

Saskatchewan Prevention Institute Resource Catalogue

45 *Our Goal:*
years **Healthy Children.**
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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. You can either click the links in the resource catalogue to go to a specific resource directly, or you can visit the Prevention Institute's website at www.skprevention.ca.

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

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Land Acknowledgment

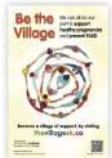
The Saskatchewan Prevention Institute provides services to all those living on Treaty Lands 2, 4, 5, 6, 8, and 10, the ancestral territories of the Nêhiyawak, Nêhithawak, Nêhinawak, Anishinabek, Nakawe, Dakota, Lakota, Nakota, Dene, and the homeland of the Métis. We recognize that these lands are currently inhabited by Indigenous people from across Turtle Island including many other First Nations and Inuit peoples and acknowledge the importance of the treaties, the lasting impacts of colonization, and continued inequities. We are dedicated to moving forward on a shared path of reconciliation and partnership. We are all Treaty people and are grateful to live, work, and play on this land.

Alcohol and Cannabis

Fetal Alcohol Spectrum Disorder (FASD)

Resource	Resource Number	Title	Description	Date
	3-013	<u>Understanding Fetal Alcohol Spectrum Disorder (FASD): A Resource for Service Providers</u>	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.	Rev. 2025
	3-015	<u>Becoming Trauma-informed: Trauma-informed Practices and How They can be Implemented in Relation to the Pre-conception, Prenatal, and Postnatal Period</u>	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	<u>Drinking Less is Better - Canada's Guidance on Alcohol and Health</u>	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 minimise the risks related to alcohol use. To download a PDF of this resource, visit: <u>Drinking less is better: Canada's Guidance on Alcohol and Health - Youth Version</u> .	2024
	3-030	<u>Canada's Guidance on Alcohol and Health</u>	This brochure presents a summary of the recommendations in Canada's Guidance on Alcohol and Health, with special considerations for youth, pregnancy, and breastfeeding. 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. To download a PDF of the brochure, visit: <u>Canada's Guidance on Alcohol and Health, Public Summary: Drinking Less Is Better (Brochure) Canadian Centre on Substance Use and Addiction (ccsa.ca)</u>	2024

Resource	Resource Number	Title	Description	Date
	3-049	<u>FASD: Let's Talk About It</u>	This DVD contains 12 short videos with Myles Himmelreich. These videos may be used for viewing or in presentations. Topics include: • <u>What is FASD?</u> • <u>FASD: A message for future parents</u> • <u>Diagnosis: The start to a better understanding of FASD</u> • <u>FASD: Doctors play an important role</u> • <u>FASD: Prevention, awareness, support, and understanding</u> • <u>FASD: Let's move from shame and blame, to support and care</u> • <u>FASD: Living with a brain and body disability</u> • <u>FASD: No on/off switch</u> • <u>FASD: Living with sensory issues and challenges</u> • <u>FASD: Let's support mothers and children</u> • <u>FASD: I struggle but I also succeed</u> • <u>FASD: Physical challenges</u>	2018
	3-060	<u>This Is Why I Supported Her Not to Drink</u>	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
	3-061	<u>This Is Why I Supported Her Not to Drink</u>	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
	3-062	<u>This is Why Poster - (Cree Translation)</u>	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.	2019
	3-063	<u>This is Why Poster - (Dene Translation)</u>	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

Resource	Resource Number	Title	Description	Date
	3-064	This is Why - (Saulteaux Translation)	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 - (Cree 'th' Translation)	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
	3-102	Alcohol and Pregnancy	Effectively supporting pregnant patients who drink alcohol can be challenging for healthcare providers (HCPs). This resource offers evidence-based guidance on screening for and discussing alcohol use during pregnancy. For additional information on Fetal Alcohol Spectrum Disorder, refer to: www.skprevention.ca/resource-catalogue/understanding-fetal-alcohol-spectrum-disorder-fasd-a-resource-for-service-providers/	2026
	3-104	Fetal Alcohol Spectrum Disorder Information Card	This information card provides community members and service providers information about FASD, identifies common challenges, and emphasizes the importance of early identification and support.	2025
	3-111	Be the Village Postcard	This information card supports community members and service providers to understand the complexities of alcohol use during pregnancy and their role in supporting healthy pregnancies and preventing FASD.	2023
	3-112	Be the Village Poster	This poster highlights the importance of collaborative efforts in supporting healthy pregnancies and preventing FASD.	2023
	3-113	Be the Village Poster (Cree)	This poster translated to Plains Cree, highlights the importance of collaborative efforts in supporting healthy pregnancies and preventing FASD	2024
	3-117	Be the Village Poster (Dene)	This poster translated to Dene 'tł' dialect, highlights the importance of collaborative efforts in supporting healthy pregnancies and preventing FASD	2024

Resource	Resource Number	Title	Description	Date
	3-126	<u>What Have You Heard about Pregnancy and Alcohol?</u>	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.	Rev. 2021
	3-127	<u>FASD Awareness Day Package</u>	This package includes background information on FASD Awareness Day with a focus on our <i>Be the Village</i> campaign messaging. It also provides suggestions and considerations for planning activities for FASD Awareness Day.	Rev. 2024
	3-140	<u>Screening for Alcohol Use</u>	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. Audience: Healthcare Professionals	2025
	3-143	<u>Fetal Development</u>	These 8.5 x 11 inch 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. Audience: Healthcare Professionals and their Patients Please note: This resource is a pad of 50 fact sheets. An order quantity of 1 equals 50 fact sheets.	2008

Resource	Resource Number	Title	Description	Date
	3-146	<u>Learning about FASD – Modules</u>	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. Click the Download File button below to get all the modules or click just the modules that you want from the following links: • <u>Module 2: Overview of FASD</u> • <u>Module 3: Fetal Development</u> • <u>Module 4: Brain Anatomy, Development, and Function</u> • <u>Module 5: Role and Impact of Alcohol</u> • <u>Module 6: Prevention of FASD</u> • <u>Module 7: Referral and Diagnosis of FASD</u> • <u>Module 8: Young Children with FASD</u> • <u>Module 9: Adverse Impacts</u> • <u>Module 10: Trauma Informed Care</u>	Rev. 2020
	3-150	<u>Motivational Interviewing Brochure</u>	This brochure is created for healthcare providers and highlights practical Motivational Interviewing strategies to help prevent alcohol-exposed pregnancies through empowering conversations. It also includes links to resources that will support these conversations.	2024
	3-152	<u>Pregnancy and Alcohol: What doctors would like you to know</u>	This information card provides simple medical advice to support healthy pregnancies and prevent prenatal alcohol exposure.	2025
	3-156	<u>Motivational Interviewing Information Card</u>	This information card presents service providers with information about motivational Interviewing (MI), highlighting its benefits to their practice and outlining available training opportunities through the Prevention Institute.	2025

Resource	Resource Number	Title	Description	Date
	3-317	<u>Community-Led Strategies to Address Alcohol-Related Challenges and Associated Issues: Evidence Summary</u>	Strategies to mitigate alcohol-related harms vary widely across Canada. Effective policies and programs must consider the unique challenges faced by rural and remote communities to promote meaningful impact. This evidence summary highlights the need for community-driven, culturally appropriate strategies tailored to the unique challenges faced by northern and remote communities in Saskatchewan.	2025
	3-318	<u>Collaboration to Prevent Alcohol-Related Harms: A Literature Review of Three Approaches</u>	Alcohol-related harms can occur from varying levels of use and these harms do not occur in a vacuum. They are intertwined with other risk factors and adverse circumstances which are relevant to many sectors. This literature review examines different collaborative initiatives and practices to prevent alcohol-related harm, with a primary focus on multi-sectoral collaboration that includes health care and service providers.	2025

Youth Action for Prevention (YAP)

Resource	Resource Number	Title	Description	Date
	3-011	<u>Mental Wellness Card</u>	This card provides contact information for services providing free, anonymous mental health supports to youth.	Rev. 2025
	3-013	<u>Understanding Fetal Alcohol Spectrum Disorder (FASD): A Resource for Service Providers</u>	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.	Rev. 2025
	3-014	<u>Health Promotion Through Youth Engagement: An Environmental Scan of Canadian Programs</u>	Issues of youth alcohol and drug use, sexual health, and mental health are inextricably linked, and youth with limited access to services and resources are likely at an increased risk of related harms. Extensive research has demonstrated the effectiveness of youth engagement supported by adult allies for addressing youth health, particularly the prevention of alcohol-related harms and the promotion of sexual health. 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
	3-016	<u>Trauma-Informed Youth Engagement</u>	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.	2022

Resource	Resource Number	Title	Description	Date
	3-020	<u>Using Motivational Interviewing to Engage Youth in Healthy Conversations About Alcohol</u>	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.	2022
	3-021	<u>Starting the Conversations©: Creating Space to Develop Health Communication Skills in the Classroom, Grades 4-9 Lesson Plans</u>	Starting the Conversations©: Creating Space to Develop Health Communication Skills in the Classroom, Grades 4-9 Lesson Plans, 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.	2024
	3-024	<u>Creating Safe Spaces for Youth Empowerment Brochure</u>	Creating safe spaces is important for the promotion of youth well-being, safety, and empowerment. This brochure provides information for individuals and organizations who work with youth to help ensure that every young person feels valued, heard, and respected.	2024
	3-025	<u>Creating Safe Spaces for Youth Empowerment Poster</u>	Creating safe spaces is important for the promotion of youth well-being, safety, and empowerment. This poster features the “S.A.F.E.S.P.A.C.E” acronym that supports individuals and organizations who work with youth in ensuring that every young person feels valued, heard, and respected.	2024
	3-170	<u>Alcohol</u>	This booklet provides simple information about alcohol and its short- and long-term effects. In addition, it highlights alcohol's impact on sexual health and pregnancy, factors contributing to youth drinking, and legal considerations. It also provides youth with strategies to manage peer pressure and includes additional resources and support information.	2025

Resource	Resource Number	Title	Description	Date
	3-180	<u>Let's Talk Alcohol</u>	The booklet, Let's Talk Alcohol: Tips for Parents, is designed to help parents and caregivers to initiate meaningful conversations with their teens about alcohol. Offering ten practical tips, this resource encourages open communication to build trust and empower youth to navigate peer pressure while making informed and healthy choices about alcohol use. It also provides information about additional resources for both parents and youth to support ongoing learning.	2025

Other Drugs

Resource	Resource Number	Title	Description	Date
	3-010	<u>Cannabis</u>	This booklet provides information about cannabis and its short- and long- term effects. In addition, the booklet provides information about cannabis use during pregnancy, breastfeeding, and while parenting. The potential harms of cannabis for children and youth are outlined, including additional resources and support information.	Rev. 2024

Child Safety

Child Injury Prevention (CIP)

Resource	Resource Number	Title	Description	Date
	4-001	<u>Concussion in Children Under the Age of 6</u>	This fact sheet defines what a concussion is, how concussions happen, and the signs and symptoms of a concussion in children under the age of six. Information on treatment, potential long-term outcomes, and prevention is also provided. This resource is intended for health professionals and service providers who work with families and young children.	Rev. 2025
	4-002	<u>Button Battery Safety</u>	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. 2026
	4-003	<u>Preventing Injuries</u>	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	<u>Brain Injury Due to Trauma</u>	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	<u>Protecting the Brain</u>	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.	Rev. 2019
	4-006	<u>Child and Youth Injury in Saskatchewan 1995-1999</u>	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.	2002

Resource	Resource Number	Title	Description	Date
	4-007	<u>Child and Youth Injury in Saskatchewan 2004-2013</u>	<i>Child and Youth Injury in Saskatchewan 2004-2013</i> serves as an update to the <i>Child and Youth Injury in Saskatchewan 1995-1999</i> report completed by the Saskatchewan Prevention Institute in 2002. The current 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 overall, followed by a more detailed analysis of the ten most common causes of injury-related hospitalizations, including both intentional and unintentional injuries. The ten most common causes discussed in this report are falls, sports, intentional self-harm, assault, poisoning, motor vehicle occupant, cycling, all-terrain vehicle, and fire and burns.	2017
	4-008	<u>Child Injury Prevention Programming and Action Guide</u>	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.	2017
	4-009	<u>Child and Youth Injury in Saskatchewan 2004-2013 Summary</u>	This summary is based on the report, " <u>Child and Youth Injury in Saskatchewan 2004-2013</u> " (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.	2017
	4-010	<u>Child Injury Prevention Demonstration Activities</u>	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.	2020

Resource	Resource Number	Title	Description	Date
	4-012	<u>I'm Growing up Safely – Growth Chart</u>	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	<u>Halloween Safety</u>	This fact sheet provides Halloween safety tips and includes a <u>colouring page</u> .	Rev. 2019
	4-019	<u>Holiday Safety</u>	This fact sheet provides safety tips to help ensure an injury-free holiday season and includes a <u>colouring page</u> .	Rev. 2019
	4-020	<u>Winter Safety</u>	This fact sheet provides tips on winter safety and includes a <u>colouring page</u> .	Rev. 2019
	4-021	<u>Child Pedestrian Safety</u>	This fact sheet provides information about how child development impacts the skills and abilities needed for safe pedestrian crossings. It also provides tips for talking to children about pedestrian safety and step-by-step instructions on how to cross a street safely.	Rev. 2025
	4-023	<u>Home Safety Tips: Birth to 1 Year</u>	All children depend on the adults around them to provide safe, healthy environments to learn, grow, and develop new skills. This booklet will support caregivers in preparing for each stage of child development, to better predict and prevent injuries to children from birth to 1 year of age. Safety tips are included on the following topics: safe sleep, coping with crying, burns, scalds, drowning, falls, choking, and car seats. Also available: <u>Home Safety Tips: 1 to 4 Years</u> , and <u>Home Safety Tips: 5 to 9 Years</u>	Rev. 2025
	4-024	<u>Home Safety Tips: 1 to 4 Years</u>	All children depend on the adults around them to provide safe, healthy environments to learn, grow, and develop new skills. This booklet will support caregivers in preparing for each stage of child development, to better predict and prevent injuries to children from 1 to 4 years of age. Safety tips are organized by activity, and address the following topics: safe sleep, drowning, burns, scalds, choking, poisoning, bike and wheel safety, car seats, and pedestrian safety. Also available: <u>Home Safety Tips: Birth to 1 Year</u> , and <u>Home Safety Tips: 5 to 9 Years</u>	Rev. 2025

Resource	Resource Number	Title	Description	Date
	4-025	<u>Home Safety Tips: 5 to 9 Years</u>	All children depend on the adults around them to provide safe, healthy environments to learn, grow, and develop new skills. This booklet will support caregivers in preparing for each stage of child development, to better predict and prevent injuries to children from 5 to 9 years of age. Safety tips are included for at home and in the community and address the following topics: falls, playgrounds, trampolines, choking, poisoning, bike and wheel safety, pedestrian safety, drowning, and car seats. Also available: <u>Home Safety Tips: Birth to 1 Year</u> , and <u>Home Safety Tips: 1 to 4 Years</u>	Rev. 2025
	4-026	<u>Bicycle Carrier</u>	This brochure highlights bicycle carrier safety messages for caregivers.	2017
	4-027	<u>Bicycle Trailer</u>	This brochure highlights bicycle trailer safety messages for caregivers.	2017
	4-040	<u>Close Before You Doze Door Hanger</u>	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	<u>Protect Your Baby's Head Shape: Preventing Flat Spots on Your Baby's Head</u>	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.	Rev. 2023
	4-110	<u>Cannabis and Children Poster</u>	This poster raises awareness of the importance of safe storage of cannabis products to protect children from poisoning.	Rev. 2025
	4-201	<u>How to Choose a Bicycle Helmet for a Child</u>	This fact sheet provides information to caregivers about bicycle helmet safety standards, the types of helmets, and how to adjust a helmet for proper fit. <i>NOTE: Remember to always refer to the bicycle helmet manufacturer's instructions for information about the size, use, and expiry date (if specified) of the helmet.</i>	Rev. 2022

Resource	Resource Number	Title	Description	Date
	4-202	Bicycle Safety	This fact sheet outlines general bicycle and helmet safety tips as well as important rules of the road. This resource is ideal for cyclists of all ages to prevent injuries while biking.	Rev. 2022
	4-203	Bicycle Safety for Children and Parents	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
	4-217	Your Activity Guide for Teaching Bike Safety Skills	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	Protecting Children's Brains	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	This booklet provides safety information about helmet use for a variety of activities. As part of the Gotta Brain Getta Helmet booklet, view this video featuring Savannah Smith , 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.	Rev. 2024
	4-222	2V1 Poster	This poster illustrates bicycle helmet fitting technique. The poster has a corresponding bookmark .	Rev. 2025
	4-224	Ready to Ride?	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
	4-225	Bicycle Safety Bookmark	This double-sided bookmark illustrates the proper technique for fitting a bicycle helmet and arm signals for cyclists. There is a corresponding poster on helmet fitting technique.	Rev. 2025

Resource	Resource Number	Title	Description	Date
	4-301	<u>Vaping Products and Risks to Children</u>	This fact sheet defines what vaping products 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 vaping products and devices. Vaping devices are also sometimes referred to as vape pens, vapes, electronic cigarettes, or e-cigarettes.	Rev. 2024
	4-305	<u>Walking School Bus: A Guide for Parents and Teachers</u>	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.	2010
	4-400	<u>How to Prevent Poisoning</u>	This fact sheet contains information on how to prevent childhood poisoning and a checklist for caregivers to keep their home safe by identifying potential poisons.	Rev. 2024
	4-401	<u>Unintentional Poisoning Summary and Prevention Tips</u>	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.	2021
	4-402	<u>Fall-Related Hospitalizations Summary</u>	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.	2018
	4-403	<u>Sport-Related Hospitalizations Summary</u>	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	<u>Cycling-Related Hospitalizations Summary</u>	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	<u>Fire and Burn-Related Hospitalizations Summary</u>	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

Resource	Resource Number	Title	Description	Date
	4-500	<u>Drowning Prevention</u>	The fact sheet outlines water safety tips and drowning prevention strategies for children along with guidelines for lifejacket and personal floatation device (PFD) use. It outlines information for caregivers supervising children at home, in the yard, in a watercraft, and at the pool, lake, or beach.	Rev. 2025
	4-600	<u>Farm Safety for Children</u>	This fact sheet was developed to assist families in making the farm a safer place for children to live, grow, and play. It outlines tips for creating safer environments, the importance of supervision, and strategies to help prevent injuries in children.	2026
	4-800	<u>Playground Safety</u>	This fact sheet outlines the steps parents and caregivers can take to protect children from playground-related injuries. It includes a checklist to assist with monitoring local playgrounds to ensure they are safe and well-maintained.	Rev. 2024
	4-900	<u>Traumatic Head Injury Due to Child Maltreatment</u>	Explains what traumatic head injury due to child maltreatment 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. For information aimed at caregivers, see <u>When Your Baby Can't Stop Crying (resource 4-902)</u> .	2026
	4-901	<u>Traumatic Head Injury Due to Child Maltreatment (THI-CM): A Literature Review</u>	This report provides health professionals and service providers with current, evidence-based information on Traumatic Head Injury due to Child Maltreatment (THI-CM). It covers multiple aspects of THI-CM, including mechanisms of injury, risk factors, diagnosis, long-term outcomes, and strategies for prevention.	2026
	4-902	<u>When Your Baby Can't Stop Crying</u>	Although infant crying is normal, it can be very frustrating for parents and caregivers. This brochure identifies strategies for dealing with a crying infant, as well as strategies for handling caregivers' frustration. For information aimed at health professionals and service providers, see <u>Traumatic Head Injury Due to Child Maltreatment (resource 4-900)</u> .	Rev. 2025
	4-910	<u>Burn and Scald Prevention Information Card</u>	This information card is part of the <i>Injury Prevention Begins with You</i> campaign, and shares tips for how you can prevent drowning injuries in children. Also available: <u>Drowning Prevention Information Card</u> , <u>Promoting Risky Play Information Card</u> , <u>Trampoline Safety Information Card</u> , and <u>Bicycle Safety Information Card</u>	2021

Resource	Resource Number	Title	Description	Date
	4-911	Drowning Prevention Information Card	This information card is part of the <i>Injury Prevention Begins with You</i> campaign, and shares tips for how you can prevent drowning injuries in children. Also available: Burn and Scald Prevention Information Card , Promoting Risky Play Information Card , Trampoline Safety Information Card , and Bicycle Safety Information Card	2021
	4-912	Promoting Risky Play Information Card	This information card is part of the <i>Injury Prevention Begins with You</i> campaign, and shares tips for how you can promote children's risky play. Also available: Burn and Scald Prevention Information Card , Drowning Prevention Information Card , Trampoline Safety Information Card , and Bicycle Safety Information Card	2021
	4-913	Trampoline Safety Information Card	This information card is part of the <i>Injury Prevention Begins with You</i> campaign, and shares tips for how you can prevent trampoline injuries in children. Also available: Burn and Scald Prevention Information Card , Drowning Prevention Information Card , Promoting Risky Play Information Card , and Bicycle Safety Information Card	2021
	4-914	Bicycle Safety Information Card	This information card is part of the <i>Injury Prevention Begins with You</i> campaign, and shares tips for how you can prevent cycling-related injuries in children. Also available: Burn and Scald Prevention Information Card , Drowning Prevention Information Card , Promoting Risky Play Information Card , and Trampoline Safety Information Card	2022

Child Traffic Safety (CTS)

Resource	Resource Number	Title	Description	Date
	4-000	<u>Rear-Facing Car Seats</u>	This fact sheet explains the different types of rear-facing car seats and how to properly buckle and tighten a child into one. Please note: This resource is a pad of 50 fact sheets. An order quantity of 1 equals 50 fact sheets.	Rev. 2022
	4-125	<u>Forward-Facing Car Seats</u>	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. Please note: This resource is a pad of 50 fact sheets. An order quantity of 1 equals 50 fact sheets.	Rev. 2022
	4-126	<u>Booster Seats</u>	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. Please note: This resource is a pad of 50 fact sheets. An order quantity of 1 equals 50 fact sheets.	2022
	4-128	<u>Aftermarket Car Accessories</u>	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. Please note: This resource is a pad of 50 fact sheets. An order quantity of 1 equals 50 fact sheets.	2022
	4-129	<u>Winter Car Seat Safety</u>	This fact sheet shares key winter car seat safety tips, including how to keep children warm without affecting proper harness fit. It provides guidance for infant car seats, along with important reminders for booster seats and older children. It also explains the risks of bulky clothing and offers practical tips for cold-weather travel. Please note: This resource is a pad of 50 fact sheets. An order quantity of 1 equals 50 fact sheets.	2026

Early Childhood Development

Early Childhood Mental Health (ECMH)

Resource	Resource Number	Title	Description	Date
	6-000	<u>Connections for Life: Attachment Resource Kit</u>	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. 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 of the activities, depending on what works best for you. All of the materials are available in both English and <u>French</u> . Note – The information in this kit should not be used to diagnose children or provide therapy. Only trained professionals should provide diagnosis or therapy.	2007

Resource	Resource Number	Title	Description	Date
	6-001	Des liens pour la vie: Trousse de ressources pour l'attachement	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 l'"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.	2007
	8-001	Nurturing Early Childhood Mental Health	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.	2026
	8-301	Intimate Partner Violence and Young Children	Written in plain language, this information card provides basic information about the impact of witnessing intimate partner violence during early childhood. Caregivers are given practical tips for helping children who have had this experience.	2026
	8-503	Stress and Trauma	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.	2026

Resource	Resource Number	Title	Description	Date
	8-601	<u>Helping Young Children Develop Resiliency and Cope with Stress</u>	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. 2025
	8-701	<u>Your Young Child's Brain: How Does It Develop?</u>	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.	2026
	8-801	<u>Attachment</u>	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.	2026
	9-000	<u>Promising Practices in the Mitigation of the Impacts of Adverse Childhood Experiences (ACES) in Children Ages 0 to 6</u>	Adverse childhood experiences (ACEs) are childhood events that cause harm or distress and, as a result, disrupt the child's health and development. 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. "In November 2022 an Executive Summary was added to the report".	2022

Parenting Education

Community Action Program for Children (CAPC)

Resource	Resource Number	Title	Description	Date
	1-200	<u>Wonderful World of Parenting</u>	This information card offers supportive information for parents, acknowledging the many roles they take on in their parenting journey. It emphasizes the importance of self-care, seeking support, and recognizing the value of every contribution they make to their child's life. This information card accompanies a video of the same title. To watch the video, visit: <u>The Wonderful World of Parenting</u> .	2025
	5-509	<u>Building a Healthy Relationship with Food: 6 Months and Older</u>	This brochure shares information about how to help children build a healthy relationship with food, starting when they are babies, and provides details about the division of responsibility. The division of responsibility states that the parent or caregiver decides what, when, and where to offer food for children to eat; the child decides if and how much food they eat. This resource was created in partnership with the Northern Healthy Communities Partnership Healthy Eating Team. For more information, visit <u>www.nhcp.ca/healthy-eating-team</u> .	2024
	5-510	<u>Feeding Baby: 6 Months and Older</u>	This brochure provides details about feeding methods for babies 6 months and older. Information about how to prevent choking and modify foods to reduce choking risks for children 6 months to 2 years of age is provided. This resource was created in partnership with the Northern Healthy Communities Partnership Healthy Eating Team. For more information, visit <u>www.nhcp.ca/healthy-eating-team</u> .	2026
	5-511	<u>Introducing Cow's Milk to Baby</u>	This brochure outlines when to introduce cow's milk to babies and provides details about iron-deficiency anemia. Examples of iron-rich foods are provided. This resource was created in partnership with the Northern Healthy Communities Partnership Healthy Eating Team. For more information, visit <u>www.nhcp.ca/healthy-eating-team</u> .	2026
	5-512	<u>Making Homemade Baby Food</u>	This brochure shares information about how to make, season, store, thaw, reheat, and serve homemade baby food. This resource was created in partnership with the Northern Healthy Communities Partnership Healthy Eating Team. For more information, visit <u>www.nhcp.ca/healthy-eating-team</u> .	2024

Resource	Resource Number	Title	Description	Date
	5-513	<u>Breastfeeding</u>	This brochure describes the benefits of breastfeeding, as well as information about expressing milk by hand, helping baby successfully latch to breastfeed, and tips for increasing milk supply. This resource was created in partnership with the Northern Healthy Communities Partnership Healthy Eating Team. For more information, visit www.nhcp.ca/healthy-eating-team .	2024
	5-517	<u>Supporting Parents Webinar Series</u>	This information card provides a QR code link to the <u>Supporting Parents Webinar Series</u> , a collection of recorded webinars developed to support parents and caregivers in creating environments where children can thrive. It can be distributed to families as a convenient means of accessing learning materials that promote positive parenting practices and child well-being.	2025
	5-520	<u>The Hand You Hold Is the Legacy You Leave</u>	<i>The Hand You Hold Is the Legacy You Leave</i> highlights an important message - the first years of life lay the foundation for lifelong health, relationships, and learning. For babies to thrive, they need the following from consistent caregivers: love, safety and security, and acceptance. <i>The Hand You Hold</i> is built around these needs, while also emphasizing the vital role of parent support. This resource offers practical actions for parents to meet each of these needs, paired with research insights that explain why these actions matter. This booklet is strengths-based, parent-friendly, and adaptable across many settings. For example, it can be shared with parents and caregivers during home visits, in parenting or prenatal groups, and as discussion prompts in community settings. It is meant to spark meaningful conversations by inviting parents to reflect on “What is my baby telling me?” <u>Click here</u> for a sample lesson plan to share this resource with parents and caregivers.	2025
	5-800	<u>Parenting Matters Bookmark</u>	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

Resource	Resource Number	Title	Description	Date
	5-801	National Child Day Poster	This poster was developed to raise awareness of 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	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. 2023
	5-900	What healthy habits do you want your child to have?	This poster defines "healthy" and "habit". It also provides examples of healthy habits that parents and caregivers can model for their children.	2025
	5-901	What healthy habits do you want your child to have?	This postcard defines "healthy" and "habit" and asks the question, "Which healthy habits is your child learning from you?" Examples of healthy habits are listed. A provided activity encourages parents and caregivers to select one new healthy habit that they wish to role model for their children.	2025
	5-902	What is your child's favourite healthy food?	This poster highlights what healthy eating means and why it is important for children to eat healthy foods.	2021
	5-903	What is your child's favourite healthy food?	This postcard highlights what healthy eating means and why it is important for children to eat healthy foods. It also provides space to list examples of healthy foods.	2021
	5-904	What are whole foods and processed foods?	This poster defines whole foods and processed foods.	2021

Resource	Resource Number	Title	Description	Date
	5-905	<u>What are whole foods and processed foods?</u>	This postcard defines whole foods and processed foods and provides space to list alternatives to processed foods.	2021
	5-906	<u>Why is it important to eat together as a family?</u>	This poster shares information about why it is important to eat together as a family.	2021
	5-907	<u>Why is it important to eat together as a family?</u>	This postcard shares information about why it is important to eat together as a family and provides examples of family habits while eating.	2021
	5-908	<u>What is mindful eating?</u>	This poster defines mindful eating and shares why it is important.	2021
	5-909	<u>What is mindful eating?</u>	This postcard defines mindful eating and shares why it is important. Questions are provided to help parents and caregivers help their children practice mindful eating.	2021
	5-910	<u>Why is physical activity important for children?</u>	This poster describes physical activity and shares how physical activity helps children.	2022
	5-911	<u>Why is physical activity important for children?</u>	This postcard describes physical activity and shares how physical activity helps children. The provided activity asks parents and caregivers to brainstorm active play ideas for children.	2022
	5-912	<u>What healthy habits support healthy relationships?</u>	This poster gives examples of how to build connections with children to nurture a healthy relationship.	2022
	5-913	<u>What healthy habits support healthy relationships?</u>	This postcard gives examples of how to build connections with children to nurture a healthy relationship. The provided activity asks parents and caregivers to list ways they want to respond to their children when they are experiencing certain feelings.	2022

Resource	Resource Number	Title	Description	Date
	5-914	<u>What healthy habits help your child balance their energy?</u>	This poster shares information about the different states of energy we experience throughout the day (e.g., low, balanced, intense, out-of-control) and provides examples of how a child can balance their energy.	2022
	5-915	<u>What healthy habits help your child balance their energy?</u>	This poster shares information about the different states of energy we experience throughout the day (e.g., low, balanced, intense, out-of-control) and provides examples of how a child can balance their energy. The provided activity asks parents and caregivers to review different behaviours to identify when their child is in different states.	2022
	5-916	<u>Healthy Habits Facilitator Guide</u>	This resource provides strategies and activities to help frontline staff use the Healthy Habits resources with parents and caregivers. Activities are 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

Resource	Resource Number	Title	Description	Date
	5-500	Healthy Parenting Program	This information card provides a QR code link to the Healthy Parenting Program – a user-friendly resource for parents and caregivers of children aged 0-5. This card can be shared with families to help them access practical information on topics such as nutrition, safety, child care, child development, and immunization.	2025
	5-501	Healthy Parenting Poster	These posters advertise 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, child care, and child development. This resource can be accessed using a computer, tablet, or cell phone.	Rev. 2023

Nobody's Perfect Parenting Program

Resource	Resource Number	Title	Description	Date
	5-001	<u>Nobody's Perfect Bookmark</u>	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	<u>Nobody's Perfect Information Card</u>	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	<u>Nobody's Perfect</u>	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
	5-504	<u>Cherish Me for I am a Child</u>	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	<u>My Curious Brain</u>	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	<u>My Curious Brain Poster</u>	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.	2026
	5-508	<u>My Curious Brain Info Card</u>	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.	2022

Perinatal and Infant Health (PIH)

Resource	Resource Number	Title	Description	Date
	2-001	<u>Pediatric Type 2 Diabetes in Saskatchewan</u>	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. The partnership resulted in the development of this background report, based on a literature review, needs assessment survey, and environmental scan, which will inform future work regarding pediatric T2D in Saskatchewan. The report will be used first to inform the development of relevant resources for education and training for healthcare providers, and second, to develop appropriate education for patients and families, within the Saskatchewan context.	2020
	2-101	<u>Maternal Mental Health</u>	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

Resource	Resource Number	Title	Description	Date
	2-102	<u>Maternal Mental Health</u>	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. * For an updated version of the Maternal Mental Health Edinburgh Postnatal Depression Scale (EPDS) Screening and Care Guide available through the Saskatchewan Ministry of Health, please visit https://www.ehealthsask.ca/services/resources/Resources/EPDS-screening-2019.pdf	2013
	2-103	<u>Maternal Mental Health (Poster)</u>	This poster is intended to raise awareness about maternal mental health. It includes information about symptoms of depression and who to contact for help.	2023
	2-104	<u>Edinburgh Postpartum Depression Scale (EPDS) Screening and Care Guide</u>	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. * For an updated version of the Maternal Mental Health Edinburgh Postnatal Depression Scale (EPDS) Screening and Care Guide available through the Saskatchewan Ministry of Health, please visit https://www.ehealthsask.ca/services/resources/Resources/EPDS-screening-2019.pdf	2012

Resource	Resource Number	Title	Description	Date
	2-105	<u>Maternal Mental Health Screen</u>	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. * For an updated version of the Maternal Mental Health Edinburgh Postnatal Depression Scale (EPDS) Screening and Care Guide available through the Saskatchewan Ministry of Health, please visit https://www.ehealthsask.ca/services/resources/Resources/EPDS-screening-2019.pdf	2017
	2-106	<u>Cannabis Use in the Childbearing Years: An Evidence Summary for Healthcare Providers</u>	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.	2018
	2-107	<u>What Have You Heard About Cannabis and Pregnancy?</u>	This information card is aimed at people who are pregnant or trying to get pregnant. It provides evidence-based information about the potential effects of cannabis use when trying to get pregnant, during pregnancy, and when breastfeeding. The information card highlights how cannabis use could affect fertility (the ability to get pregnant) and a developing baby’s growth.	2022
	2-109	<u>Maternal Mental Health Screening (Information Card)</u>	This information card provides a link to the updated EPDS (Edinburgh Postnatal Depression Scale) screening tool and care guide, used in Saskatchewan since 2019. A scannable QR code is also included.	2023
	2-110	<u>What Have You Heard About Maternal Mental Health (Pamphlet)</u>	This pamphlet provides information about maternal/perinatal mental health, self-care tips for parents, and a list of organizations that provide information and support related to mental health before, during, and/or after pregnancy.	2023

Resource	Resource Number	Title	Description	Date
	2-201	<u>Late Preterm Infant (Near-Term)</u>	A late preterm infant is a baby that is born between 34-36 (almost 37) weeks of pregnancy. This fact sheet provides information about some health problems that might affect a late preterm infant, things that caregivers and parents should watch for, and some questions to be discussed before leaving the hospital.	2023
	2-202	<u>Common Postpartum Complications</u>	The postpartum period, or \"fourth trimester\", is a critical time for new parents to recover and adjust after childbirth. This fact sheet highlights common postpartum complications that can affect both physical and mental health. It outlines symptoms to watch for, provides helpful tips for managing discomfort, and emphasizes the importance of seeking medical attention for severe or persistent issues. Resources and support options are also included to help ensure a healthy transition into parenthood.	2025
	2-251	<u>Common Non-prescription Medications in Pregnancy</u>	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.	Rev. 2021
	2-301	<u>Folic Acid and the Prevention of Neural Tube Defects</u>	This fact sheet provides information on neural tube defects (NTDs) and folic acid. It includes information about what NTDs are, the importance of taking folic acid before and during pregnancy, classification of risk level, and appropriate folic acid dosage.	2026
	2-309	<u>Before You Become Pregnant</u>	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	<u>Should I get the COVID-19 Vaccine if I am Pregnant or Breastfeeding?</u>	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: <u>COVID-19 Vaccine in Pregnancy and Breastfeeding References</u> .	2021

Resource	Resource Number	Title	Description	Date
	2-314	<u>Essential Foods for a Healthy Pregnancy</u>	This brochure, designed for use by and with pregnant people, provides information about important nutrients before, during, and after pregnancy. It includes examples of foods containing these important nutrients, as well as healthy drink options, tips to help with nausea, and eating well for less.	2024
	2-409	<u>ABCs for Safe Sleep</u>	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.	2020
	2-427	<u>Routine Blood Tests in Pregnancy</u>	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.	2013
	2-432	<u>I Need to Be Safe</u>	This information card for the general public provides information on how domestic violence affects children.	2015
	2-434	<u>We Need to Be Safe</u>	This information card for the general public provides information on the impacts of intimate partner violence during pregnancy and available resources and supports.	Rev. 2023
	2-435	<u>Intimate Partner Violence and Pregnancy</u>	Intimate partner violence (IPV) involves behaviours by an intimate partner or ex-partner that cause physical, sexual, or psychological harm. While IPV can occur between partners of any gender or sexual orientation, women are most often the victims, and men are frequently the perpetrators. This fact sheet highlights the prevalence, risk factors, and impacts of IPV specifically during pregnancy. It details the significant health risks associated with IPV for both the mother and fetus and outlines key strategies for detection, intervention, and support.	2024
	2-437	<u>Safe Sleep for Your Baby: Lower the Risk of SIDS</u>	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

Resource	Resource Number	Title	Description	Date
	2-438	<u>Safe Sleep Evidence Summary</u>	This evidence summary summarizes evidence based guidelines on safe sleep and is intended for use by policy makers, healthcare providers, and service providers.	2017
	2-442	<u>Gestational Diabetes Fact Sheet</u>	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.	2020
	2-448	<u>Gestational Diabetes Risks Prevention and Treatments</u>	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.	2020
	2-457	<u>Infant Mortality in Saskatchewan: Evidence to Inform Public Health Practice</u>	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.	2009

Resource	Resource Number	Title	Description	Date
	2-459	<u>Healthy Weight Gain During Pregnancy</u>	Healthy weight gain is important during pregnancy for the health of the woman and her growing baby. 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. This booklet was developed in consultation with Saskatchewan dietitians, nurses, and other healthcare providers, as well as First Nations women. 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.	Rev. 2021
	2-460	<u>Child Death Review in Canada: A National Scan</u>	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.	2016
	2-461	<u>Cannabis and Pregnancy Poster</u>	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
	2-462	<u>Intimate Partner Violence (IPV) During Pregnancy: A Literature Review</u>	Intimate partner violence during pregnancy is one of the biggest health risks in the prenatal period. It is associated with significant physical and psychological consequences that can be longstanding for pregnant people and fetuses. This literature review details prevalence rates, risk factors for perpetration and victimization, adverse pregnancy outcomes for both the mother and fetus, and economic impacts associated with intimate partner violence during pregnancy. Intervention strategies are also outlined. For a related literature review focused on the impacts intimate partner violence exposure on children, please visit www.skprevention.ca/resource-catalogue/child-development/childhood-exposure-to-intimate-partner-violence-a-literature-review/ .	2024

Resource	Resource Number	Title	Description	Date
	2-500	My Saskatchewan Pregnancy App Poster	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 a QR code to download this app. Download the poster without the QR code here. here .	2023
	2-501	My Saskatchewan Pregnancy App Tear-Away Cards	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. These tear-away cards advertise the availability of the app and come in pads of 25.	2020
	2-502	Gestational Diabetes - What You Need to Know	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
	2-800	Pregnancy a Time to Smile	This poster emphasizes the importance of good oral health during pregnancy.	2022
	2-801	Pregnancy is a Time for Smiling	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.	2022
	2-802	Germ	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.	2022

Resource	Resource Number	Title	Description	Date
	2-803	<u>Improving the Oral Health of Pregnant Women and Young Children: Opportunities for Oral Care and Prenatal Care Providers</u>	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
	2-804	<u>Improving the Oral Health of Pregnant Women and Young Children: Opportunities for Oral Care and Prenatal Care Providers</u>	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.	2014
	2-805	<u>Improving the Oral Health of Pregnant Women and Young Children: Opportunities for Oral Care and Prenatal Care Providers</u>	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.	2015
	2-808	<u>Maternal/Perinatal Mental Health</u>	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.	2023
	2-810	<u>Prenatal Supplements</u>	Developed in collaboration with the Perinatal Nutrients of Concern Resource Development Working Group, this infographic poster highlights key nutrients to look for in a prenatal supplement, including folic acid, vitamin D, and iron. It includes tips for managing common challenges with taking supplements, such as nausea or difficulty swallowing.	2025

Resource	Resource Number	Title	Description	Date
	2-900	Saskatoon Support for a Growing Family	This booklet is a collection of FREE programs that parents and their children can access in Saskatoon, but it is not a complete list of services in the community.	Rev. 2024
	2-901	Prenatal eHealth Tools Report	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.	2016
	2-902	Prenatal eHealth Tools	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.	2016

Resource	Resource Number	Title	Description	Date
	2-903	<u>Group Prenatal Care Lit Review</u>	Group prenatal care is a model of group where eight to twelve women of similar gestational age meet as a group with their healthcare provider for 90-120 minutes of regularly scheduled appointments, starting in their second trimester and continuing throughout their pregnancy. During these appointments, each woman has a brief individual physical assessment with the healthcare provider and then participates in a group discussion led by a healthcare provider. 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
	2-904	<u>GPC Evidence Summary</u>	Group prenatal care is a model of group where eight to twelve women of similar gestational age meet as a group with their healthcare provider for 90-120 minutes of regularly scheduled appointments, starting in their second trimester and continuing throughout their pregnancy. During these appointments, each woman has a brief individual physical assessment with the healthcare provider and then participates in a group discussion led by a healthcare provider. 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

Resource	Resource Number	Title	Description	Date
	2-905	<u>Neonatal Abstinence Syndrome Literature Review</u>	Neonatal abstinence syndrome (NAS) is a condition whereby some infants exposed to particular substances in utero experience a variety of postnatal withdrawal symptoms shortly after birth. Increased rates of NAS have been reported in Canada over the past decade. This review provides information about the development and effects of NAS, modes of assessment, treatment options (both pharmacological and non-pharmacological), care guidelines for parents and caregivers, and primary prevention strategies.	2020
	2-906	<u>Neonatal Abstinence Syndrome</u>	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

Sexual and Reproductive Health

Resource	Resource Number	Title	Description	Date
	7-000	<u>Hope for the Future: Having a Healthy Pregnancy While Living with HIV</u>	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.	2013
	7-002	<u>Sexually Transmitted and Blood-Borne Infections (STBBIs): What You Need to Know</u>	Designed for youth, this brochure provides evidence-based information on sexually transmitted and blood-borne infections (STBBIs). It covers what STBBIs are, how they are spread, chances of getting an STBBI, ways to reduce risk, when to get tested, and stigma related to STBBIs.	Rev. 2026
	7-004	<u>Pregnant? Get tested for HIV and Syphilis</u>	HIV and syphilis can be passed from a pregnant person to their growing baby during pregnancy. This poster brings awareness to the importance of testing, treatment, and prenatal care for the health of pregnant people and their babies.	2026
	7-005	<u>HIV: Healthy Pregnancies and Healthy Babies</u>	This booklet is designed for people 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.	2018

Resource	Resource Number	Title	Description	Date
	7-008	<u>HIV and Pregnancy - A Guide to Care</u>	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. For updated information about HIV/AIDS for health professionals, visit: https://www.canada.ca/en/public-health/services/diseases/hiv-aids/health-professionals.html. For updated HIV order sets for Saskatchewan, including maternal and infant order sets, clinical forms, and discharge checklists, visit: https://www.saskhealthauthority.ca/intranet/health-provider-resources/clinical-resources/z-list-clinical-resources/maternalchildrens-health-resources/hiv-maternal-and-newborn-clinical-resources. For updated information about infant feeding recommendations in Canada, including criteria for people living with HIV who want to breastfeed, visit: https://pubmed.ncbi.nlm.nih.gov/37008587/.	Rev. 2020
	7-013	<u>KIS-SK (Keep It Safe Saskatchewan) Smart Phone App</u>	To help enable individuals to 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. The app allows users to: • Find free contraceptives and sexually transmitted infection (STI) testing sites in Saskatchewan • Set reminders for taking contraceptives or booking health appointments • Learn about contraceptives and STIs • View helpful videos about using contraceptives Information cards providing information about the app are available for download or order.	2017
	7-015	<u>Youth-Friendly Sexual Health Information</u>	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.	2023

Resource	Resource Number	Title	Description	Date
	7-017	<u>Sexually Transmitted and Blood-Borne Infections (STBBIs): What You Need to Know</u>	Saskatchewan has high rates of sexually transmitted and blood-borne infections (STBBIs). If left untreated, STBBIs can cause serious health issues for individuals and unborn babies. This youth-focused booklet provides evidence-based information on what STBBIs are, how they are spread, what testing looks like, and which infections can be treated or cured. It also includes information on symptoms, prevention, and impacts on fertility and pregnancy to support informed sexual health decisions.	Rev. 2026
	7-020	<u>KIS-SK App Tear-Away Poster</u>	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
	7-021	<u>HIV...it's Different Now. Say Yes to the Test</u>	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
	7-023	<u>Syphilis</u>	Rates of syphilis have significantly increased in Saskatchewan in the past several years, with 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
	7-025	<u>Grooming for the Purposes of Exploitation and Abuse: A Literature Review</u>	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
	7-100	<u>HIV and Pregnancy - (Woodland Cree Translation)</u>	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

Resource	Resource Number	Title	Description	Date
	7-101	HIV and Pregnancy - (Plains Cree Translation)	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 - (Dene Translation)	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 Health Development Chart	This resource is aimed at health professionals and childcare providers. It provides information and messages to promote sexual health in their interactions with children and families and to support parents as sexual health educators. The flipchart includes information for five age groups: Birth to Two Years; Two to Five Years; Five to Eight Years; Nine to Twelve Years; Thirteen to Sixteen Years.	Rev. 2024
	7-204	Messages for Parents: Birth to Two Years	Parents are the first and primary sexual health educators of children. This resource provides information to help parents and caregivers promote their child's healthy sexual development. Early introduction of sexual health topics increases the confidence and comfort of both caregivers and the child to talk about sexual health in later years. As children grow, it is important for caregivers to reinforce health messages and expand on sexual health topics. Messages for Parents are also available for other age groups: • Two to Five Years • Five to Eight Years • Nine to Twelve Years • Thirteen to Sixteen Years	Rev. 2024

Resource	Resource Number	Title	Description	Date
	7-205	<u>Messages for Parents: Two to Five Years</u>	Parents are the first and primary sexual health educators of children. This resource provides information to help parents and caregivers promote their child's healthy sexual development. Early introduction of sexual health topics increases the confidence and comfort of both caregivers and the child to talk about sexual health in later years. As children grow, it is important for caregivers to reinforce health messages and expand on sexual health topics. Messages for Parents are also available for other age groups: • <u>Birth to Two Years</u> • <u>Five to Eight Years</u> • <u>Nine to Twelve Years</u> • <u>Thirteen to Sixteen Years</u>	Rev. 2024
	7-206	<u>Messages for Parents: Five to Eight Years</u>	Parents are the first and primary sexual health educators of children. This resource provides information to help parents and caregivers promote their child's healthy sexual development. Early introduction of sexual health topics increases the confidence and comfort of both caregivers and the child to talk about sexual health in later years. As children grow, it is important for caregivers to reinforce health messages and expand on sexual health topics. Messages for Parents are also available for other age groups: • <u>Birth to Two Years</u> • <u>Two to Five Years</u> • <u>Nine to Twelve Years</u> • <u>Thirteen to Sixteen Years</u>	Rev. 2024

Resource	Resource Number	Title	Description	Date
	7-207	<u>Messages for Parents: Nine to Twelve Years</u>	Parents are the first and primary sexual health educators of children. This resource provides information to help parents and caregivers promote their child's healthy sexual development. Early introduction of sexual health topics increases the confidence and comfort of both caregivers and the child to talk about sexual health in later years. As children grow, it is important for caregivers to reinforce health messages and expand on sexual health topics. Messages for Parents are also available for other age groups: • <u>Birth to Two Years</u> • <u>Two to Five Years</u> • <u>Five to Eight Years</u> • <u>Thirteen to Sixteen Years</u>	Rev. 2024
	7-208	<u>Messages for Parents: Thirteen to Sixteen Years</u>	Parents are the first and primary sexual health educators of children. This resource provides information to help parents and caregivers promote their child's healthy sexual development. Early introduction of sexual health topics increases the confidence and comfort of both caregivers and the child to talk about sexual health in later years. As children grow, it is important for caregivers to reinforce health messages and expand on sexual health topics. Messages for Parents are also available for other age groups: • <u>Birth to Two Years</u> • <u>Two to Five Years</u> • <u>Five to Eight Years</u> • <u>Nine to Twelve Years</u>	Rev. 2024
	7-209	<u>Learning about My Body: Birth to Two Years of Age</u>	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. This book is available for loan through all Saskatchewan Public Libraries.	Rev. 2024

Resource	Resource Number	Title	Description	Date
	7-210	<u>Learning about My Body: Two to Five Years of Age</u>	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. This book is available for loan through all Saskatchewan Public Libraries.	Rev. 2024
	7-211	<u>It's Easier Than You Think: Tips for Talking With Your Kids About Sexual Health</u>	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.	2017
	7-213	<u>It's Easier Than You Think! Tips for Talking with Your Children about Sexual Health</u>	Talking about sex and sexual health with children can be difficult, and parents may not know where to start. The booklet, It's Easier Than You Think! Tips for Talking with Your Children about Sexual Health is designed to help parents have these important conversations with their children. The booklet is a complement to the video <u>It's Easier Than You Think! Tips for Talking with Your Children about Sexual Health</u> available from the Saskatchewan Prevention Institute.	Rev. 2024
	7-300	<u>Contraception Options: Finding the Best Method of Birth Control for You</u>	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.	2026
	7-301	<u>Building Healthy Relationships: Yes, that includes dating relationships!</u>	Teaching young people how to build healthy relationships provides them with valuable skills that can promote their overall health. This booklet provides information about how to build healthy relationships of any kind (e.g., friendships, relationships with family, etc.), as well as information specific to healthy dating relationships. Recent additions to the booklet include further information about consent and communication skills. It is designed for use with youth (including those who aren't dating yet). Saskatchewan adolescent perspectives were collected to inform the development of this resource. For more information about online relationships, view the booklet <u>Building Healthy Online Relationships</u> .	2023

Resource	Resource Number	Title	Description	Date
	7-302	<u>Tips for Talking With Your Child: How to Build Healthy Relationships, Including Dating Relationships</u>	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 child about building healthy relationships, including dating relationships.	Rev. 2024
	7-303	<u>Tips for Talking with Your Students: Building Healthy Relationships (In Person and Online)</u>	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.	2024
	7-304	<u>Building Healthy Online Relationships</u>	Teaching young people how to build healthy relationships provides them with valuable skills that can promote their overall health. With the increasing use of online technology, teaching youth to build healthy relationships online is becoming increasingly important. This booklet provides information about how to build healthy online relationships, including information on online safety and communication, as well as tips to help navigate cyberbullying, grooming, sextortion, and more. It is designed for use with youth. For more information on healthy relationships in general, view the booklet <u>Building Healthy Relationships: Yes, that includes dating relationships!</u>	2022
	7-305	<u>Youth Dating Violence: A Literature Review</u>	Dating in adolescence and young adulthood is considered healthy and an important aspect of youth development. Unfortunately, romantic youth relationships can sometimes include abuse. Understanding youth dating violence is necessary for targeted health promotion and prevention to mitigate youth dating violence and associated harms. The purpose of this report is to examine the concept of youth dating violence more fully, including varying definitions, prevalence, signs of youth dating violence, and risk factors for victimization, as well as strategies for prevention and intervention.	2023
	7-500	<u>HCV and Pregnancy Fact Sheet</u>	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

Resource	Resource Number	Title	Description	Date
	7-501	<u>Perinatal Transmission of HIV: Prevention, Treatment, and Education</u>	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 perinatal transmission, transmission prevention, barriers to prevention, and health promotion around these topics.	2026
	7-505	<u>Parents as Sexual Health Educators</u>	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.	2017
	7-507	<u>HIV and Pediatric Treatment and Care in Saskatchewan</u>	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.	2012

Resource	Resource Number	Title	Description	Date
	7-513	<u>Adolescent Pregnancy in Saskatchewan: Best Practices for Prevention</u>	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	<u>Mitigating the Impacts of Sex and Sexuality in the Media on Children: Best Practices for Parents</u>	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	<u>HIV, Pregnancy, and Tobacco Use</u>	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. Information about traditional tobacco use is included, along with resources to help pregnant women and those planning a pregnancy to quit or reduce their tobacco use.	Rev. 2024
	7-517	<u>HIV, Pregnancy, and Tobacco Use</u>	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. Supports are listed to help pregnant women and those planning a pregnancy to quit or reduce their tobacco use.	2023
	7-519	<u>Pediatric Care and Support for Children Living with HIV in Saskatchewan</u>	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 support needs. Read "Treatment and Care Issues Specific to Adolescents Living with HIV" (<u>Resource 7-520</u>), this is a review supplement for this report.	2013
	7-520	<u>Treatment and Care Issues Specific to Adolescents Living with HIV</u>	This review is a supplement to "Pediatric Care and Support for Children Living with HIV in Saskatchewan" (<u>Resource 7-519</u>). Information is provided on common issues facing adolescents who were perinatally infected with HIV.	2013

Resource	Resource Number	Title	Description	Date
	7-522	<u>Prevention of HIV Infection in Adolescents</u>	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
	7-524	<u>Effective Evidence-based Sexual Health Education for Youth</u>	This report provides an overview of the standard definitions of sexual health, summarizes the status of Canadian adolescents with respect to common sexual health indicators, describes traditional approaches to sex education, and examines evidence-based guidelines and practices pertaining to adolescent sexual health education. "The 2019 Canadian Guidelines for Sexual Health Education from SIECCAN (Sex Information & Education Council of Canada) are available <u>here</u> ."	2015
	7-526	<u>HIV Prevention in Saskatchewan Adolescents</u>	Saskatchewan adolescents have high rates of sexually transmitted infections (STIs) and unplanned pregnancies, both of which are indicators of participation in high risk sexual behaviours. These indicators, along with the high rates of human immunodeficiency virus (HIV) in Saskatchewan, suggest that many adolescents may be at risk of HIV infection. Unfortunately, many adolescents lack the knowledge and skills necessary to prevent HIV infection. 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

Resource	Resource Number	Title	Description	Date
	7-527	<u>Sexual Health Education for Adolescents with Intellectual Disabilities</u>	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 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.	2015
	7-528	<u>Digital Media and Adolescent Sexual Health</u>	Research suggests that adolescents aged 8 to 18 years spend an average of 6 to 11 hours per day with some form of media. Research also suggests that the Internet is among the most popular sources of information that adolescents use to learn about sexual and reproductive health. Other important sources are friends and family, schools, and health professionals. Adolescents are actively searching for accurate, helpful, in-depth information about sex and sexual health that they can trust. 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.	2016

Resource	Resource Number	Title	Description	Date
	7-529	<u>Effective Sexual Health Education for Youth</u>	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. For more information about effective sexual health education, please see the complete literature review titled " <u>Effective Evidence-Based Sexual Health Education for Youth</u> ". The current summary was based on this literature review, as well as updated guidelines (e.g., SIECCAN's 2019 <u>Canadian Guidelines for Sexual Health Education</u>).	Rev. 2020
	7-530	<u>Sexual Health Education for Adolescents with Intellectual Disabilities</u>	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.	2016
	7-531	<u>Online Resources for Sexual Health Educators</u>	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.	Rev. 2020

Resource	Resource Number	Title	Description	Date
	7-532	<u>An Environmental Scan of Canadian Resources Designed to Foster Healthy Adolescent Dating Relationships</u>	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 be used as a starting point for anyone seeking materials or services to educate adolescents about healthy relationships.	2016
	7-533	<u>Understanding and Teaching About Consent</u>	This resource provides definitions, explanations, and resources to help health professionals and educators teach youth about consent.	2025
	7-534	<u>Adolescent Pregnancy: Risk and Protective Factors</u>	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	<u>Developing Healthy Adolescent Dating Relationships</u>	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	<u>Helping Adolescents Develop Healthy Dating Relationships: An Evidence Summary</u>	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.	2017

Resource	Resource Number	Title	Description	Date
	7-537	<u>Available Saskatchewan-Based Resources and Supports for Pregnant and Parenting Adolescents</u>	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.	2019
	7-538	<u>Associations Between Adolescent Pornography Use and Their Sexual and Reproductive Health</u>	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.	2019
	7-539	<u>Environmental Scan of Available Online Indigenous Sexual and Reproductive Health Resources</u>	Sexual and reproductive health are important for overall health and well-being. Indigenous communities in Canada continue to experience sexual and reproductive health disparities due to limited health care access, poor quality of care, discrimination within the healthcare system, and ongoing impacts of colonization. In an effort to reduce these disparities and improve sexual and reproductive health outcomes, communities and organizations are creating resources, services, and programs that better meet the needs of Indigenous people. This report highlights available sexual and reproductive health resources and services in Canada created by or in partnership with Indigenous people.	2026
	7-540	<u>An Environmental Scan of Online Resources Related to Sexting</u>	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.	2021

Resource	Resource Number	Title	Description	Date
	7-541	<u>Youth Sexting: A Critical Review of the Research Literature</u>	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: <u>An Environmental Scan of Online Resources Related to Sexting</u>	2021
	7-542	<u>Youth and Sexting Information Sheet</u>	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.	2022
	7-543	<u>Grooming for the Purposes of Exploitation and Abuse: Evidence Summary and Helpful Resources</u>	Grooming is an approach, or preparatory process, used by perpetrators to aid them in exploiting and abusing children. This evidence summary provides information about the prevalence and consequences of grooming, the grooming process, and signs of grooming and/or sexual abuse. Prevention and intervention strategies and further resources are also outlined.	2023
	7-544	<u>Youth Dating Violence Fact Sheet</u>	This fact sheet provides information about youth dating violence, including risk factors for victimization and perpetration, potential outcomes, and prevention and intervention strategies.	2023
	7-545	<u>Human Trafficking in Canada Literature Review</u>	A thorough understanding of human trafficking in Canada is essential to develop effective prevention and intervention strategies. This report examines current research on risk factors for victimization, entrapment methods used by traffickers, consequences for victims, and victims' support and service needs. Evidence-based prevention and intervention strategies are also presented to help guide efforts in Saskatchewan. For more information about current, evidence-based national and Saskatchewan-specific resources and support services, please see the completed environmental scan titled " <u>Human Trafficking in Canada - Environmental Scan of Available Online Resources</u> ".	2025

Resource	Resource Number	Title	Description	Date
	7-546	<u>Human Trafficking in Canada Environmental Scan</u>	Human trafficking occurs across Canada with typically severe and long-lasting consequences for victims. This report shares information on current, evidence-based national and Saskatchewan-specific human trafficking resources (e.g., educational materials, trainings, prevention and intervention programs) and support services for victims and survivors. For more information about human trafficking in Canada, please see the completed literature review titled " <u>Human Trafficking in Canada - A Literature Review</u> ".	2026
	7-547	<u>Congenital Syphilis Literature Review</u>	Recognizing the importance of understanding syphilis in the context of pregnancy, the Saskatchewan Prevention Institute conducted a review of the literature in this area. The review covers findings and recommendations on congenital syphilis transmission, prevention, treatment, and aftercare, as well as information about short- and long-term outcomes of congenital syphilis.	2026
	7-900	<u>Traditional Teachings</u>	Traditional Teachings: A Journey from Young Child to Young Adult. 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. A short introduction to the complete production is available on <u>YouTube</u>	2012
	7-903	<u>Syphilis Information Card - Mother</u>	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 information card 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.	2021

Resource	Resource Number	Title	Description	Date
	7-904	Let's Talk About Syphilis	Syphilis is on the rise in Saskatchewan. This information card highlights the importance of testing and treatment for syphilis, and outlines the stages and associated symptoms of syphilis. It also promotes the Saskatchewan Prevention Institute's website www.talksyphilis.ca , which includes further information about syphilis and congenital syphilis, symptoms, testing, and treatment. The website also provides information for healthcare providers.	2023
	7-905	Let's Talk About Syphilis	Syphilis is on the rise in Saskatchewan. This poster highlights the importance of testing and treatment for syphilis. It also promotes the Saskatchewan Prevention Institute's website www.talksyphilis.ca , which outlines information about syphilis and congenital syphilis, symptoms, testing, and treatment. The website also provides information for healthcare providers.	2023