing that healthy pregnancies and healthy babies are possible for pregnant women living with HIV in Saskatchewan. The knowledge and experiences of people living with HIV and those who work in this area are shared. The DVD was created as a resource for health and allied health professionals and for people living with HIV in Saskatchewan.</p>	2013
	7-002	<p>Sexually Transmitted Infections: Are You Positive You're Negative? <i>(Brochure)</i></p>	<p>This brochure, designed for use with youth, explains what sexually transmitted infections (STIs) are, how to avoid STIs, and how to find out if you have an STI. It also includes information about the effects of STIs on fertility, pregnancies, and newborn babies.</p>	Rev. 2022
	7-004	<p>HIV and Pregnancy <i>(Poster)</i></p>	<p>HIV can be passed from a pregnant person to their growing baby during pregnancy. This poster brings awareness to the importance of HIV testing, treatment, and prenatal care for the health of pregnant people and their babies.</p>	Rev. 2022
	7-005	<p>HIV ... It's Different Now: Healthy Pregnancies and Healthy Babies <i>(Booklet)</i></p>	<p>This booklet is designed for women living with HIV who are planning a pregnancy or are already pregnant. Topics include basic HIV and HIV treatment information, how to stay healthy before and during pregnancy, unique issues that may face women living with HIV, and where to go for more information and support. The booklet is an update to the previous HIV and pregnancy-related pamphlets provided by the Saskatchewan Prevention Institute.</p>	2018

	7-008	<p>HIV and Pregnancy – A Guide to Care <i>(Guide and Manual)</i></p>	<p>This guide covers such topics such as HIV/AIDS in Saskatchewan, Modes of Transmission of HIV, HIV Testing During Pregnancy, Prenatal Algorithm, HIV Treatment and Drug Management, After-Care for Babies of HIV Positive Women, Barriers to HIV Transmission Prevention and Prenatal Care, and Motivational Approaches.</p>	Rev. 2020
	7-009	<p>Screening for HIV Algorithm <i>(Poster)</i></p>	<p>This algorithm provides Saskatchewan-specific guidelines for HIV screening in pregnant women prior to 36 weeks gestation.</p>	Rev. 2016
	7-012	<p>Protect Your Fertility, STI <i>(Poster)</i></p>	<p>States that sexually transmitted infections (STIs) can damage fertility, harm pregnancies, and affect newborn babies.</p>	Rev. 2022
	7-013	<p>KIS-SK (Keep It Safe Saskatchewan) Smart Phone App <i>(Information Card)</i></p> <p>Information cards providing information about the app are available for download or order.</p>	<p>To help enable individuals to make healthy choices and informed decisions regarding their personal reproductive health, a smart phone app, Keep it Safe Saskatchewan (KIS-SK), was created that focuses on contraceptives and STIs. The app allows users to:</p> <ul style="list-style-type: none"> <li>• Find free contraceptives and sexually transmitted infection (STI) testing sites in SK</li> <li>• Set reminders for taking contraceptives or booking health appointments</li> <li>• Learn about contraceptives and STIs</li> <li>• View helpful videos about using contraceptives</li> </ul>	2017

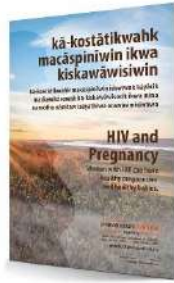
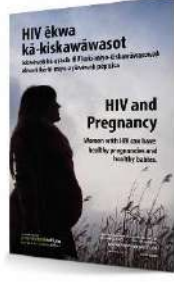
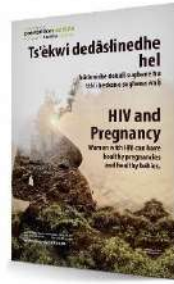
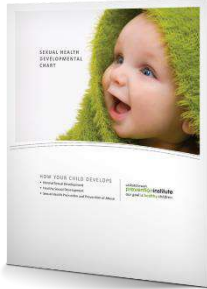
	7-014	<p>Are You Positive You're Negative <i>(Poster)</i></p>	<p>Saskatchewan has high rates of HIV, syphilis, and other sexually transmitted infections. This poster brings awareness to how these infections can negatively impact pregnancies and shows that both partners have a responsibility to access testing and treatment to reduce the risk of potential harm.</p>	Rev. 2022
	7-015	<p>Youth-Friendly Sexual Health Information <i>(Information Card)</i></p>	<p>This information card provides Saskatchewan-specific contacts for youth to access free, anonymous, and confidential sexual and reproductive health services via telephone and/or the Internet. These wallet-size cards are available to be ordered individually.</p>	Rev. 2021
	7-016	<p>Are You Positive You're Negative? Protect Yourself and Others. Get Tested. <i>(Poster)</i></p>	<p>Rates of adolescent pregnancy and STIs in Saskatchewan are among the highest in Canada. The number of individuals testing positive for HIV in Saskatchewan is almost twice the Canadian average. These high rates are of concern because adolescent pregnancy is associated with poorer outcomes for the mom and the baby. Likewise, if STIs and HIV are not treated, they can cause serious health issues for males, females, and unborn babies. Adolescent pregnancy, STIs, and HIV can be prevented with proper contraception use, testing, and treatment.</p> <p>This poster was created to promote further awareness of the need for STI and HIV testing in Saskatchewan and to highlight the importance of contraceptive use.</p>	2015




	7-017	Sexually Transmitted Infections (STIs): What You Need to Know <i>(Booklet)</i>	Saskatchewan has high rates of sexually transmitted infections (STIs). If STIs are not treated, they can cause serious health issues for males, females, and unborn babies. This booklet is designed for use with youth. It provides information about nine different STIs including possible symptoms, how they are spread, how to get tested, and what happens if they are not treated. Information about the impact of STIs on fertility, pregnancy, and newborn babies is also shared.	2017
	7-018	Adolescent Pregnancy in Saskatchewan <i>(Report)</i>	In Canada, rates of adolescent pregnancy remain among the highest in developed countries and rates in Saskatchewan are among the highest in Canada. To address the needs of Saskatchewan youth, the Saskatchewan Prevention Institute has developed this report to provide a picture of adolescent pregnancy in Saskatchewan and to identify best practices that my address the specific circumstances of Saskatchewan Youth.	2014
	7-019	HIV Its Different Now <i>(Poster)</i>	Saskatchewan continues to have high rates of HIV infection. Due to the availability of antiretroviral medication, HIV is no longer classified as a death sentence, but is instead seen as a manageable chronic disease. Women who are living with HIV are faced with many challenges when they discover they are pregnant, are pregnant and discover they are living with HIV, or are considering having a baby while living with HIV. This poster shares the message that with appropriate treatment and prenatal care, women living with HIV can have healthy pregnancies and healthy babies.	Rev. 2022



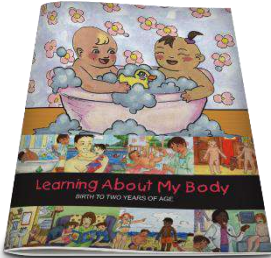
 <p>A poster for the KIS-SK app. It features a green background with a smartphone displaying the app interface. Text includes 'FREE UPDATED APP', 'KIS-SK KEEP IT SAFE SASKATCHEWAN', and 'Download this FREE contraceptive app to help you make healthy choices and informed decisions about your sexual health.' Logos for the Saskatchewan Health Services and the Prevention Institute are also present.</p>	7-020	KIS-SK App Poster with Tear-Away Cards (Poster)	To help individuals make healthy choices and informed decisions regarding their personal reproductive health, the Prevention Institute has created a smart phone app, Keep it Safe Saskatchewan (KIS-SK), focused on contraceptives and STIs. This poster provides tear-away cards to advertise the availability of this app.	2017
 <p>A poster with a woman's back to the camera. Text reads: 'HIV ... it's different now. HIV testing is a routine part of prenatal care. Say YES to the test.' At the bottom, it says 'Download the app to help you make healthy choices and informed decisions about your sexual health.' Logos for the Saskatchewan Health Services and the Prevention Institute are included.</p>	7-021	HIV Poster Get Tested (Poster)	This poster highlights the importance of HIV testing as a routine part of prenatal care. With appropriate HIV treatment and care, women living with HIV can have healthy pregnancies and healthy babies.	2017
 <p>A poster featuring a pregnant woman. Text reads: 'Syphilis. It can harm pregnancies and unborn babies. TEST. TREAT. CURE.' At the bottom, it says 'Download the app to help you make healthy choices and informed decisions about your sexual health.' Logos for the Saskatchewan Health Services and the Prevention Institute are included.</p>	7-023	Syphilis (Poster)	Rates of syphilis have significantly increased in Saskatchewan in the past few years, with several areas of the province issuing syphilis alerts and outbreak notices. Women of reproductive age are of particular concern because of the risk for congenital syphilis (syphilis passed from mother to baby during pregnancy or delivery). This poster highlights that syphilis can harm pregnancies and unborn babies, but it is curable. Therefore, it is important for pregnant women to be tested and treated if infected.	2019
 <p>A report cover with a blue and white abstract design. Text reads: 'Grooming for the Purposes of Exploitation and Abuse: Literature Review.' Logos for the Saskatchewan Health Services and the Prevention Institute are included.</p>	7-025	Grooming for the Purposes of Exploitation and Abuse: Literature Review (Report)	Child sexual abuse is a serious issue in Canada. Grooming is an approach used by some sexual offenders to aid them in exploiting and abusing children and youth. The purpose of this report is to examine the concept of grooming, including prevalence, signs of grooming, risk factors for victimization, and research-based strategies for prevention and intervention.	2022

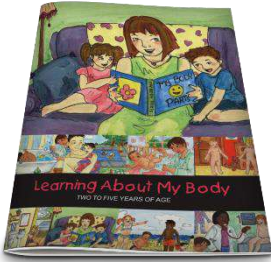





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	7-100	HIV and Pregnancy <i>(Poster Woodland Cree Translation)</i>	This poster states that women living with HIV can have healthy pregnancies and healthy babies. This poster was translated to Woodland Cree by the Saskatchewan Indigenous Cultural Centre.	2019
	7-101	HIV and Pregnancy <i>(Poster Plains Cree Translation)</i>	This poster states that women living with HIV can have healthy pregnancies and healthy babies. This poster was translated to Plains Cree by the Saskatchewan Indigenous Cultural Centre.	2019
	7-102	HIV and Pregnancy <i>(Poster Dene Translation)</i>	This poster states that women living with HIV can have healthy pregnancies and healthy babies. This poster was translated to Dene by the Saskatchewan Indigenous Cultural Centre.	2019
	7-203	Sexual Development Flip Chart	This flip chart includes nurse's notes for age groups birth to 2 years, 2-5 years, 5-8 years, 9-12 years, and 13-16 years. It has been developed to support health professionals in their support of parents as the primary sexual health educators of their children.	2018


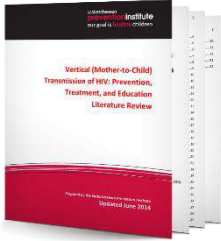

	7-204	<p>Messages for Parents: Birth to Two Years <i>(Information Cards)</i></p>	<p>This information card has been developed to support parents in their role as the primary sexual health educators of their children. It is important that parents engage their children in sexual health discussion at an early age, beginning with teaching the proper terminology of body parts. Early introduction of the topic increases the confidence and comfort of both the parents and children to talk about sexual health at later years.</p>	Rev. 2019
	7-205	<p>Messages for Parents: Two to Five Years <i>(Information Cards)</i></p>	<p>This information card has been developed to support parents in their role as the primary sexual health educators of their children. It is important that parents engage their children in sexual health discussion at an early age, beginning with teaching the proper terminology of body parts. Early introduction of the topic increases the confidence and comfort of both the parents and children to talk about sexual health at later years.</p>	Rev. 2019
	7-206	<p>Messages for Parents: Five to Eight Years <i>(Information Cards)</i></p>	<p>This information card has been developed to support parents in their role as the primary sexual health educators of their children. It is important that parents engage their children in sexual health discussion at an early age, beginning with teaching the proper terminology of body parts. Early introduction of the topic increases the confidence and comfort Of both the parents and children to talk about sexual health at later years.</p>	Rev. 2019

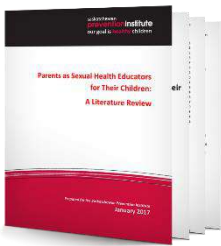

	<p>7-207</p>	<p>Messages for Parents: Nine to Twelve Years <i>(Information Cards)</i></p>	<p>This information card has been developed to support parents in their role as the primary sexual health educators of their children. It is important that parents engage their children in sexual health discussion at an early age, beginning with teaching the proper terminology of body parts. Early introduction of the topic increases the confidence and comfort of both the parents and children to talk about sexual health at later years.</p>	<p>Rev. 2019</p>
	<p>7-208</p>	<p>Messages for Parents Thirteen to Sixteen Years <i>(Information Cards)</i></p>	<p>This information card has been developed to support parents in their role as the primary sexual health educators of their children. It is important that parents engage their children in sexual health discussion at an early age, beginning with teaching the proper terminology of body parts. Early introduction of the topic increases the confidence and comfort of both the parents and children to talk about sexual health at later years.</p>	<p>Rev. 2019</p>
	<p>7-209</p>	<p>Learning About My Body: Birth to Two Years <i>(Booklet)</i></p> <p>This book is available for loan through all Saskatchewan Public Libraries.</p>	<p>Parents are the most important influence in a child's life. Children learn about culture, spiritual beliefs, moral values, and social skills from their parents. Parents also play a crucial role in the physical, mental, emotional as well as sexual health development of their children. This book has been developed to support parents as their children's sexual health educators. In particular, this book is meant to help parents share important messages with their children on growth and development.</p>	<p>2019</p>

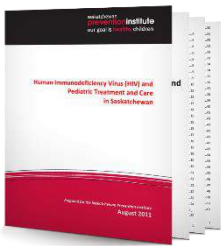
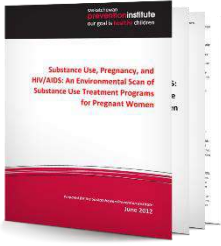
	<p>7-210</p>	<p><b>Learning About My Body: Two to Five Years of Age (Booklet)</b></p> <p>This book is available for loan through all Saskatchewan Public Libraries.</p>	<p>Parents are the most important influence in a child’s life. Children learn about culture, spiritual beliefs, moral values, and social skills from their parents. Parents also play a crucial role in the physical, mental, emotional as well as sexual health development of their children. This book has been developed to support parents as their children’s sexual health educators. In particular, this book is meant to help parents share important messages with their children on growth and development.</p>	<p>2019</p>
	<p>7-211</p>	<p><b>It’s Easier Than You Think: Tips for Talking With Your Kids About Sexual Health (DVD)</b></p>	<p>Parents play an important role in the sexual health education of their children. Although parents may find this role challenging, they can be effective sexual health educators when provided with support and accurate information. This DVD provides parents with useful information about how to talk to their children about sexual health.</p>	<p>2017</p>
	<p>7-212</p>	<p><b>It’s Easier Than You Think (Business Cards)</b></p>	<p>This card provides parents with tips for talking with their children about sexual health.</p>	<p>2017</p>
	<p>7-213</p>	<p><b>It’s Easier Than You Think Parent Tips (Booklet)</b></p>	<p>Talking about sex and sexual health with children can be difficult, and parents may not know where to start. The booklet is designed to help parents have these important conversations with their children. The booklet is a complement to the video <i>It’s Easier Than You Think! Tips for Talking with Your Children about Sexual Health</i> available from the Saskatchewan Prevention Institute.</p>	<p>2017</p>

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	7-300	Contraception Options ( <i>Booklet</i> )	This booklet provides information about the different types of contraception available, including the effectiveness, use, and how to access each type. This booklet is designed for use by youth and those who work with youth.	Rev. 2021
	7-301	Building Healthy Relationships ( <i>Booklet</i> )	Teaching young people how to build healthy relationships provides them with valuable skills that can promote their overall health. This booklet is designed for use with young adolescents (including those who aren't dating yet), in addition to older adolescents. It provides information about how to build healthy relationships of any kind (e.g., friendships, relationships with family, dating relationships, etc.), as well as information specific to healthy dating relationships. Saskatchewan adolescent perspectives were collected to inform the development of this resource.	2018
	7-302	Tips for Talking with Your Child: How to Build Healthy Relationships, Including Dating Relationships ( <i>Booklet</i> )	Teaching young people how to build healthy relationships provides them with valuable skills that can promote their overall health. This resource is designed for parents and provides tips for talking with their children about building healthy relationships, including dating relationships.	2018
	7-303	Tips for Talking with Your Students ( <i>Report</i> )	Teaching young people how to build healthy relationships provides them with valuable skills that can promote their overall health. This resource is designed for educators and provides tips for educating students about building healthy relationships, including dating relationships.	2018

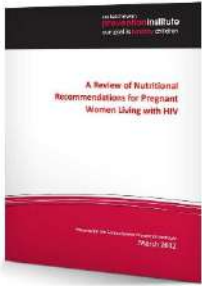
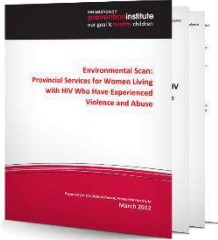


	7-500	HCV and Pregnancy ( <i>Fact Sheet</i> )	This fact sheet provides information about hepatitis C (HCV) and pregnancy, including information about vertical transmission (from mother to baby) and the effects of HCV on pregnancy and infants.	2020
	7-501	Vertical (Mother-to-Child) Transmission of HIV: Prevention, Treatment, and Education ( <i>Report</i> )	Saskatchewan continues to see high rates of new cases of human immunodeficiency virus (HIV) infection in comparison to the rest of Canada. A large number of these new cases are being identified in women of childbearing age. Recognizing the importance of understanding HIV in the context of pregnancy, the Saskatchewan Prevention Institute conducted a review of the literature in this area. The review includes findings and recommendations on vertical transmission, transmission prevention, barriers to prevention, and health promotion around these topics.	2014
	7-504	Advisory Committee on Family Planning Sexual Health Education Survey ( <i>Report</i> )	The ACFP Sexual Health Education Survey investigated parental attitudes toward sexual health education in the province of Saskatchewan between October 2006 and February 2007. Survey results provide insight into Saskatchewan parents' ideas about sexual health education, their attitudes and expectations, and their perceptions of their own knowledge and comfort with providing sexual health education to their school-aged children. The findings provide a basis for discussion regarding current school-based sexual health education approaches and whether these approaches are meeting the needs of Saskatchewan families with school-aged children.	2008




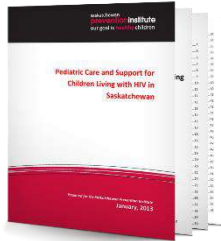
	7-505	Parents as Sexual Health Educators Lit Review	<p>Research indicates that parents play an important role in the sexual health education of their children. Although parents may find this role challenging, research indicates that parents can be effective sexual health educators when provided with support and accurate information. This literature review defines sexual health and sexual health education, discusses potential facilitators and barriers to parental provision of this type of education, and provides suggestions for parents. A list of online sexual resources for parents is also shared.</p>	2017
	7-507	HIV and Pediatric Treatment and Care in Saskatchewan Literature Review (Report)	<p>This report focuses on the needs of children who have contracted HIV from mother-to-child-transmission (MTCT). Care and treatment needs are likely to be similar between individuals infected through MTCT and behaviourally infected individuals; however, behaviours, adherence rates, and outcomes may be different due to lifestyle, upbringing, and age of infection. This literature review seeks to address the need for this information by providing an overview of the diagnosis, treatment, care, and support needs of infants through early childhood (birth to age 6). The audience for this report includes health professionals, caregivers, and other adults who may come into contact with children infected with HIV.</p>	2012

	<p>7-508</p>	<p>The Impact of Substance Use on Mother-to-Child Transmission of HIV (<i>Report</i>)</p>	<p>This literature review aimed to assess the impact of substance use on mother-to-child transmission (MTCT) of HIV. Such a review was deemed necessary due to Saskatchewan’s unique HIV profile. Specifically, new cases of HIV in Saskatchewan are: (a) the highest in Canada; (b) most often associated with injection drug use (IDU); and (c) increasing rapidly in women of childbearing age (ages 15 to 39). The primary questions addressed in the report include: Why do substance use services need to be focused on to avoid MTCT of HIV? How does having a substance use issue influence high risk behaviours that can lead to HIV infection? How does having a substance use issue affect virus progression and impact the health of pregnant women living with HIV?</p>	<p>2012</p>
	<p>7-509</p>	<p>Substance Use, Pregnancy, and HIV/AIDS: Treatment Program for Pregnant Women (<i>Report</i>)</p>	<p>This living document identifies existing substance use treatment programs and services available to pregnant women and pregnant women living with HIV/AIDS in North America, with a particular focus on Saskatchewan. The information provided through the current environmental scan is useful both for pregnant women who use substances who are seeking services, and for healthcare professionals, who can use this information to assist women in accessing services that are appropriate to their needs. It is hoped that the information provided will increase awareness of the existing substance use treatment centres and programs for pregnant women, with the goal of potentially increasing referrals to and use of these programs.</p>	<p>2012</p>

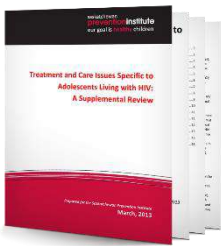
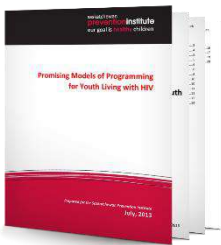

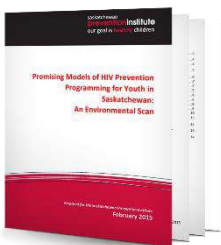


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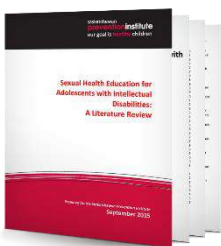
	7-510	A Review of Nutritional Recommendations for Pregnant Women Living with HIV ( <i>Report</i> )	Ensuring proper nutrition is a critical component of living with HIV as it is with being pregnant. The two conditions combined mean that pregnant women living with HIV are especially vulnerable to nutrient deficiencies and these women must monitor their nutritional status accordingly. The review provides general recommendations to address these issues.	2012
	7-512	Provincial Services for Women Living with HIV who Have Experienced Violence and Abuse Environmental Scan ( <i>Report</i> )	This document outlines agencies (provincial and national) that provide services for women who have experienced abuse, sexual abuse, and/or have HIV. Descriptions and contact information (phone numbers and websites) are provided.	2012
	7-513	Adolescent Pregnancy in Saskatchewan: Best Practices for Prevention Literature Review ( <i>Report</i> )	In Canada, rates of adolescent pregnancy remain some of the highest among developed countries (30.5 per 1,000 for women aged 15 to 19), and Saskatchewan has the highest rates of adolescent pregnancy and live births of the Canadian provinces (34.3 per 1,000 for women aged 15 to 19). The report includes promising practices that will guide the development of prevention programs that serve young people, both in the prevention of unintended pregnancy and in the promotion of healthy reproductive choices.	2012
	7-514	Mitigating the Impacts of Sex and Sexuality in the Media on Children: Best Practices for Parents Literature Review ( <i>Report</i> )	This report describes various forms of media that children are exposed to, including television, movies, Internet, video games, music and music videos, and advertising. The impact of children's exposure to sex and sexuality from these mentioned mediums is outlined and best practices for parents are provided.	2012

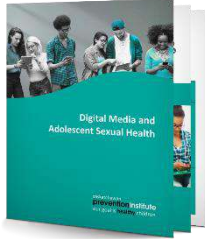

	7-515	HIV, Pregnancy, and Tobacco Use <i>(Fact Sheet)</i>	This fact sheet explains that for women living with HIV, smoking tobacco during pregnancy can increase the chances that HIV will be passed to the baby. Websites are listed to help pregnant women and those planning a pregnancy to quit or reduce their tobacco use.	Rev. 2019
	7-516	HIV, Pregnancy, and Tobacco Use <i>(Information Card)</i>	This information card explains that for women living with HIV, smoking tobacco during pregnancy can increase the chances that HIV will be passed to the baby. Websites are listed to help pregnant women and those planning a pregnancy to quit or reduce their tobacco use.	Rev. 2019
	7-517	HIV, Pregnancy, and Tobacco Use <i>(Poster)</i>	This poster explains that for women living with HIV, smoking tobacco during pregnancy can increase the chances that HIV will be passed to the baby. Websites are listed to help pregnant women and those planning a pregnancy to quit or reduce their tobacco use.	2019
	7-519	Pediatric Care and Support for Children Living with HIV in Saskatchewan <i>(Report)</i>	In the hopes of further educating health and allied health professionals who may work with children living with HIV, the review summarized the issues and challenges commonly faced by children living with HIV, along with their care and 105 support needs. Read "Treatment and Care Issues Specific to Adolescents Living with HIV" ( <a href="#">Resource 7-520</a> ), this is a review supplement for this report.	2013




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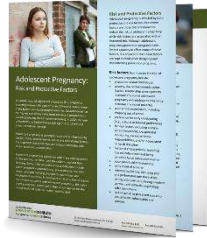
	7-520	<b>Treatment and Care Specific to Adolescents</b> <i>(Report)</i>	This review is a supplement to “Pediatric Care and Support for Children Living with HIV in Saskatchewan” ( <a href="#">Resource 7-519</a> ). Information is provided on common issues facing adolescents who were perinatally infected with HIV.	2013
	7-521	<b>Promising Models of Programming for Youth Living with HIV</b> <i>(Report)</i>	The environmental scan identifies existing, effective programs and services in North America for youth living with HIV.	2013
	7-522	<b>Prevention of HIV Infection in Adolescents Literature Review</b> <i>(Report)</i>	Primary prevention of HIV infection in Saskatchewan youth is important, both for their own health and for the health of their future children. This review highlights the importance of HIV prevention for adolescents by summarizing information about common HIV risk behaviours in adolescence and examining ways to most effectively reduce the risk of infection.	2015
	7-523	<b>Promising Models of HIV Prevention Programming for Youth in Saskatchewan Environmental Scan</b> <i>(Report)</i>	This report identifies youth-specific HIV prevention programming in Saskatchewan, while also highlighting programming in North America that may be able to be adapted for Saskatchewan.	2015




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	7-524	Effective Evidence-based Sexual Health Education for Youth <i>(Report)</i>	This review delivers an overview of the forms of media that can be used for the purposes of providing sexual health information (including social media and the Internet), summarizes the outcomes of recent media-based sexual health interventions, and provides evidence-based recommendations related to online sexual health education and youth social media use.	2015
	7-525	Digital Technologies and Adolescent Sexual Health Literature Review <i>(Report)</i>	This review delivers an overview of the forms of media that can be used for the purposes of providing sexual health information (including social media and the Internet), summarizes the outcomes of recent media-based sexual health interventions, and provides evidence-based recommendations related to online sexual health education and youth social media use.	2015
	7-526	HIV Prevention in Saskatchewan Adolescents <i>(Report)</i>	This evidence summary highlights the importance of primary prevention of HIV for Saskatchewan adolescents, including common risk factors and recommendations for adolescent HIV prevention programs.	2015
	7-527	Sexual Health Education for Adolescents with Intellectual Disabilities <i>(Report)</i>	Adolescents with intellectual disabilities, like all individuals, deserve the opportunity to enjoy personal sexual fulfillment in a healthy, empowering way. Research has shown that individuals with intellectual disabilities have the right to and a need for sexual health education. Sexual health education can help to empower individuals with intellectual disabilities to explore their sexuality in positive ways, learn how to have healthy	2015




			<p>relationships, learn how to make their own decisions related to their sexual health, and reduce their vulnerability to sexual abuse. Education can also help to reduce inappropriate sexual expression. This literature review highlights the need for sexual health education for individuals living with intellectual disabilities. It also describes the limited available evidence for what works for teaching sexual health education to this population and provides recommendations for further areas of educational development.</p>	
	7-528	<p><b>Digital Media and Adolescent Sexual Health</b> <i>(Report)</i></p>	<p>This evidence summary highlights the benefits and potential challenges to using digital media to learn about sexual health and provides recommendations for using digital media for sexual health interventions. A short list of useful online sexual health websites is also included.</p>	2016
	7-529	<p><b>Effective Sexual Health Education for Youth Evidence Summary</b> <i>(Report)</i></p>	<p>Rates of STIs and adolescent pregnancy in Saskatchewan indicate that ongoing sexual health education is important and necessary. Well-planned and implemented sexual health education programs have been found to be effective in helping youth reduce the risk of STI/HIV infection and unintended pregnancies. This evidence summary highlights the importance of comprehensive sexual health education and explains characteristics that make this type of education effective.</p>	Rev. 2020

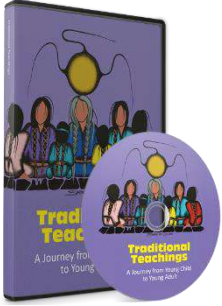


	7-530	<p><b>Sexual Health Education for Adolescents with Intellectual Disabilities Evidence Summary</b> <i>(Report)</i></p>	<p>Research has shown that individuals with intellectual disabilities have the desire to learn about sexual health issues and often have engaged in sexual activities. Adolescents with intellectual disabilities, like all individuals, have the right to sexual health education that provides them with the knowledge, skills, and ability to make decisions related to their own sexual health. This evidence summary highlights common myths and research evidence about providing sexual education to adolescents with intellectual disabilities. Recommendations for education programs and resources are also provided.</p>	2016
	7-531	<p><b>Online Resources for Sexual Health Educators</b> <i>(Report)</i></p>	<p>There are numerous Canadian and American organizations that provide information and resources to help sexual health educators increase their knowledge and ability to teach youth about factors related to their sexual health. This document provides a list of online resources for sexual health educators, including lesson plans and information about contraceptives, sexually transmitted infections, and sexual orientation.</p>	Rev. 2020
	7-532	<p><b>Canadian Resources Designed to Foster Healthy Adolescent Dating Relationships Environmental Scan</b> <i>(Report)</i></p>	<p>Unhealthy adolescent dating relationships, including abusive relationships, are associated with negative outcomes like poor psychological health, suicidal ideation, and substance use; these outcomes continue into young adulthood. Therefore, it is important that adolescents learn how to develop and negotiate healthy dating relationships, both for their current and future health. This report shares information about available online Canadian resources and/or programs that focus on healthy adolescent dating relationships. This information can</p>	2016


			be used as a starting point for anyone seeking materials or services to educate adolescents about healthy relationships.	
	7-533	Understanding and Teaching About Consent ( <i>Fact Sheet</i> )	This resource provides definitions, explanations, and resources to help health professionals and educators teach youth about consent.	2017
	7-534	Adolescent Pregnancy: Risk and Protective Factors ( <i>Report</i> )	Based on the literature review, “Adolescent Pregnancy in Saskatchewan: Best Practices for Prevention”, this summary highlights risk and protective factors associated with adolescent pregnancy, along with considerations for adolescent pregnancy prevention.	2017
	7-535	Developing Healthy Adolescent Dating Relationships Literature Review ( <i>Report</i> )	Research indicates that dating violence is experienced by many adolescents, that it begins early in dating relationships, and that it is associated with many negative outcomes that can last into adulthood. Therefore, there is a need for effective education and programming focused on helping adolescents learn to develop healthy dating relationships. This literature review includes information about the prevalence of adolescent dating violence, the long-term effects associated with adolescent dating violence, the importance of focusing on developing healthy dating relationships, and considerations for related programming.	2017

	7-536	<p>Helping Adolescents Develop Healthy Dating Relationships: An Evidence Summary <i>(Report)</i></p>	<p>This evidence summary is based on the literature review, “Developing Healthy Adolescent Dating Relationships”. It provides information about the prevalence of adolescent dating violence, the long-term effects associated with adolescent dating violence, the importance of focusing on developing healthy dating relationships, and considerations for related programming.</p>	2017
	7-537	<p>Available Saskatchewan-Based Resources and Supports for Pregnant and Parenting Adolescents Environmental Scan <i>(Report)</i></p>	<p>Due to the potential adverse outcomes related to adolescent pregnancy and parenting, and in order to reduce the occurrence of these outcomes, it is important that pregnant and parenting adolescents are provided with appropriate resources and support. This report provides a snapshot of the available resources and supports for pregnant and parenting adolescents in Saskatchewan. It may be used to educate others about what is currently available, refine existing resources, inform program development, and/or address service provision gaps.</p>	2019
	7-538	<p>Associations Between Adolescent Pornography Use and Their Sexual and Reproductive Health <i>(Report)</i></p>	<p>This report examines the potential effects of pornography use on adolescents’ sexual and reproductive health. The following categories of outcomes are reviewed: 1) sexual attitudes and beliefs; 2) sexual self-development; 3) sexual behaviours; and 4) sexual harassment, aggression, and victimization.</p>	2019


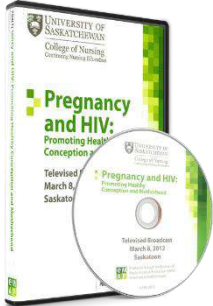


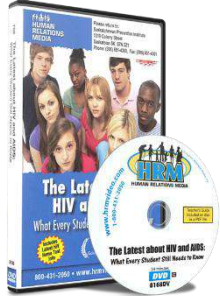
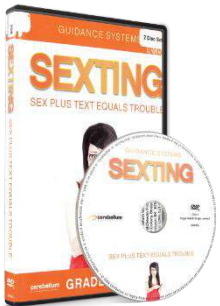
	7-540	<p>Online Resources Related to Sexting Environmental Scan <i>(Report)</i></p>	<p>Sexting, the sending and receiving of sexual messages through technological devices like cell phones, is on the rise among youth. While there are debates about whether sexting is a normal form of sexual expression or a risky behaviour, education and support around sexting may help reduce negative consequences associated with sexting for youth. This report shares information about current, evidence-based, online resources focused on sexting and its impacts on youth. The information gathered through this environmental scan may be helpful to parents/guardians, youth, and educators seeking materials to educate themselves or the youth in their lives about sexting.</p>	2021
	7-541	<p>Youth Sexting: A Critical Review of the Research Literature <i>(Report)</i></p>	<p>Youth sexting is on the rise due to the popularity of smart phones and certain social media apps. While this technology offers opportunities for self-expression and connection, it also poses challenges and risks. This literature review introduces the concept of sexting, explores youth-relevant issues related to sexting, and introduces strategies for sexting education. See also: <a href="#">An Environmental Scan of Online Resources Related to Sexting</a></p>	2021
	7-542	<p>Youth and Sexting Information Sheet <i>(Fact Sheet)</i></p>	<p>As technology continues to develop and grow more popular, sexting has become more common among youth. This information sheet provides educators and caregivers a quick overview of sexting and offers recommendations for ways to reduce associated risks for youth who decide to participate in sexting.</p>	2022

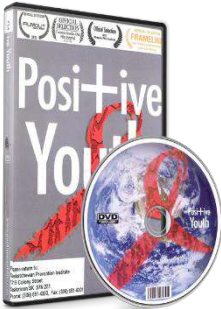
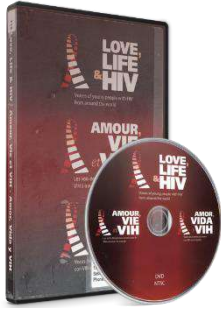
	<p>7-900</p>	<p>Traditional Teachings (<i>DVD and Booklet</i>)</p>	<p><b>Traditional Teachings: A Journey from Young Child to Young Adult.</b> Elders share their wisdom regarding the cultural practices, laws, and traditional values surrounding the sexual maturation of First Nations children to young adulthood. The video is a full-length production of teachings and life stories of eight Elders from the Plains Cree, Dakota, Dene, Nakota, and Saulteaux First Nations of Saskatchewan. The DVD was created as a resource for educators and health care providers, family and community members, and others as they support youth to make positive lifestyle choices for their sexual and reproductive health.</p>	<p>2012</p>
	<p>7-901</p>	<p>Syphilis Healthcare Postcard (<i>Information Card</i>)</p>	<p>Rates of syphilis have dramatically increased in Saskatchewan in recent years. Women of reproductive age are of particular concern because of the risk for congenital syphilis (syphilis passed from mother to baby during pregnancy or delivery). This postcard highlights that syphilis can harm pregnancies and unborn babies, but it is preventable and curable. Therefore, it is important for healthcare providers to offer syphilis testing to patients in order to prevent harms caused by syphilis.</p>	<p>2021</p>
	<p>7-902</p>	<p>Syphilis Healthcare (<i>Poster</i>)</p>	<p>Rates of syphilis have dramatically increased in Saskatchewan in recent years. Women of reproductive age are of particular concern because of the risk for congenital syphilis (syphilis passed from mother to baby during pregnancy or delivery). This poster highlights that syphilis can harm pregnancies and unborn babies, but it is preventable and curable. Therefore, it is important for healthcare providers to offer syphilis testing to patients in order to prevent harms caused by syphilis.</p>	<p>2021</p>


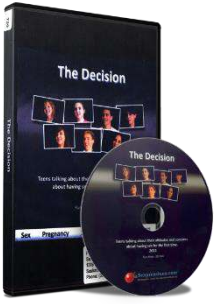
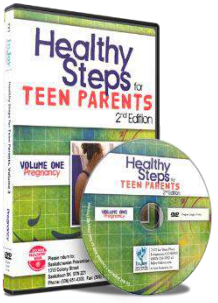
 <p>The postcard features a yellow background with a white silhouette of a pregnant woman. Text includes: 'Syphilis can harm your baby and even cause death.', 'Make sure you and your partner have a syphilis test (not just you, but both) before planning a baby. Ask your doctor today.', 'Get tested. Get treated. Get cured.', and 'Saskatchewan Health Services Syphilis Information Card'.</p>	<p>7-903</p>	<p>Syphilis Harmful to Baby Postcard (Information Card)</p>	<p>Rates of syphilis have dramatically increased in Saskatchewan in recent years. Women of reproductive age are of particular concern because of the risk for congenital syphilis (syphilis passed from mother to baby during pregnancy or delivery). This postcard highlights that syphilis can harm pregnancies and unborn babies, but it is preventable and curable. Therefore, it is important for pregnant women to be tested and treated if infected.</p>	<p>2021</p>
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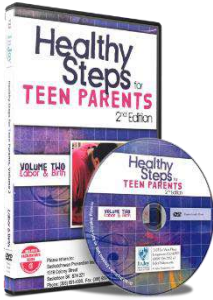
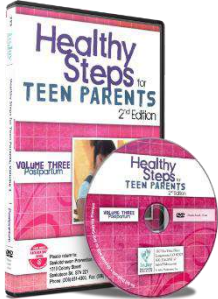

## Sexual and Reproductive Health Videos


 <p>The DVD cover features a purple and blue color scheme with the title 'THE BYSTANDER MOMENT' and the subtitle 'Transforming Rape Culture at its Roots'. It also includes the text 'A study guide is available at...'.</p>	<p>7-V-702</p>	<p>The Bystander Moment – Transforming Rape Culture at its Roots</p> <p>A study guide is available at <a href="http://bystandermoment.org/pdfs/bystander-moment-study-guide.pdf">http://bystandermoment.org/pdfs/bystander-moment-study-guide.pdf</a>.</p>	<p>Leading anti-violence educator and author Jackson Katz, explores the role played by bystanders – especially friends, teammates, classmates, and co-workers-in perpetuating sexual harassment, sexual assault, and other forms of gender violence. In riveting analysis illustrated with archival footage and clips from news, sports, and entertainment media, Katz gives special attention to peer culture dynamics – especially male peer culture dynamics across race and ethnicity – that help to normalize sexism and misogyny while silencing other men in the face of abuse.</p>	<p>2018</p>
 <p>The DVD cover features a green and white color scheme with the title 'Pregnancy and HIV: Promoting Healthy Motherhood and Conception'. It also includes the text 'University of Saskatchewan College of Nursing Continuing Nursing Education', 'Televised March 8, 2012 Saskatchewan', and 'Pregnancy and HIV: Promoting Healthy Motherhood and Conception'.</p>	<p>7-V-704</p>	<p>Pregnancy and HIV: Promoting Healthy Motherhood and Conception</p>	<p>To promote further awareness of pregnancy and HIV in Saskatchewan, the Saskatchewan Prevention Institute in collaboration with Continuing Nursing Education, College of Nursing, University of Saskatchewan; Saskatchewan Ministry of Education; and Saskatchewan Ministry of Health presented a satellite broadcast presentation entitled “Pregnancy and HIV: Promoting Healthy Motherhood and Conception” on March 8, 2012. The key objectives</p>	<p>2012</p>

			for this presentation are to introduce the clinical and social issues related to pregnancy, pregnancy planning, conception, and motherhood for people living with HIV and their partners.	
	7-V-706	<p>The Latest about HIV and AIDS: What Every Student Still Needs to Know</p> <p>There is still no cure for AIDS, and teens and people in their 20's account for many of the new cases of HIV infection.</p>	<p>Using crisp animations, the program clearly details how HIV invades CD4 cells and weakens the body's immune system and can lead to AIDS. The program debunks myths about how the virus is transmitted and identifies those behaviours that do, and do not, put people at risk of HIV infection. The program reviews the most recent information on HIV testing and stresses the importance of treatment for protecting one's health and the health of others. A variety of HIV-positive people describe how they got infected, why they got tested, and how their lives have been affected by the virus. Two supplemental programs are included on this DVD – <b>How to Use a Female Condom</b> and <b>How to Use a Male Condom</b>. These programs use graphics to demonstrate the proper way to use a condom. Before using these optional programs, you may need to check with your school's policy on sex education as to whether parental permission is required.</p>	2012
	7-V-708	<p>Sexting: Sex plus Text Equals Trouble</p>	<p>Peer hosts and true-to-life vignettes show teens the dangers of sexting. At the end of this program students will know the following:</p> <ul style="list-style-type: none"> <li>• Sexting is the act of posting and sending sexually explicit or sexually suggestive messages, photographs, and videos most often using cell phones.</li> <li>• The possible consequences of sexting – everything ranging from the personal humiliation to serious legal problems that</li> </ul>	2010

			<p>could result in felony child pornography convictions.</p> <ul style="list-style-type: none"> <li>• That nothing sent by cell phone or computer or posted on the Internet is ever totally private or ever entirely erased.</li> <li>• The importance of protecting yourself online by guarding your passwords, user IDs, and social networking sites.</li> <li>• That all actions have consequences and even “funny, innocent” photos and text messages can end up in the hands of bullies, predators, and child pornographers.</li> </ul>	
	7-V-714	Positive Youth	<p>This video shares the stories of 4 North American youth (3 males and 1 female; aged 18 to 27) who are infected and/or affected by HIV. Professionals, including a doctor and a counselor, also provide input and advice. The topics covered include being tested, staying healthy, disclosure, experiences of stigma, dating relationships, and making decisions about treatment. The overall message of this video is one of hope, as it shows that there is life after an HIV diagnosis.</p>	2012
	7-V-715	Love, Life & HIV: Voices of Young People with HIV from Around the World	<p>This video shares the experiences of young people living with HIV from six different countries (the Dominican Republic, India, Mexico, Russia, South Africa, and Swaziland). These young adults discuss a number of issues including facing stigma, accessing services, finding love, having a family, being supported, and getting involved in the response to HIV. Although young people living with HIV face different challenges, this video shows that there is life after an HIV diagnosis. This video can be viewed in English, and with French or Spanish subtitles.</p>	2011

	<p>7-V-719</p>	<p>This Time Last Winter</p>	<p>This short drama explores violence in young relationships. Iona has suffered a violent incident and lost consciousness. As she struggles to recall how it happened, her mother tells her it was caused by Iona’s indie rock musician boyfriend. Iona refuses to believe it. To find out for herself, she returns to the location of her last memory – his funky warehouse apartment, full of love, desire and magic. Through interracial relationships and the healing of a talking circle, the film explores the moment of choice we face when the urge to be violent surfaces.</p>	<p>2010</p>
	<p>7-V-720</p>	<p>The Decision</p>	<p>This video will help students start to discuss the decisions involved in having sex for the first time, including birth control, condoms, abuse, consent, sexually transmitted infections (STIs), and more. Discussion questions for instructors are also included. The video is fast-paced, with quick interview clips.</p>	<p>2012</p>
	<p>7-V-721</p>	<p>Healthy Steps for Teen Parents, 2<sup>nd</sup> Edition, Volume 1: Pregnancy</p>	<p>Hosted by an empathetic and positive young woman, viewers get the straight story as they follow six teens who share their personal pregnancy experiences. Watch how teens cope with their changing life and take the necessary steps to ensure a healthy pregnancy, birth, and baby.</p> <p>Content includes:</p> <ul style="list-style-type: none"> <li>• Prenatal Care &amp; Nutrition – telling someone you’re pregnant, prenatal visits, nutrition, weight gain, warning signs</li> <li>• Protecting Your Baby – avoiding harmful substances</li> </ul>	<p>2010</p>

			<ul style="list-style-type: none"> <li>Physical &amp; Emotional Changes – exercise, dental health, sleep, premature labour signs, emotional changes, relationship abuse</li> <li>Getting Support – friends and family, staying in school, alternative education options</li> </ul>	
	7-V-722	Healthy Steps for Teen Parents, 2 <sup>nd</sup> Edition, Volume 2: Labor & Birth	This video empowers pregnant teens by exploring the choices they have for labor and birth. Through the real-life experiences of five pregnant teens, viewers learn about the anatomy of a pregnancy, different phases of labor, natural comfort techniques, and medical procedures.	2010
	7-V-723	Healthy Steps for Teen Parents, 2 <sup>nd</sup> Edition, Volume 3: Postpartum	This video presents information about postpartum care, newborns, and an array of teen parenting challenges and joys. New teen parents candidly share personal stories about the realities of healing physically after birth, breastfeeding, and choosing child care.	2010
	7-V-725	Mike's Crush for Families: Teaching Relationship Skills to Adolescents with Autism, Asperger's, or Intellectual Disabilities	Adolescents who have disabilities want and need friendships and romantic relationships, just like their peers. It is important to learn relationship skills during adolescence so that when mistakes are made, there is a safety net in place. The goal of this DVD and accompanying booklet is to teach adolescents and young adults with autism, Asperger's, or intellectual disabilities about healthy relationships.	2011

	<p>7-V-726</p>	<p>The ABCs of STIs</p>	<p>Young people and a specialist in teen sexual health describe the causes, symptoms, and treatment options for HIV, chlamydia, HPV, genital warts, gonorrhea, and more using current medical data and best practices. Nonjudgemental prevention methods and precautions are presented to help viewers learn how to avoid being infected and keep their bodies healthy.</p>	<p>2020</p>
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