

WE HELP KIDS AND FAMILIES  
BE THEIR HEALTHIEST



## HEALTHY ACTIVE LIVING / LA VIE ACTIVE SAINE

*Kaitlin Atkinson Family Resource Library / Bibliothèque de  
ressources familiales Kaitlin Atkinson*

*Resource List /Ressources*

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CHILDREN'S HOSPITAL OF EASTERN ONTARIO

401 Smyth Road Ottawa, ON K1H 8L1 | Tel: (613) 737-7600 | Fax: (613) 738-4288

[www.cheo.on.ca](http://www.cheo.on.ca)

**Better baby food: your essential guide to nutrition, feeding & cooking for all babies & toddlers** / Kalnins, Daina -- Toronto: Robert Rose, 2008.  
*Helps parents decide what nutritious and healthy food to feed their toddlers.*  
 FAM RJ 206 .K34 2008

**The body image workbook for teens: activities to help girls develop a healthy body image in an image-obsessed world** / Taylor, Julia V. -- Oakland, CA: Instant Help Books, 2014.  
*In this workbook the reader will find practical exercises and tips that address the most common factors that can lead to negative body image, including: comparison, negative self-talk, unrealistic media images, societal and family pressures, perfectionism, toxic friendships, and a fear of disappointing others. They will also learn powerful coping strategies to deal with the daily, intense pressures of being a teenage girl.*  
 FAM BF 723 .S3 T29 2014

**Eat, play, and be healthy: the Harvard Medical school guide to healthy eating for kids** / Walker, W. Allan. -- New York: McGraw-Hill Books Co. 2005.  
*This book provides kitchen-tested advice on creating lifelong healthy eating habits.*  
 FAM RJ 206 .W34 2005

**Embracing rough-and-tumble play: teaching with the body in mind** / Huber, Mike. -- St. Paul, MN: Redleaf Press, 2017.  
*This practical, hands-on resource encourages you to incorporate boisterous physical play into every day and offers concrete advice on how to create spaces for safe play, how to effectively work big body movement into children's daily schedule, and how to use physical play to make teaching practice more dynamic and effective.*  
 FAM RA 723 .H83 2017

**The everything parent's guide to the overweight child: help your child lose weight, develop healthy eating habits, and build self-confidence** / Ford-Martin, Paula. -- Avon, MA: Adams Media, 2005.  
*This book will provide you with insight on what causes children to become overweight and how to help them to change their eating habits and become more physically active. Most important, you'll learn what you can do to break the cycle of obesity that can lead to severe medical problems in the future.*  
 FAM RC 552 .O25 F67 2005

**The family table: recipes and strategies for the challenge** / Breton, Marie. -- Markham, ON: Fitzhenry & Whiteside, 2007.  
*This book offers over 100 recipes designed not only to get kids gathered around the dinner table, but also to get them helping out in meal prep.*  
 FAM RJ 206 .B7313 2008

**Fit kids: a practical guide to raising healthy and active children from birth to teens** / Gavin, Mary. -- Toronto: DK Ltd., 2004.  
*A parent's guide to promoting fitness in children discusses the principles of good nutrition, exercise, and overall well-being, presenting an easy-to-follow program to help children overcome the challenges of a twenty-first-century sedentary lifestyle, develop good eating and health habits, and understand the benefits of physical activity.*  
 FAM RJ 133 .G38 2004

**Food and fitness matter: raising healthy, active kids** [DVD] -- California: Parents' Action for Children, 2006.

*This DVD features health and nutrition experts, including former U.S. Surgeon General Dr. David Satcher and celebrity TV chef Jamie Oliver, who explain the causes and consequences of childhood obesity, and present practical ways parents can improve diet and physical fitness in their homes, schools and communities.*

FAM RJ 133 .F57 2006 DVD

**Get a healthy weight for your child: a parent's guide to better eating and exercise** / McCrindle, Brian W. -- Toronto: Robert Rose Inc. 2005.

*This book is designed to help parents prevent and treat childhood obesity using medical and scientific methods rather than potentially dangerous fad diets and exercise routines. It will help parents to: recognize if their child is overweight, realize the medical consequences of being overweight, understand the social, behavioral, and biological causes of being overweight and improve their child's and family's eating habits, nutrition and overall physical fitness.*

FAM RC 552 .O25 M33 2005

**Good morning yoga: a pose-by-pose wake up story** / Gates, Mariam; Hinder, Sarah Jane. -- Boulder, CO: Sounds True Inc., 2016.

*Yoga helps children learn how to focus, relax, and both self-monitor and self-soothe. "Good Morning Yoga" instills these four skills and more, enabling children to jump-start the day with excitement and meet the adventures that come with mindfulness and perspective.*

FAM BF 723 .S75 G38 2016

**Good night yoga: a pose-by-pose bedtime story** / Gates, Mariam; Hinder, Sarah Jane. -- Boulder, CO: Sounds True, 2015.

*Good Night Yoga is both a bedtime story and a series of simple poses for following the natural world as it comes to rest at day's end.*

FAM BF 723 .S75 G38 2015

**I'm, like, SO fat: helping your teen make healthy choices about eating and exercise in a weight-obsessed world** / Neumark-Sztainer, Diane. -- New York: The Guilford Press, 2005.

*Contains ideas to help kids feel better about their looks and make healthier choices about eating and exercise.*

FAM RC 552 .E18 N48 2005

**I'm OK!: building resilience through physical play** / Green, Jarrod. -- St. Paul, MN: Redleaf Press, 2017.

*Children must learn to pick themselves up, brush themselves off, and bounce back. How do you allow for the physicality required to build resilience when you are tasked with children's safety? This guide provides the tools and strategies for creating a culture of resilience, including families in the process, and keeping safety front-of-mind.*

FAM RA 783 .G76 2017

**Last child in the woods: saving our children from nature-deficit disorder** / Louv, Richard. -- Chapel Hill, NC: Algonquin Books of Chapel Hill, 2008.

*Nature-deficit disorder is not a medical condition; it is a description of the human costs of alienation from nature. This alienation damages children and shapes adults, families, and communities. There are solutions, though, and they're right in our own backyard.*

FAM RA 783 .L68 2008

**Les vérités qui dé-mangent: les coups de gueule d'une nutritionniste engagée** / de Reynal, Béatrice -- Paris: Librairie Vuibert, 2008.

*Abondance et qualité alimentaire n'ont jamais été aussi bonnes. Monde moderne oblige, jamais non plus le consommateur ne s'est autant soucié de ses menus et de sa santé nutritionnelle. Les marketeurs traditionnels l'ont bien compris et rivalisent d'invention pour faire croire au produit miracle au consommateur. Des conseils pour devenir un consommateur averti en décodant les étiquettes.*

FAM RJ 206 .D47 2008

**Living the good life: your guide to health and success** / Patchell-Evans, David. -- Toronto: ECW Press, 2006.

*Designed as a comprehensive guide to good health, practical tips are offered on motivation as well as exercise and healthy eating habits.*

FAM RA 776 .P374 2003

**Mealtime solutions for your baby, toddler and preschooler: the ultimate no-worry approach for each age and stage** / Douglas, Ann -- Mississauga, ON: John Wiley & Sons, Ltd., 2006.

*Featuring real world solutions, this reassuring guide gives you information on: getting your child off to a healthy start nutrition-wise, introducing first foods the step-by-step no-worry way, serving up toddler and preschooler-friendly meals and snacks, dining in and dining out, coping with picky eaters and nourishing sick kids.*

FAM RJ 206 .D68 2006

**Raising a healthy, happy eater: a parent's handbook: a stage-by-stage guide to setting your child on the path to adventurous eating** -- New York, NY: The Experiment, 2015.

*The right start on a child's food journey is necessary for good health, motor skills, and even cognitive and emotional development. Fernando and Potock show you how to expand your family's food horizons, avoid the picky eater trap, identify special feeding needs, and put joy back into mealtimes.*

FAM RJ 206 .F47 2015

**The real sexy smart and strong: 30 tips to boost confidence, get fit and feel great, inside and out** / Patchell-Evans, David -- Mississauga, ON: Wiley, 2009.

*With this book, you will learn how to experience high levels of vital energy, become smarter and stronger, and make the very best of your body. You want to get started with something new - and make positive changes in your life - but where to begin? You will learn how to choose a gym, how to navigate the early days of starting your exercise routine, and what pitfalls to watch out for.*

FAM RA 776.75 .P375 2009

**The right moves: a girl's guide to getting fit and feeling good** / Schwager, Tina -- Minneapolis, MN: Free Spirit Pub., 1998.

*This upbeat, positive book encourages girls to reach their full potential by developing a healthy self-image, eating right, and becoming physically fit.*

FAM HQ 798 .S39

**Running: start to finish** / Stanton, John. -- Edmonton: Lone Pine Pub., 1999.

*Highly acclaimed for its content and design, this running guide is a great resource for all runners. It includes everything you need to start a running program plus plenty to keep you running for years to come. Topics include training programs, nutrition, weight training, injuries, stretching, cross-training, marathons and more.*

FAM RA 781 .S72 1999

**A table en famille: recettes et stratégies pour relever le défi** / Breton, Marie. -- Québec, QC: Flammarion, 2006.

*Le livre aborde d'un point de vue instructif et pratique des sujets cruciaux : l'importance de développer un bon rapport avec la nourriture dès la petite enfance et le rôle des repas en famille dans ce processus; une solution pour que les repas ne soient plus une source de conflit : le principe du partage des responsabilités et le parent décide quoi, comment et quand, l'enfant décide combien.*

FAM RJ 206 .B73 2006

**A table, les enfants: recettes et stratégies pour bien nourrir son enfant de 9 mois à 5 ans** / Breton, Marie -- Québec, QC: Flammarion, 2002.

*Cet ouvrage présente des stratégies et des recettes pour bien nourrir son enfant de 9 mois à 5 ans et lui donner des habitudes alimentaires dont il bénéficiera toute la vie. Un incontournable tant pour les parents, les éducateurs et les professionnels de la santé.*

FAM RJ 206 .B74 2002

**Viens jouer dehors!: pour le plaisir et la santé** / Ferland, Francine. -- Montréal: Éditions du CHU Sainte-Justine, 2012.

*Les statistiques le confirment: les enfants sont plus sédentaires qu'avant. Des changements familiaux, sociaux et technologiques font en sorte qu'ils ont perdu l'habitude - ou qu'on ne leur laisse plus le temps - de jouer spontanément dehors, seuls, en groupe ou en famille, autour de la maison, au parc, ou dans d'autres endroits verts, quand ils sont accessibles. En servant de modèles aux jeunes, les parents contribuent activement à leur faire découvrir le plaisir de jouer dehors. En plus de leur fournir des clés pour y parvenir, Viens jouer dehors! leur suggère un chapitre entier de jeux adaptés aux différents âges, aux différents lieux et à chaque saison.*

FAM RA 783 .F59 2012

**Walking and light running** / Bos, Klaus -- New York: Barnes & Noble, 2004.

*Walking strengthens your heart, takes off pounds, and reduces stress. This book will help you stay on track by developing a routine that you can easily stick to, no matter the weather or how busy your schedule.*

FAM RA 781.65 B67 2004

**Walking for weight loss** / Knight, Lucy -- Heatherton, VIC, Australia: Hinkler Books, 2007.

*As a refreshing alternative to complex dance routines and over-priced gym memberships, walking is a way to slim down, tone up and get active on a daily basis. This title shows you how to set yourself realistic goals, how to assess how hard you are working and how to try out different styles of walking while also providing you with an eating plan.*

FAM RA 781.65 .K54 2007

#### **Websites / Sites internet**

Participation

<http://www.participation.com/>

Healthy Habits – Sesame Street

<https://www.sesamestreet.org/toolkits/healthyhabits>

Food and Nutrition - Health Canada / Aliments et nutrition - Santé Canada

<http://www.hc-sc.gc.ca/fn-an/index-eng.php>

EatRight Ontario / Saine alimentation Ontario

<http://www.eatrightontario.ca/en/default.aspx>

Dietitians of Canada / Les diététistes du Canada

<http://www.dietitians.ca/>

Healthy Living - Public Health Agency of Canada / Modes de vie sains - Agence de la santé publique du Canada

<http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/index-eng.php>

Physical Activity for Children and Youth - Caring for Kids / L'activité physique chez les enfants et les adolescents - Soins de nos enfants

[http://www.caringforkids.cps.ca/handouts/physical\\_activity](http://www.caringforkids.cps.ca/handouts/physical_activity)

Physical Activity – City of Ottawa / L'activité physique – Ville d'Ottawa

<http://ottawa.ca/en/residents/public-health/physical-activity>

Hearty Healthy Activity – Heart and Stroke Foundation / Jeunes cœurs en forme – Fondation des maladies du Cœur et de l' AVC

<http://www.heartandstroke.ca/get-healthy/healthy-kids/heart-healthy-activity>

## Apps

Get Enough Helper / Calculassiette

- Dairy Farmers of Canada
- English, French / anglais, français
- Free / gratuit
- Google Play: The free Get Enough Helper tool is offered by the Registered Dietitians of Dairy Farmers of Canada to help you eat healthier and feel great. It's not your everyday calorie counter like most apps, it counts your servings instead. That means you can keep track of what you eat at the touch of a button to see if you're meeting your recommended daily Canada's Food Guide servings, it's the easy way to help make sure you're getting enough of what you need every day. Learn about nutrition and how to visualize a serving size. Plus get delicious recipes, fun and helpful nutrition tips and more. / Le Calculassiette est un outil offert gratuitement par les diététistes des Producteurs laitiers du Canada pour vous aider à mieux manger et à vous sentir bien. Contrairement aux applications qui calculent les calories, celle-ci compte les portions! Ainsi, vous pouvez faire un suivi du bout des doigts pour savoir si vous avez atteint le nombre de portions quotidiennes recommandées par le Guide alimentaire canadien. C'est une excellente façon de vous aider à consommer ce dont vous avez besoin quotidiennement. Apprenez-en plus sur la nutrition et sur la taille des portions. En prime, obtenez de délicieuses recettes, des conseils nutritionnels amusants et pratiques et plus encore.
- Available from / disponible via [Google Play](#) and [iTunes](#)

Push2Play – Active Games for Kids

- Medical Services Incorporated
- English
- Free
- Last updated April 2017
- From iTunes: The app rewards active play and is full of fun tips for simple, unstructured outdoor play (or indoor play if it's that kind of day).
- Available from [iTunes](#)

SworKit Kids – Workout Trainer

- Nexercise Apps, Inc.
- English, French, German, Hindi, Japanese, Korean, Portuguese, Russian, Simplified Chinese, Spanish, Turkish / Anglais, français, allemand, hindi, japonais, coréen, portugais, russe, chinois simplifié, espagnol, turc
- Free / gratuit
- Last updated Feb 2016 / dernière mis à jour février 2016
- Calling all kids age 7 to 14. Do you think you can crab crawl for 30 seconds or do 10 squats? How long can you hop on one foot or Tightrope? Test out your skills with Sworkit Kids! Sworkit guides you through fun exercise routines demonstrated by possible future personal trainers (or future doctors). Sworkit Kids uses kids for the videos to make it easy to follow along and is completely ad-free! You can do a workout for 5 minutes or 30+ minutes. / Appel à tous les enfants âgés de 7 à 14. Pensez-vous que vous pouvez ramper comme un crabe pendant 30 secondes ou faire 10 squats ? Combien de temps pouvez-vous sauter sur un pied ou rester en équilibre dessus ? Testez vos compétences avec Sworkit Kids! Vous pouvez faire des séances d'entraînement de 5 minutes à 30 minutes.
- Available from / disponible depuis [Google Play](#) & [iTunes](#)

*This guide provides medical material for information purposes only and is not intended to replace the advice of your physician. The information may not always apply to your individual situation.*

*The guide represents material available in the Family Resource Library collection at CHEO. It is not intended to be an exhaustive list. Your local public library may also be able to provide you with information.*

*If you require materials in alternative formats, please contact the library at 613-737-7600 ext. 2157 or at [library@cheo.on.ca](mailto:library@cheo.on.ca).*

*Ce guide fournit du matériel médical pour informations seulement et ne vise pas à remplacer les conseils du médecin. Ces informations pourraient ne pas toujours s'appliquer aux situations individuelles.*

*Ce guide présente le matériel disponible à la bibliothèque de ressources familiales du CHEO. Ce n'est pas une liste complète. Votre bibliothèque publique locale pourrait aussi être en mesure de vous fournir des informations précieuses.*

*Si vous avez besoin des documents en formats alternatifs, s'il vous plaît contacter la bibliothèque au 613-737-7600 poste 2157 ou à [library@cheo.on.ca](mailto:library@cheo.on.ca).*

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