



Info Rx

Nurturing Parenting

Parenting can be challenging for many people. Below is a list of resources that can help you to develop nurturing parenting skills and family skills to support you in raising your children. These resources cover a variety of experiences all parents/caregivers face and provides guidance on how to support your children through all of their different stages of growth.

Check out these resources! Use your phone to scan the QR codes to open the links!

Books

These books have been recommended by Alberta Children's Hospital staff and community partners. Books can be borrowed from the FCRC Family Library or you can check with your local library to see if they are available.

<https://collections.follettsoftware.com/collection/5f31c1caace5ae0012b32e26>



FCRC Information Prescription

Check out all these resources and more on our website.

<http://fcrc.ahs.ca/rx/parenting/>



Healthy Parents, Healthy Children

Part of the MyHealth.Alberta network this website offers families information about healthy pregnancy and the first five years of a child's life. This made-in-Alberta information will give you suggestions for everyday care and activities.

<https://www.healthyparentshealthychildren.ca/>



Alberta Health Services—Parents

This page has links for parents in Alberta that will take you to important information about childhood immunizations, safety, everyday care, parenting, growth and development, and common health concerns.

<https://www.albertahealthservices.ca/info/parents.aspx>



Alberta Health Services—Parent Information Series

The website is designed to answer frequently asked questions and provides factual information that may help you prevent your children from using drugs, help them make healthy lifestyle choices, and support them in making changes in their lives.

<https://www.albertahealthservices.ca/amh/Page2434.aspx>



Birth and Babies—Building Blocks for Resilience

The Building Blocks for Resilience is a series of books for parents and caregivers. These books provide information about resilience and provide age appropriate activities to help a child develop resiliency skills.

<https://birthandbabies.com/>



Triple P Parenting

Triple P Parenting is an Alberta Government supported program that stands for “Positive Parenting Program.” This flexible program doesn’t tell you how to be a parent but gives you a toolbox of ideas and you choose the strategies you need.

<https://www.triplep-parenting.ca/alb-en/triple-p/>



Caring for Kids—Behaviour and Parenting

Doctors from the Canadian Pediatric Society have created these tip sheets to address various parenting issues. Information relevant to babies, children, and teenagers are included.

<https://caringforkids.cps.ca/handouts/behavior-and-development#parenting>



Nobody’s Perfect

Nobody’s Perfect is a free facilitated parenting program for parents of children from birth to age five. It is coordinated by the Public Health Agency of Canada. Designed to support and meet the needs of all parents and young children.

<https://nobodysperfect.ca/home/>



Media Smarts

This website has digital and media literacy programs and resources for Canadian families. It has information for children, youth, and parents all about being an active and informed digital citizen.

<https://mediasmarts.ca/>



Positive Discipline in Everyday Life

This program is designed to help parents learn how to teach children effectively, while respecting their rights and to promote strong parent-child relationships. This program is partnered with Families Canada.

<https://pdel.org/>



KidsHealth

KidsHealth provides easy to read and doctor reviewed articles on a variety of health topics. This article “Nine Steps to More Effective Parenting” provides parents with some tips to be more effective parents.

<https://kidshealth.org/en/parents/nine-steps.html>



Need more information?

Contact the Family Librarian

☎ 403-955-7745 ✉ ChildHealthInfo@ahs.ca 🌐 <http://fcrc.albertahealthservices.ca/>

Family & Community Resource Centre

2nd Floor, Alberta Children’s Hospital - 28 Oki Drive NW, Calgary, AB, T3B 6A8

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

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