

WE HELP KIDS AND FAMILIES
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PARENTING / LA PARENTALITÉ

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

Resource List / Ressources

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General Information / Information générale

Be the parent, please: stop banning seesaws and start banning Snapchat: strategies for solving the real parenting problems / Riley, Naomi Schaefer. -- West Conshohocken, PA: Templeton Press, 2018.
Toddlers on tablets. Pre-teens on Tumblr. Thanks to a variety of factors, technology is irrevocably a part of childhood, and parents are struggling to keep up. What should be allowed? What should be denied? And, given the ubiquity of technology and its inherent usefulness, what do sensible boundaries even look like? The author walks us through the research on technology's encroachment into each stage of childhood, then offers "tough mommy tips": realistic, practical, applicable advice for parents who recognize that unlimited technology access is a problem, but who don't know where to start in taking back control.
FAM HQ 784 .I58 R55 2018

Everyday blessings: the inner work of mindful parenting / Kabat-Zinn, Myla; Kabat-Zinn, Jon. -- New York: Hachette Books, 2014.
Suggests how parents can enrich their own and their children's lives through intentional, mindful parenting.
FAM HQ 769 .K32 2014

How to talk so kids will listen and listen so kids will talk / Faber, Adele; Mazlish, Elaine. -- New York: Scribner, 2012.
This book details a program for improving communication between parents and children, providing sample dialogues and role-playing exercises.
FAM HQ 784 .Q4 F3 2012

The incredible years: a trouble-shooting guide for parents of children aged 2-8 years / Webster-Stratton, Carolyn -- Seattle, WA: The Incredible Years, 2005.
This book provides parents with guidelines not only to help prevent behavior problems from occurring but also with strategies to promote children's social, emotional and academic competence.
FAM HQ 769 .W42 2005

The journey to parenthood: myths, reality and what really matters / Barnes, Diana Lynn -- Oxford, UK: Radcliffe Publishing Ltd, 2007.
This book is the antidote to this culture's insanity about preparing for parenthood. You will learn that there is no such thing as the 'perfect parent,' and that when parents follow their instincts, they are probably doing the best thing possible to be good parents, and to raise intelligent and happy babies.
FAM HQ 769 .B27 2007

The pampered child syndrome: how to recognize it, how to manage it, and how to avoid it: a guide for parents and professionals / Mamen, Maggie -- Carp, ON: Creative Bound, 2005.
This book provides insight and support for parents, teachers and other professionals who are trying to deal with these pampered children, and who can thus be constructive influences in promoting change by working together as a team. The goal is for parents to take back the power they have given away, and to be confident in raising resilient, empathic, and mentally healthy children who are well-prepared for the world outside the family.
FAM HQ 773 .M24 2004

Parenting that works: building skills that last a lifetime / Christophersen, Edward R. -- Washington, DC: American Psychological Association, 2002.

In clearly written, easy-to-follow chapters, parents are shown how to model and reward positive behaviors and avoid the need for ineffective, punitive discipline. Two key areas are covered in the book: building one's own skills as a parent, and then building one's child's competencies. Scores of practical examples show parents how to teach their children what is important in life, how to communicate clearly, and how to effectively discipline their child.

FAM HQ 769 .C485 2002

Peaceful parent, happy kids: how to stop yelling and start connecting / Markham, Laura. -- New York: Perigee Book, 2012.

This book offers practical, easy-to-apply ideas to help parents regulate themselves and their own emotions in order to foster a better connection with their children to help them learn emotional intelligence, empathy, and responsibility.

FAM HQ 769 .M37 2012

Raising your spirited child: a guide for parents whose child is more intense, sensitive, perceptive, persistent, energetic / Kurcinka, Mary Sheedy. -- New York: HarperCollins, 2006.

Presents guidance and exercises for parents of "spirited" children on such topics as dealing with tantrums and power struggles, helping a child focus and adapt to change and recognizing cues when trouble is brewing.

FAM HQ 769 .K87 2006

Le respect: une valeur pour la vie / Racine, Brigitte. -- Montréal: Éditions du CHU Sainte-Justine, 2016.

Ce livre propose ici aux parents une réflexion sur l'importance et la nécessité du respect et sur leurs façons d'agir en tant que premiers modèles de leurs enfants. Elle les encourage à ne jamais cesser d'exiger le respect en le plaçant au cœur d'une discipline bienveillante et d'une vie familiale basée sur le donnant-donnant.

FAM HQ 769 .R23 2016

Screen-smart parenting: how to find balance and benefit in your child's use of social media, apps, and digital devices / Gold, Jodi. -- New York; London: Guilford Press, 2015.

Even for today's most tech-savvy parents, managing kids' technology use is a huge challenge fraught with uncertainties. What kinds (and amounts) of screen time boost learning and development--and what kinds may be harmful? What is the right age for a game console or a smartphone? How can kids and teens be protected from cyberbullying and learn to be good digital citizens? What impact do parents' technology habits have? In a positive, accessible style, the author provides parents a wealth of practical strategies for navigating the digital frontier and creating realistic, doable rules and expectations for the whole family.

FAM HQ 784 .I58 G56 2015

Stop arguing with your kids: how to win the battle of wills by making your children feel heard / Nichols, Michael P -- New York: The Guilford Press, 2004.

Presented is a simple, easy-to-follow, yet effective way to put an end to arguments by refusing to argue back. Instead, the techniques of responsive listening help parents open up better communication in the family; create an atmosphere of respect and cooperation; and take children's feelings into account--without giving in to their demands.

FAM HQ 769 .N52 2004

Unconditional parenting: moving from rewards and punishments to love and reason / Kohn, Alfie -- New York: Atria Books, 2005.

This book addresses the way parents think about, feel about, and act with their children. It invites them to question their most basic assumptions about raising kids while offering practical strategies for shifting from "doing to" to "working with" parenting--including how to replace praise with the unconditional support that children need to grow into healthy, caring, responsible people.
FAM HQ 769 .K63 2005

What every man should know about being a dad / Cohen, David. -- New York: Routledge, 2009.

This book provides a guide for men on how to be a good dad and supportive partner. Dealing directly with key issues and many stresses that fathers can face, it looks at the psychological research on child development, parenting and fathering in particular.
FAM HQ 756 .C622 2009

Parenting Adolescents / Les ados

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

Caring for your teenager: the complete and authoritative guide -- New York: Bantam Books, 2003.

This book provides parents with all the information they need to ensure that their child is on the right track to becoming a happy, healthy adult.
FAM HQ 799.15 C373 2003

Comment survivre dans une famille dysfonctionnelle / Jamiolkowski, Raymond M -- Outrement: Editions logiques, 2001.

Destiné aux adolescents, ce livre explique ce qu'est une famille à problèmes. Il offre des options et solutions de rechange pour tout ce qui a trait à la violence psychologique, l'inceste, la négligence, la dépendance aux drogues et à l'alcool, les troubles mentaux, les frères et sœurs abuseurs et autres conflits familiaux.
FAM HQ 769 .J3514

The good enough teen: raising adolescents with love and acceptance (despite how impossible they can be) / Sachs, Brad E. -- New York: Perennial Currents, 2005.

A guide to help parents understand the turmoil of the teenage years, with emphasis on relationship building and acceptance
FAM HQ 799.15 .S25 2005

How to talk so teens will listen-- & listen so teens will talk / Faber, Adele; Mazlish, Elaine. -- New York: Harper Collins, 2005.

Filled with straightforward advice and written in a down-to-earth style sure to appeal to both parents and teens, this book offers both innovative, easy-to-implement suggestions and proven techniques to build the foundation for lasting relationships. From curfews and cliques to sex and drugs, it gives parents the tools to help their children safely navigate the often stormy years of adolescence.
FAM HQ 799.15 .F32 2005

Now I know why tigers eat their young: surviving a new generation of teenagers / Marshall, Peter -- Vancouver, BC: Whitecap Books, 2007.

A guide for parents trying to cope with the mood swings, the rebellious nature, and the general unpredictability of their teenaged children.
FAM HQ 799.15 .M37 2007

Parents d'ados: de la tolérance nécessaire à la nécessité d'intervenir / Boisvert, Céline -- Montréal: Hôpital Sainte-Justine, 2003.

A l'adolescence, une multitude de transformations affectent le corps, la pensée, les relations et l'humeur des jeunes. Leurs comportements, moins prévisibles qu'autrefois, sont de plus en plus difficiles à saisir, à gérer et parfois à tolérer. Il a pour objectif de les aider à départager le comportement normal de celui qui est pathologique afin de les orienter vers les meilleures stratégies éducatives et relationnelles à adopter.

FAM HQ 796 .B64 2003

Parenting your delinquent, defiant, or out-of-control teen: how to help your teen stay in school and out of trouble using an innovative multisystemic approach / Duffy, Patrick M. Jr. -- Oakland, CA: New Harbinger Publications, 2014.

This book utilizes skills and exercises based in effective strategies such as functional family therapy, multidimensional treatment foster care and multisystemic therapy, to help parents whose teens are on the verge of getting (or have already gotten) in trouble in school or with the law.

FAM HQ 773 .D84 2014

Surviving your adolescents: how to manage & let go of your 13-18 year olds [DVD] / Phelan, Thomas -- Glen Ellyn, IL: Parent Magic Inc. 2004.

A step-by-step approach to handling teenagers, this guide helps parents end the hassles and improve their parent-teenager relationship. Parents learn how to communicate with teenagers, how to manage teenage risk-taking, how to 'let go' in certain situations, and when to seek professional attention.

FAM HQ 796 .P45 2004 DVD

Parenting Boys / Les garçons

100 things guys need to know / Zimmerman, Bill -- Minneapolis, MN: Free Spirit Publishing, 2005.

Advice for guys on all kinds of issues, from family life to fitting in, emotions, bullies, school peer pressure, failure, anger, and more. Graphic-novel-style illustrations engage even reluctant readers.

FAM HQ 797 .Z56 2005

Boys of few words: raising our sons to communicate and connect / Cox, Adam -- New York: The Guilford Press, 2006.

Written for parents who want to understand and have a close relationship with their sons. Parents will learn how to help their sons establish healthy relationships.

FAM HQ 775 .C68 2006

The good son: shaping the moral development of our boys and young men / Gurian, Michael -- New York: Jeremy P. Tarcher / Putnam, 2000.

This book covers a wide range of topics concerning how to parent a boy. Includes the stages and necessary tasks of development he needs to accomplish from birth to adulthood.

FAM HQ 775 .G82

The minds of boys: saving our sons from falling behind in school and life / Gurian, Michael -- San Francisco, CA: Jossey-Bass, 2005.

This practical book shows parents and teachers how to help boys overcome their current classroom obstacles by helping to create the proper learning environment, understand how to help boys work with

their unique natural gifts, nurture and expand every bit of their potential, and enabling them to succeed in life the way they ought to.
FAM HQ 775 .G87 2005

Why boys don't talk - and why it matters: a parent's survival guide to connecting with your teen / Shaffer, Susan Morris -- New York: McGraw-Hill, 2005.

With this book, you'll discover why adolescent boys often feel the need to protect themselves behind a wall of silence and why it's important to your son's emotional health to break through that wall. Most important, you'll gain the knowledge and tools you need to: Recognize and understand the subtle ways boys communicate connection; Reopen the lines of communication with your adolescent son; Help him learn to express his feelings and experience a range of normal emotions; Maintain strong emotional bonds with your son in order to support his positive growth and development.

FAM HQ 797 .S524 2005

Parenting Girls / Les filles

Girls will be girls: raising confident and courageous daughters / Deak, JoAnn -- New York: Hyperion, 2003.

This is a comprehensive road map to the many emotional and physical challenges girls of all ages face in today's changing world.

FAM HQ 798 .D374 2003

The inside story on teen girls / Zager, Karen -- Washington, DC: American Psychological Assoc. 2002.

In this book both parents and teen girls will find useful tips and practical suggestions for better communication and greater understanding of each other, plus ways to reconnect with other family members and strengthen their sense of self. But mostly, parents and teen girls will learn ways to value and appreciate this exceptional and exciting phase everyone goes through.

FAM HQ 798 .Z34

Trust me, Mom -- everyone else is going! the new rules for mothering adolescent girls / Cohen-Sandler, Roni -- Harmondsworth, UK: Viking Penguin, 2002.

In this guide, parents learn to "use their BRAIN"—Be flexible, Respectful, Attuned, Involved, and Non-controlling—to build trust and help their daughters navigate complex social waters. It addresses such issues as popularity, boyfriends, parties and partying, discipline, privacy, body image, and identity.

FAM HQ 798 .C5645 2002

When girls feel fat: helping girls through adolescence / Friedman, Sandra Susan -- Toronto: HarperCollins, 2001.

This book provides parents, teachers and other mentors with practical ways to help girls navigate the difficulties of adolescence, develop a positive self-image and remain true to themselves. This friendly guide demystifies girls' issues such as: puberty and sexuality, body image, relationship to food and weight, and relationships with parents and friends.

FAM HQ 798 .F75 2001

Why girls talk - and what they're really saying: a parent's survival guide to connecting with your teen / Shaffer, Susan -- Toronto: McGraw-Hill, 2005.

An educational book designed to help parents adapt to raising a teenager and learn to understand unspoken messages

FAM HQ 799.15 .S525 2005

Parenting Multiples / Les multiples

Double duty: the parents' guide to raising twins, from pregnancy through the school years / Tinglof, Christina Baglivi -- Chicago, IL: Contemporary books, 1998.

Having twins is a unique experience, and expert Christina Tinglof brings you the fully updated essential guide to help you cope with any issue that can arise-from pregnancy through the school years. With multiple pregnancies becoming more common, this book provides you with the much needed information, practical tips, and strategies for handling the everyday challenges of parenting twins.
FAM HQ 777.35 .T56 1998

Parenting school-age twins and multiples / Tinglof, Chistina Baglivi -- New York: McGraw Hill, 2007.

The author addresses an array of situations encountered by multiples and their families. Chapters are devoted to understanding the twin relationship, developing identity, and promoting individuality. Discipline and education issues are also explored in depth.
FAM HQ 777.35 .T55 2007

Raising twins: what parents want to know (and what twins want to tell them) / Pearlman, Eileen -- New York: HarperCollins, 2000.

This book will guide you through the physical, emotional, and cognitive developmental differences and challenges specific to twins. Straightforward and reassuring, this book addresses key issues that impact twins from babyhood all the way through adolescence.
FAM HQ 777.35 .P43 2000

Discipline / La discipline

1-2-3 magic: effective discipline for children 2 - 12 / Phelan, Thomas W -- Glen Ellyn, IL: Child Management Inc. 2003.

This book offers a foolproof method of disciplining children ages two through 12 without arguing, yelling, or spanking. By means of three easy-to-follow steps, parents learn to manage troublesome behavior, encourage good behavior, and strengthen the parent-child relationship.
FAM HQ 770.4 .P44 2003

1-2-3 magic for kids: helping your children understand the new rules / Phelan, Thomas W. -- Glen Ellyn, IL: Child Management Inc. 2008.

By presenting the 1-2-3 Magic parenting program from a child's point of view, this innovative guide provides kids with a thorough understanding of the disciplinary system—from the counting and time-out methods parents will be using to how better behavior benefits the entire family and leaves more time for play. Storytelling portions are coupled with copious illustrations to help describe the basic tenets of 1-2-3 Magic—such as positive reinforcement, charting, and the docking system.
FAM HQ 770.4 .P46 2008

The ABC's of anger / Ali, Ray -- Duluth, MN: Whole Person Associates, 2006.

Stories and pictures help children identify the reasons for anger and frustration, and find effective ways to deal with those feelings.
FAM BF 575 .A5 A4 2006

The behavior survival guide for kids: how to make good choices and stay out of trouble / McIntyre, Thomas -- Minneapolis, MN: Free Spirit Publishing Inc. 2003.

This book provides practical strategies and sound advice for kids with diagnosed behavior problems and those with general behavior problems. Kids learn to make smarter choices, make and keep friends, get along with teachers, take responsibility for their actions, work towards positive change, and enjoy the results of their better behavior.
FAM HQ 773 .M35 2003

The difficult child / Turecki, Stanley -- New York: Bantam, 2000.

This book offers compassionate and practical advice to parents of hard-to-raise children. This step-by-step approach shows you how to: Identify your child's temperament using a ten-point test to pinpoint specific difficulties; Manage common--often "uncontrollable"--conflict situations expertly and gently; Make discipline more effective and get better results with less punishment and get support from schools, doctors, professionals, and support groups.

FAM HQ 773 .T87 2000

La discipline... un jeu d'enfants [DVD] / Racine, Brigitte -- Laprairie, QC: Educoeur, 2004.

Ce document vous propose d'encadrer et discipliner les enfants et les adolescents en remplaçant les punitions et les récompenses par des moyens visant à les rendre responsables, libres et heureux.

FAM HQ 770.4 .R32 2004

Enfants-rois, plus jamais ça / Olivier, Christiane -- Paris: Albin Michel, 2002.

En passant en revue de nombreuses situations quotidiennes de la petite enfance à l'adolescence, cette livre souligne ainsi l'indispensable fermeté nécessaire avec les enfants petits. C'est entre deux et quatre ans qu'ils acquièrent le respect de l'autorité et apprennent à accepter les contraintes et peuvent s'habituer à la discipline.

FAM HQ 769 .O44 2002

The explosive child: a new approach for understanding and parenting easily frustrated, chronically inflexible children / Greene, Ross W. -- New York: HarperCollins, 2014.

Now updated with the latest developments in this field, this guide for parents of easily frustrated, chronically inflexible children lays out a practical approach to helping children at home and school, and shows parents how to handle their child's difficulties competently and with compassion.

FAM HQ 773 .G73 2014

Gérer un enfant difficile au quotidien / Canonge, Deanna -- Paris: Solar, 2006.

Les parents sont de plus en plus souvent confrontés à des comportements difficiles de la part de leurs enfants. Que ces comportements participent d'une crise passagère ou qu'ils s'inscrivent dans le cadre d'un trouble plus établi, le désarroi des parents est souvent le même. Cette livre répond aux questions que vous vous posez pour accompagner ces comportements au mieux de l'intérêt de l'enfant et de toute la famille.

FAM HQ 773 .C36 2006

Helping your angry teen: how to reduce anger and build connection using mindfulness and positive psychology / Abblett, Mitch R. -- Oakville, CA: New Harbinger Publications, Inc., 2017.

Written by a psychologist and teen expert, this book offers techniques based in mindfulness, compassion, and positive psychology to help face the challenges that parenting an angry teen presents. Discover the clinical and psychological underlying conditions that can contribute to teen anger, skills for improving communication, and mindfulness tips for staying calm.

FAM BF 575 .A5 A22 2017

More 1-2-3 magic: encouraging good behavior, independence and self-esteem [DVD] / Phelan, Thomas W. -- Glen Ellyn, IL: Child Management Inc. 2004.

This book will give tips to parents on how to get kids to do the good things they want them to do, such as: getting up and out in the morning, eating, going to bed and picking up after themselves. Also discussed are practical strategies for encouraging children to become independent and develop healthy self-esteem.

FAM HQ 770.4 .P45 2004 DVD

Parenting the strong-willed child: the clinically proven five-week program for parents of two- to six-year-olds / Forehand, Rex; Long, Nicholas. -- New York: McGraw-Hill Professional, 2010.

Presents a five-week program for improving your child's behavior that gives you the tools you need to successfully manage your child's behavior, offering specific factors which cause or contribute to disruptive behavior; ways to develop a positive atmosphere in your family and home; and, strategies for managing specific behavior problems.
FAM HQ 773 .F67 2010

Positive discipline: what it is and how to do it / Durrant, Joan E. -- Bangkok, Thailand: Save the Children Sweden, 2007.

This book sets out 4 clear principles of positive discipline. Parents will learn how to: 1) set goals, 2) create a positive home climate, 3) understand how children think and feel, and 4) problem solve in challenging situations. Parents will practice their skills with hands-on exercises.
FAM HQ 770.4 .D87 2007

Skills training for children with behavior problems: a parent and practitioner guidebook / Bloomquist, Michael L. -- New York: The Guilford Press, 2005.

This guide addresses a broader array of behavior and adjustment difficulties and has been rewritten to be even more user-friendly. A wealth of practical tools are provided to build self-control in struggling children and teens; get social, emotional, and academic development back on track; and reduce family stress.
FAM HQ 773 .B59 2006

Web Sites / Sites internet

Parent Resource Centre, Ottawa / Centre de ressources pour parents
<http://www.parentresource.on.ca/>

Caring for Kids – Canadian Paediatric Society / Soins de nos enfants – Société canadienne de pédiatrie
<http://www.caringforkids.cps.ca>

Baby Centre
<http://www.babycenter.ca/>

Parenting – Medline Plus from the US National Library of Medicine
<http://www.nlm.nih.gov/medlineplus/parenting.html>

Kids Health – for Parents, Teens and Kids from the Nemours Foundation
<http://kidshealth.org/>

About Kids Health – from the Hospital for Sick Children (available in various languages)
<http://www.aboutkidshealth.ca/En/Pages/default.aspx>

Healthy Children – From the American Academy of Pediatrics
www.healthychildren.org

Making plans: A guide to parenting arrangements after separation or divorce - Department of Justice, Government of Canada / Faire des plans - Guide sur les arrangements parentaux après la séparation ou le divorce - Ministère de la Justice, Gouvernement du Canada
<http://www.justice.gc.ca/eng/fl-df/parent/mp-fdp/index.html>

Effective Parenting and Disciplining Children - Health Link BC
<http://www.healthlinkbc.ca/kb/content/special/ue5248.html>



Common Sense Media

<https://www.common sense media.org/>

Apps

Immunize Canada

- Ottawa Hospital Research Institute
- Free / gratuit
- Last updated December 2017 / Mise-à-jour 2017 décembre
- English, French / anglais, français
- From iTunes and Google Play: This app allows Canadians to keep track of their vaccinations and retrieve their records remotely, receive automatic reminders to schedule their routine vaccinations based on relevant provincial or territorial schedules, and provide access to timely and trusted information about recommended vaccinations for children, adults and travellers. / L'appli ImmunizeCanada (ImmunizeCA) offre aux Canadiens la possibilité de gérer les dossiers de vaccination de leur famille sur un téléphone intelligent ou un appareil mobile. Plus précisément, l'appli permet aux Canadiens de suivre leurs vaccinations, de recevoir des rappels automatisés lorsqu'il est temps de prendre rendez-vous pour faire administrer les vaccins de routine d'après le schéma de vaccination de leurs province ou territoire, et d'avoir accès à des informations actuelles et fiables sur les vaccins recommandés pour les enfants, les adultes et les voyageurs.
- Available from / Disponible depuis [Google Play](#) & [iTunes](#)

BabyCenter

- BabyCenter
- Free / gratuit
- Last updated April 2018 / Mise-à-jour 2018 avril
- English, French, German, Portuguese, Spanish / anglais, français, allemand, portugais, espagnol
- My Pregnancy & Baby Today is the best resource for pregnant women. Expecting a baby? Get week-by-week pregnancy tips and trackers, with access to videos, tools, checklists, a thriving community of moms and parents-to-be, baby essentials, product reviews, and thousands of BabyCenter articles. Plus, tools like the bumpie photo diary, a kick tracker, and more. Then, once you deliver, it switches to daily parenting guidance to support you through baby's first year. / Ma Grossesse Aujourd'hui est la source d'informations indispensable aux futures mamans. Vous attendez un bébé? Obtenez un suivi de grossesse semaines après semaines, des trucs et astuces, accédez à des vidéos, des outils pratiques, des check-lists. Serrez-vous les coudes sur la communauté des mamans et des futurs parents, découvrez ce dont votre bébé a besoin et lisez des centaines d'articles BabyCenter. Et aussi, des outils comme le Self'Bidou pour suivre l'évolution de votre ventre en images et beaucoup d'autres choses encore.
- Available from / disponible depuis [Google Play](#) & [iTunes](#)

YouTube

Be Sweet to Babies – CHEOvideos / Petite douceur pour bébés – CHEOvideos

<https://www.youtube.com/playlist?list=PLIZczt8t4Ac8cW3pbuRKJAEs3SoC5y8MB>

Local Contact / Liaison régionale

Parent Resource Centre
300 Goulburn Private
Ottawa, ON K1N 1C9
613-565-2467



information@parentresource.ca
<http://www.parentresource.on.ca/>

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.

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.

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