



Provincial Health
Services Authority

BC Family Health Visiting Program

Clinical Toolkit

April 2026

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Abbreviations

BCAPOP	British Columbia Association of Pregnancy Outreach Programs
BCCDC	BC Centre for Disease Control
BCCH	BC Children’s Hospital
BCCSU	BC Centre of Substance Use
BC FHVP	BC Family Health Visiting Program
BCRMP	BC Reproductive Mental Health Program
BCWH	BC Women’s Hospital
CAMH	Centre for Addiction and Mental Health
CBF	Canadian Breastfeeding Foundation
CCMI	Centre for Collaboration, Motivation & Innovation
CCSUA	Canadian Centre on Substance Use and Addiction
CEWH	Centre for Excellence in Women’s Health
CHBC	Child Health BC
CPS	Canadian Paediatric Society
EPDS	Edinburgh Postnatal Depression Scale
FHA	Fraser Health Authority
FNHA	First Nations Health Authority
HC	Health Canada
HLBC	HealthLink BC
IBC	International Breastfeeding Centre
IHA	Interior Health Authority
IPV	Intimate Partner Violence
LC	Lactation Consultant
LLLC	La Leche League Canada
MCFD	Ministry of Children and Family Development
MI	Motivational Interviewing
MNBC	Métis Nation of BC
MoH	Ministry of Health (British Columbia)

NCCIH	National Collaborating Centre for Indigenous Health
NESTS	Nutrition, exercise, sleep, time, supports
NHA	Northern Health Authority
PCRCP	Parent-Child Relationship Programs
PHA	Public Health Agency of Canada
PHCP	Primary Health Care Provider
PHN	Public Health Nurse
PHO	Public Health Ontario
PHSA	Provincial Health Services Authority
PIPE	Partners in Parenting Education
PPC	Period of PURPLE Crying
PSBC	Perinatal Services BC
PSBSBC	Prevent Shaken Baby Syndrome BC
RHA	Regional Health Authority
RM	Registered Midwife
RN	Registered Nurse
SOGC	Society of Obstetricians and Gynecologists
SSC	Skin-to-Skin Contact
THI-CM	Traumatic Head Injury due to Child Maltreatment
UBC	University of British Columbia
UNICEF	United Nations International Children’s Emergency Fund
VACFSS	Vancouver Aboriginal Child and Family Services Society
VCH	Vancouver Coastal Health
WHO	World Health Organization

Introduction

The purpose of this document is to 1) provide a list of the recommended tools for BC Family Health Visiting Program (BC FHVP) providers to utilize in their care of families, and 2) demonstrate a clear connection between the various practice tools and the program outcomes they support. This is a living document and will be updated as new or updated, high quality, evidence-informed tools and resources become available.

The tools and resources included in this Toolkit are appropriate for use with both Stream A and Stream B clients. The final selection of which tools and resources are offered to each client will be informed by the client's individualized care plan and clinical judgement. For example, if a Stream A client has specific goals related to their parenting capacity and connection to external programs and supports, their care provider may rely more heavily on resources in the Parenting Capacity or Connection to Community Supports section of the Toolkit. Stream A clients are also likely to receive more visits than clients in Stream B, and so there will be more opportunity to offer tools and resources, or allow for more repetition, than there may be for a Stream B client.

The tools in the BC FHVP Clinical Toolkit are divided into four types:

- **Health Assessment or Screening Tools:** Tools used to either identify those with unrecognized health risk factors, or systematically gather information to identify needs, problems, strengths, or risks to guide decision-making prior to taking action, or to reassess progress over time and adjust existing care plans.
- **Client Education and Parent Resources:** Educational resources provided to families that address a specific health or wellness topic, most often from a health promotion perspective. Resources are expected to be reviewed with families to ensure their suitability, acceptance, and understanding. These are further divided into three categories:
 - General Resources: provide information for families that are best viewed online.
 - PDF handouts/booklets/videos: resources that may be printed for families prior to a visit or videos or apps clients may view independently or with the Family Health Nurse/Family Health Visitor.

- Engagement tools: resources to support the provider to engage directly with their client. These may include discussion facilitators or communication guides, worksheets that a Family Health Nurse/Family Health Visitor may want to complete with their client, or other games or activities that lend themselves to engagement on a topic.
- **Direct care:** Provision of direct care such as providing immunizations, breastfeeding or chestfeeding support or safety planning.
- **Recommendations, Referrals, and Care Coordination:** Following a collaborative approach to care planning, providers may recommend that a family participate in a particular program or service virtually or in the community. These may include programs or services that require a formal referral or registration process, or informal programs and services that families can attend without prior enrolment. The expectation is that the Family Health Nurse/Family Health Visitor will follow up after a referral is made, to ensure client connection to programs and services as appropriate. This also includes the act of coordinating care with other providers.

How Tools Were Selected

The BC FHVP Clinical Toolkit does not include an exhaustive list of every available tool to support the program outcomes. Instead, the Clinical Toolkit prioritizes tools that are:

- Evidence-informed
- Developed and maintained by provincial or national organizations
- Recommended by health authorities in BC
- Low or no cost, and
- Offered in alternative languages

The recommendation of specific tools does not preclude the use of health authority-specific resources that are comparable in terms of both content and quality.¹

¹ If health authorities identify resources that are not included in this document, they are encouraged to share them with other regional BC FHVP teams in support of ongoing quality improvement and mutual learning.

Foundational Competencies and Approaches

In addition to the tools outlined in this document, there are several additional approaches and competencies that should be considered foundational to practice for all BC FHVP Family Health Nurse/Family Health Visitors and should be applied in every client or family interaction. These are not explicitly listed within the BC FHVP Clinical Toolkit, as they are expected to be incorporated into all approaches to care. The foundational approaches are:

- Establishing and maintaining a therapeutic relationship
- Motivational interviewing (MI)
- Brief action planning and goal setting
- Trauma- and violence-informed approaches to care
- Harm reduction approaches to care
- Culturally safe and respectful care

Key Resources

Throughout the BC FHVP Clinical Toolkit, attempts have been made to reduce redundancies by limiting the recommended number of tools to those that come from selected key resources. Some of the key resources include:

- **Pregnancy and Parent Learning Centre** (*Perinatal Services BC (PSBC)*); requires registration
- **Population and Public Health Prenatal Care Pathway** (*PSBC*)²
- **Postnatal Assessment and Care Guide** (*PSBC*); in development
- **Baby's Best Chance: Parents' Handbook of Pregnancy and Baby Care, 8th Edition** (*Ministry of Health (MoH)*)
 - 7th edition available in French, Farsi, Punjabi, Arabic, Chinese, Spanish, Tagalog

² The Perinatal Services BC (PSBC) Population Public Health Prenatal Care Pathway and the Postnatal Assessment and Care Guide (draft) are foundational tools for BC FHVP providers as they provide extensive information and resources for assessment, client education, links to handouts and other external resources, and recommended community referrals. The Postnatal Assessment and Care Guide (draft) has been referred to in creating this document as it is expected that the final version will be available prior to BC FHVP implementation in April 2026. Specific sections and page numbers within this document will require revision once the final version is released.

- **Toddler’s First Steps: A Best Chance Guide to Parenting Your 6 to 36-Month-Old, 4th Edition** (MoH)
 - 3rd edition available in French and Chinese
- **HealthLink BC**
- **2-1-1**
- **BRAIN tool**; general facilitator to support informed decision-making tool
- **BCCDC Immunization Manual** (BC Centre for Disease Control (BCCDC))
- **BCCDC Communicable Disease Manual** (BCCDC)
- **Physician Breastfeeding Guide – Evidence-Informed Practice Guide for the Healthy Term Infant** (KCR Community Resources)
- **Perinatal & Newborn Health Hub** (PSBC):
 - *Alcohol Use During the Perinatal Period*
 - *Cannabis Use During the Perinatal Period*
 - *Gender Inclusive Care in the First Trimester – Key Messages*
 - *Grief and Loss*
 - *Lactation and Newborn Feeding (First and Second Trimester)*
 - *Lactation and Newborn Feeding (Third Trimester)*
 - *Lactation and Newborn Feeding (Postpartum)*
 - *Opioid Use During the Perinatal Period*
 - *Postpartum Care*
 - *Safer Infant Sleep*
 - *Syphilis*
- **Family-Centred Maternity and Newborn Care: National Guidelines** (Public Health Agency of Canada (PHAC))

How to Use this Document

The BC FHVP Clinical Toolkit can be shared directly with BC FHVP teams as a resource and reference for care planning, or it can be used by regional health authorities to augment their existing enhanced program clinical toolkits to ensure they meet the minimum expectations for delivery of the BC FHVP.

Tools are listed as they relate to specific program outcomes; however, there is significant overlap between program outcome areas and thus the tools used to impact family health. Cross-referencing is used throughout the document to direct the user to other program outcome areas that may contain additional resources.

Tools are presented in a bulleted lists. Some comprehensive tools (e.g., PSBC Postnatal Assessment and Care Guide) will have an additional sub-list highlighting a few key resources that exist within the larger tool. See example below:

- **Postnatal Assessment and Care Guide (PSBC):**

Assessment and Care of the Feeding Dyad

- *Baby feeding cues (signs)*
- *Deciding how to feed your baby*
- *Breastfeeding or Chestfeeding*
- *Infant Formula: What you need to know*














This has been done to provide easy access to a few key resources within a more comprehensive tool. In the example above, these are client education resources within the Postnatal Care and Assessment Guide. This is not intended to imply that the listed resources are a full representation of all the valuable content within the Guide, but merely to highlight a few select tools that have been identified as being frequently used by providers.














When planning care, refer to the relevant program outcome or content area and review the associated sections to identify tools that support your practice. When selecting tools, consider both your client's and your health facility's access to technology (i.e., internet access, cell phone, or laptop availability), as well as your client's level of technology literacy.

Child Health and Well-Being













Safety and Injury Prevention

Also refer to Program Activities/Tools for: [Adult Mental Health & Wellbeing](#), [Substance Use](#), [Healthy Adult Relationships](#)

Tool/Program Activity and Details A→文 – translated versions available	Tool/Program Activity Type						
<p>Related Outcomes:</p> <ul style="list-style-type: none"> • Prevention of infant mortality • Prevention of child mortality • Support families’ evolving goals for child health and well-being as they relate to the prevention of injuries (unintentional and intentional) 	Assessment/Screening 	Client Education/ Parent Resource 	General 	PDF, Handout, Booklet, Video 	Engagement Tools 	Direct Care Intervention 	Recommendations, Referrals, and Care Coordination 
<h3>Unintentional Injury</h3>							
<p>Postnatal Assessment and Care Guide (PSBC):</p> <ul style="list-style-type: none"> • Falls Prevention • Newborn Discharge Teaching Checklist – Newborn Safety and Injury Prevention 							
<p>Baby’s Best Chance (MoH):</p> <ul style="list-style-type: none"> • <i>Baby Safety</i>, pp.92-94 • <i>Safety Resources</i>, p.144 • <i>Shaken Baby Resource</i>, p.145; *please use updated language in clinical settings (<i>Traumatic Head Injury due to Child Maltreatment, THI-CM</i>) <p>Toddler’s First Steps (MoH):</p> <ul style="list-style-type: none"> • <i>Toddler Safety</i>, pp.102-118 • <i>Safety Resources</i>, p.136 • <i>Shaken Baby Resource</i>, p.137 *please use updated language in clinical settings (<i>Traumatic Head Injury due to Child Maltreatment, THI-CM</i>) 							
<p>Injury Prevention (Health Canada (HC))</p>							

HealthLink BC (HLBC) (MoH) <ul style="list-style-type: none"> • <i>Keeping your Child Safe</i> • <i>Car Seats</i> • <i>Crib Safety</i> 						
Keeping your young child safe around the house (Canadian Paediatric Society (CPS))						
Your preschooler and safety: How to prevent injuries at home (CPS)						
Navigating Child Safety Concerns with Cultural Humility; short guide to support communication (PHN-PREP)						
Child Maltreatment						
Postnatal Assessment and Care Guide (PSBC): <ul style="list-style-type: none"> • <i>Bonding and Attachment</i> • <i>Emotional, Spiritual, Mental Health</i> <ul style="list-style-type: none"> – NESTS for Well-being • <i>Family Function</i> • <i>Substance Use</i> 						
BC Handbook for Action on Child Abuse and Neglect (Province of BC)						
A Mindful Approach: Assessing Child Maltreatment in a Multicultural Setting (CPS)						
A Million Messages (Alberta Health)						
Pregnancy and Parent Learning Centre (PSBC): <ul style="list-style-type: none"> • <i>Pregnancy Module 5: Staying Safe During Pregnancy and Postpartum</i> • <i>Postpartum and Newborn Care Module 11: Infant Crying</i> • <i>Postpartum and Newborn Care: Module 12: Safer Sleep</i> • <i>Postpartum and Newborn Care: Module 13: Baby Safety</i> (includes: crying, newborn care, home safety, sun safety, baby equipment, first aid, car seat safety) • <i>Postpartum and Newborn Care: Module 6: (Getting to Know Your Baby): Building Attachment</i> 						
Parent Child Interaction (PCI) Scales³ (TBD) (Parent-Child Relationship Programs (PCRP)) –or– Guide to Assessing Steps of Serve and Return (Vancouver Coastal Health (VCH))						

³ Use of this resource is currently under exploration

<ul style="list-style-type: none"> • 2-1-1; for parenting classes, parent support groups, peer supports, community safety committees, transition house • Social worker • Primary health care provider (PHCP) • BCAPOP • Reporting child abuse in BC; reporting neglect/abuse 1-800-663-9122 (<i>Government of BC</i>) • Childcare Resource and Referral programs; for supports 						
Crying						
Postnatal Assessment and Care Guide (PSBC): <ul style="list-style-type: none"> • <i>Behaviour States and Regulation</i> 						
Crying: Is My Baby Normal (Prevent Shaken Baby Syndrome BC (PSBSBC)): <ul style="list-style-type: none"> • Resources section for A→文 						
Period of PURPLE Crying ; refer to app, pamphlet and infographic (<i>National Center for Shaken Baby Syndrome (NCSBS)</i>)						
Sleep						
Safer Infant Sleep (PSBC Perinatal & Newborn Health Hub): <ul style="list-style-type: none"> • <i>Patient Resources</i> 						
Safer Sleep for My Baby (MoH)						
Honouring our Babies Toolkit: Safe Sleep Cards (PSBC)						
Infant Sleep Discussion Guide (PSBC)						
Purple Crying Postcard (Northern Health (NHA))						

















Substance Use
















Also refer to Program Activities/Tools for: [Safety & Injury Prevention](#), [Adult Mental Health & Wellbeing](#)

Tool/Program Activity and Details A→文 – translated versions available	Tool/Program Activity Type						
Related Outcomes: <ul style="list-style-type: none"> Support families' evolving goals for child health and well-being as they relate to the prevention of harms related to substance use prenatally and in the infant/child's environment 	Assessment/Screening	Client Education/ Parent Resource 	General	PDF, Handout, Booklet, Video	Engagement Tools	Direct Care Intervention 	Recommendations, Referrals, and Care Coordination














Substance Use – General













Population and Public Health Prenatal Care Pathway (PSBC) • <i>Healthy Lifestyles, pp.38-43</i>						
Postnatal Assessment and Care Guide (PSBC): • <i>Substance Use</i>						
Best Practice Guidelines for Mental Health Disorders in the Perinatal Period: Substance Use Disorders (PSBC) • <i>Sample screening questions, Appendix 1, page 30</i>						
Substance Use Documentation Form (TBD)						
Eating, Sleeping, Consoling (ESC) Care Tool; focus on non-pharmacological care interventions (PSBC)						
Pregnancy and Parent Learning Centre (PSBC): • <i>Pregnancy Module 7: *Currently in development*</i> • <i>Infant Feeding Module 7: Common Questions (Substance Use)</i>						
Baby's Best Chance (MoH): • <i>Lifestyle, pp.13-15</i> • <i>Caffeine, Smoking, Vaping, Alcohol, Other Substances and Breastfeeding or Chestfeeding, pp.116-117</i> • <i>Alcohol, Tobacco and Substance Use Resources, pp.126-127</i> • <i>Birth and Postpartum Support Resources, p.128</i>						






















<p>Toddler's First Steps (MoH):</p> <ul style="list-style-type: none"> • <i>Breastfeeding or Chestfeeding Your Toddler</i>, pp.38-40 • <i>Alcohol, Tobacco and Drug Use Resources</i>, p.120 						
<p>Caring for your baby at risk of substance withdrawal (PSBC)</p>						
<p>Best Practice Guidelines for Mental Health Disorders in the Perinatal Period: Substance Use Disorders (PSBC):</p> <ul style="list-style-type: none"> • <i>Effects of substances in pregnancy</i>, p.8, pp.20-23 						
<p>Taking Care: A Short Guide to Breastfeeding and Substance Use (Centre of Excellence for Women's Health (CEWH))</p>						
<p>Celebrating the Circle of Life: Coming back to Balance and Harmony (BC Reproductive Mental Health Program (BCRMP))</p>						
<p>Baby Steps: Caring for Babies with Prenatal Substance Exposure; pp.8-12 (Ministry of Children and Family Development (MCFD)), (VCH), Vancouver Aboriginal Child and Family Services Society (VACFSS))</p>						
<p>Oh Shit, I'm Pregnant; booklet aimed at those living on the streets/in shelters (H.E.R Pregnancy Program, Streetworks, Edmonton, AB)</p>						
<p>Talking About Substance Use During Pregnancy: Collaborative Approaches for Health Care Providers; 2-pager communication guide (CEWH)</p>						
<p>Doorways to Conversation Brief Intervention on Substance Use with Girls and Women; pp.42-48 (CEWH)</p>						
<p>Brief Intervention on Substance Use with Girls and Women: 50 ideas for dialogue, skill building, and empowerment (CEWH)</p>						
<p>Indigenous Approaches to FASD Prevention: Brief Interventions with Girls and Women (CEWH)</p>						
<p>NESTS for Well-being (PSBC)</p>						
<p>BCAPOP Tool Cards (BCAPOP):</p> <ul style="list-style-type: none"> • <i>Safety Planning</i> • <i>Grounding Exercise</i> • <i>Chest/breastfeeding Safety Plan</i> • <i>Relapse Prevention</i> 						
<p>Taking Care of My Health or Well-being; action plan worksheet (CCMI)</p>						
<p>Strong Women – Social Support Group Workbook and Program; for women experiencing IPV and substance use, including alcohol and tobacco (CEWH)</p>						










Parent Child Interaction (PCI) Scales⁴ (TBD) (PCRPP) –or– Guide to Assessing Steps of Serve and Return (VCH)						
Naloxone Kits and Training						
Foundational Care Practices ; motivational interviewing, brief action planning, harm-reduction approaches, therapeutic relationship, trauma, and resiliency-focused approaches						
Collaborative care approach/interdisciplinary care coordination						
BC Centre on Substance Use, BC 211 ; to refer to local addiction services, with preference for women-centred addiction care						
BCAPOP and other community-based parenting support groups						
Foundry BC ; free, confidential mental health and wellness services for youth up to 24 years and their families. Includes virtual and in person where available						
B.C Alcohol and Drug Information and Referral Service (ADIRS) ; free, confidential, multilingual, information, education, and referral regarding community resources, 24/7, 365 days a year, 1-800-663-1441						
Help Starts Here ; online portal of resources for mental health, addiction, substance use						
Families in Recovery (FIR) Program at BC Women’s Hospital ; comprehensive pregnancy to postpartum care supporting smooth community reintegration						
Specialized Housing Programs for Pregnant/Newly Parenting Women Using Substances (or in Early Recovery) ; <i>Note: Open in Google, download Excel document from BC Women’s Hospital (BC Women’s Hospital (BCWH))</i>						
Indigenous Health Liaisons, Overdose Outreach Teams, Mental Health and Substance Use Teams within regional health authorities (<i>Regional Health Authority (RHA) resource</i>)						
Virtual Substance use and Psychiatry Service (<i>First Nations Health Authority (FNHA)</i>)						
Doula services ; may help prevent attrition and increase sensitivity to parents in recovery						
Thunderbird Wellness App ; strengths-based, trauma-informed approach to supporting Indigenous wellness						

⁴ Use of this resource is currently under exploration

<p>Health Benefits Guide (FNHA):</p> <ul style="list-style-type: none"> • <i>Alcohol, Cannabis, Commercial Tobacco and Other Substances, p.6</i> • <i>Mental Health Resources, p.27</i> 						
<p>Here to Help - Wellness Modules; includes self-assessment quizzes</p>						
<p>Elizabeth Fry Society; EFry Societies are non-profits who support women and children affected by crime or justice involvement by providing gender-responsive services such as safe housing, justice advocacy, children’s programs, and community supports. Their work focuses on helping individuals in conflict with the law build stable, independent, and positive futures.</p> <ul style="list-style-type: none"> • <i>Elizabeth Fry Society of Greater Vancouver</i> • <i>Elizabeth Fry Society South Cariboo</i> • <i>Elizabeth Fry Society of Central Okanagan</i> • <i>Archway Society, Vernon</i> • <i>Elizabeth Fry Society Kamloops</i> • <i>Elizabeth Fry Society Prince George and District</i> • <i>Elizabeth Fry Society Quesnel</i> 						
Commercial Tobacco/Nicotine						
<p>QuitNow; explore website</p> <ul style="list-style-type: none"> • <i>Download materials include resources for Indigenous populations, toolkits, A→文</i> • <i>Benefits of Quitting During Pregnancy</i> • <i>Tools and Resources – Take the quizzes</i> • <i>Talking to your patients about tobacco use: Use the 5As</i> • <i>Referring Your Patient to Quit Now</i> • <i>Pregnancy and Quitting Tobacco</i> 						
<p>Tobacco Reduction in Pregnancy and Parenting (FNHA)</p>						
<p>Respecting Tobacco; webpage, includes videos, links to resources (FNHA)</p>						
<p>E-Cigarettes: What you need to know to stay healthy; info sheet (FNHA)</p>						
<p>Are you trying to stop smoking or vaping?; fact sheet (FNHA)</p>						
<p>10 Myths about Smoking; fact sheet (FNHA)</p>						
<p>Quitting Commercial Tobacco FAQs; fact sheet (FNHA)</p>						


















Coverage for Products to Quit the Use of Commercial Tobacco ; fact sheet (FNHA)						
QuitKit Guidebook and Journal (FNHA)						
HealthLink BC ; search: vaping, quitting smoking <ul style="list-style-type: none"> • <i>The Harmful Effects of Second-hand Smoke</i> • <i>Quitting smoking and avoiding smoke during pregnancy</i> 						
Why Women vape during pregnancy and postpartum - conversation starters for your practice (CEWH)						
BC PharmaCare’s Smoking Cessation Program ; covers cost of NRT and some smoking cessation prescription medications						
Talk Tobacco ; culturally appropriate support for quitting smoking, vaping, and commercial tobacco use to First Nations communities; via phone, text, live chat						
Dads in Gear – Indigenous ; evidence-based program for Indigenous dads and granddads who want to be healthy and smoke-free						
Alcohol						
Alcohol Use During the Perinatal Period (PSBC Perinatal & Newborn Health Hub): <ul style="list-style-type: none"> • <i>Key Messages</i> • <i>Navigate Provider “Resource Section” and “Referral and Consultation resources”</i> 						
Provincial Guideline for the Clinical Management of High-Risk Drinking and Alcohol Use Disorder: Pregnancy Supplement (BC Centre on Substance Use (BCCSU)): <ul style="list-style-type: none"> • <i>AUDIT-C: Second level screening tools (pp.43-46)</i> • <i>AUDIT-C: Alcohol Use Disorders Identification Test (AUDIT)</i> • <i>T-ACE: Tolerance, Annoyed, Cut down, Eye opener</i> • <i>TWEAK: Tolerance, Worry, Eye-opener, Amnesia, Cut down</i> 						
Drinking Less is Better (infographic) (Canadian Centre on Substance Use and Addiction (CCSUA))						
HealthLink BC (MoH) : <ul style="list-style-type: none"> • <i>Pregnancy and Alcohol Use A→文</i> • <i>Alcohol Effects on a Fetus</i> • <i>Alcohol and other Drug Use During Pregnancy</i> • <i>Fetal Alcohol Spectrum Disorder; Note: the low-risk drinking guidelines in this resource have not been updated to reflect the 2023 Canada’s Guidance on Alcohol and Health.</i> 						
Alcohol and Pregnancy Info-sheet (The Society of Obstetricians and Gynecologists of Canada (SOGC))						

Alcohol During Pregnancy Handout ; simplified resource (SOGC)						
Best Start: Mixing (Alcohol and Breastfeeding) ; Note: the low risk drinking guidelines in this resource have not been updated to reflect the 2023 Canada's Guidance on Alcohol and Health (Best Start: Ontario's Maternal, Newborn and Early Child Development Resource Centre)						
Alcohol, Pregnancy and Prevention of Fetal Alcohol Spectrum Disorder What Men Can Do to Help (Canada FASD Research Network)						
Project Choices ; alcohol and sex discussion guide for youth, includes change plans and reflection prompts						
FNHA FASD Program ; early intervention, home visitation model for those using alcohol or drugs in pregnancy (FNHA)						
Cannabis						
Cannabis Use During the Perinatal Period (PSBC Perinatal & Newborn Health Hub): <ul style="list-style-type: none"> • Key Messages • Referral and Consultation 						
Safe storage of cannabis (HC)						
How to help prevent cannabis poisoning in children (HC and PHAC)						
Cannabis and your health (HLC)						
Cannabis, Maternal Health and Parenting (FNHA)						
Non-medical Cannabis Information (FNHA)						
Thinking about using cannabis before or during pregnancy? (PHAC)						
Thinking about using cannabis while parenting? (PHAC)						
Canada's Lower-Risk Cannabis Use Guidelines (Centre for Addiction and Mental Health (CAMH))						
Some Alternatives to Using Cannabis to Cope with Stress (CEWH)						
Is It OK to Use Cannabis During Pregnancy and while Breastfeeding? (CCSUA)						
Edible Cannabis Affects People Differently (factsheet) (CCSUA)						
Breastfeeding and Cannabis: Things you need to know (FNHA)						





















Harm Reduction and Cannabis: Making choices for safer use (FNHA)						
Breastfeeding and Cannabis: A Harm Reduction Resource for Health Care and Social Service Providers (CEWH)						
Knowing Your Limits With Cannabis – A Practical Guide Assessing Your Cannabis Use ; includes self-reflection questions, change prompts (CCSUA)						
Cannabis and Women’s Health , may be used to facilitate discussion (CEWH)						
Opioids/Unregulated Substances						
Opioid Use During the Perinatal Period (PSBC Perinatal & Newborn Health Hub): <ul style="list-style-type: none"> • Key Messages • Referral and Consultation 						
Using Drugs During Pregnancy (HLBC)						
Opioid Agonist Therapy and Substance Use in Breastfeeding (FHA)						

Infant and Young Child Feeding

Also refer to Program Activities/Tools for: [Parenting Capacity](#), [Connection to Community Supports](#)

Tool/Program Activity and Details A→文 – translated versions available	Tool/Program Activity Type					
Related Outcomes: <ul style="list-style-type: none"> Support families' evolving goals for child health and well-being as they relate to healthy infant and young child feeding 	Assessment/Screening 	Client Education/ Parent Resource 		Direct Care Intervention 	Recommendations, Referrals, and Care Coordination 	
		General	PDF, Handout, Booklet, Video			
Prenatal						
Population and Public Health Prenatal Care Pathway (PSBC) <ul style="list-style-type: none"> <i>Infant Feeding Plans</i>, p.24 						
Lactation and Newborn Feeding Support (First and Second Trimester) (PSBC) <ul style="list-style-type: none"> <i>Key Messages</i> <i>Patient Resources</i> <i>Local and Virtual Supports</i> 						
Lactation and Newborn Feeding Support (Third Trimester); includes HealthLink BC resources, videos (PSBC): <ul style="list-style-type: none"> <i>Key Messages</i> <i>Patient Resources</i> <i>Local and Virtual Supports</i> 						
Breastfeeding My Baby (PSBC)						
10 Valuable Tips for Successful Breastfeeding (PHAC)						
Baby-Friendly Hospital Initiative: Implementation Guidance; International protocol for prenatal discussion, pp.15-16 (<i>World Health Organization (WHO)/UNICEF</i>)						
Prenatal Colostrum Expression (La Leche League Canada (LLCC))						

















Baby Feeding Cues (signs) (PSBC)						
Breastfeeding or Chestfeeding (PSBC)						
Informed Decision-Making						
Deciding how to feed your baby (PSBC)						
INFORMATION FOR FAMILIES: Informal (peer-to-peer) human milk sharing (PSBC)						
10 Great Reasons to Breastfeed Your Baby (PHAC)						
Postpartum						
Postnatal Assessment and Care and Guide (PSBC) • <i>Assessment and Care of the Feeding Dyad</i>						
Pregnancy and Parent Learning Centre (PSBC): • <i>Labour and Birth Module 4: Giving Birth – review section 6, content related to The Golden Hour</i> • <i>Infant Feeding Modules</i> ; 8 modules, includes handouts						
Lactation and Newborn Feeding Support (Postpartum) (PSBC): • <i>Key Messages</i> • <i>Patient Resources</i> • <i>Local and Virtual Supports</i>						
Breast/chest feeding assessment in the first 14 days (PSBC)						
Physician Breastfeeding Guide – Evidence-Informed Practice Guide for the Healthy Term Infant (KCR Community Resources)						
Baby’s Best Chance (MoH): • <i>Breastfeeding or Chestfeeding Your Baby</i> (breastfeeding/chest feeding basics), pp. 101-107 • <i>Vitamin D supplementation</i> , p.103; see recommendation box • <i>Breastfeeding or Chestfeeding Challenges You May Face</i> , pp.111-114 • <i>Healthy Eating During Breastfeeding or Chestfeeding</i> , p.115 • <i>Caffeine, Smoking, Vaping, Alcohol, Other Substances and Breastfeeding or Chestfeeding</i> , pp.116-117 • <i>Breastfeeding or Chestfeeding</i> , p.129						
Toddler’s First Steps (MoH): • <i>Breastfeeding or Chestfeeding Your Toddler</i> , pp.38-40 • <i>Healthy Eating During Breastfeeding or Chestfeeding</i> , p.41						








About Breastfeeding ; videos, information to support breast feeding or chestfeeding (<i>About Breastfeeding</i>)					
Drugs and Lactation Database (LactMed®) (<i>National Library of Medicine</i>)					
BC Pediatric Nutrition Guidelines (Birth to Six Years) for Health Professionals (2022) (<i>BCCDC</i>)					
Trans parents ; parenting/feeding resources (<i>Trans Care BC</i>)					
Skin-to-Skin Contact – Key Messages for Health Care Providers (<i>PSBC</i>) <ul style="list-style-type: none"> • <i>Skin-to-Skin Contact Key Messages, p.2</i> • <i>Posters and fact sheets p.11</i> 					
Vitamin D for babies receiving any human milk (<i>CPS</i>)					
Early Childhood Assessment Parent Checklists (<i>RHA resources</i>)					
Galactogogues (<i>LLLC</i>)					
HealthLink BC (<i>MoH</i>): <ul style="list-style-type: none"> • <i>Latching Your Baby</i> • <i>Baby's Feeding Cues and Behaviours</i> • <i>Breastfeeding Positions</i> • <i>Breastfeeding and Chestfeeding</i>; links to handouts and videos 					
Caring for Your Sick Baby or Young Child (<i>FNHA</i>)					
Human Rights in British Columbia: Sex Discrimination and Sexual Harassment ; outlines right to breastfeed or chestfeed in public (<i>Government of British Columbia</i>)					
International Breastfeeding Centre ; videos, fact sheets (<i>International Breastfeeding Centre (IBC)</i>)					
Elsevier Clinical Skills: Breastfeeding ; breastfeeding topics and patient education handouts					
RHA breastfeeding/chestfeeding online modules such as: <ul style="list-style-type: none"> • <i>Breastfeeding/chestfeeding online modules (FHA)</i> • <i>Learning to breastfeed (NHA)</i> 					
Breastfeeding support education such as: reverse pressure softening (<i>NHA</i>); sore nipples, breast pumping, nipple shields (<i>HLBC</i>)					
Include partners in ongoing breastfeeding/chestfeeding communication , including their role in its maintenance					

Parent-Child Interaction Scales: Feeding Scales⁵ (TBD) (PCRP)						
2-1-1 or Pathways BC for local infant feeding clinics and peer supports						
BC Women’s Provincial Milk Bank for access to pasteurized donor human milk						
BC Lactation Consultants Association for access to private lactation consultants						
BC Pediatric Feeding Service Providers ; list of provincial and regional programs (BC Children’s Hospital (BCCH))						
Pediatric Nutrition Consultation and Services (BC Dietitians)						
Primary health care provider (PHCP)						
Maternity and Babies Advice Line (MaBAL); resource for providers caring for expectant and new parents in rural/remote communities, including First Nations communities						
Infant and Child Development Association of BC ; local infant development programs						
Aboriginal Infant Development Programs						
Aboriginal Supported Child Development						
BC Association for Child Development and Intervention ; local child development programs						
FNHA Health Benefits ; p.9 breast pumps, nipple shields, baby vitamin supplements (FNHA)						
Dietitian Services, HealthLink BC						
La Leche League Canada ; encourages, promotes, and provides peer-to peer breastfeeding or chestfeeding support and information (LLLC)						
Supplementary Feeding						
Baby’s Best Chance (MoH): • <i>Expressing Your Milk</i> (expressing/storing EBM), pp.108-110 • <i>Supplementing</i> , pp.118-119						
Toddler’s First Steps (MoH): • <i>Cleaning and Disinfecting Cleaning Equipment</i> , p.47 • <i>When Your Toddler Stops Breastfeeding or Chestfeeding</i> , p.42 • <i>Supplementing for 6- to 9-Month-Olds</i> , pp.43-44						





⁵ Use of this resource is currently under exploration

HealthLink BC (MoH): <ul style="list-style-type: none"> • <i>Storing Breast Milk</i> • <i>Cup Feeding and Other Feeding Methods</i> • <i>Get Started on Expressing Breast Milk</i> 						
Breastfeeding your adopted or surro-baby (Canadian BF Foundation (CBF))						
Breastfeeding an Adopted Baby (LLLC)						
Lactation Aid (SNS); includes video links (CBF)						
Formula Feeding						
Baby's Best Chance (MoH): <ul style="list-style-type: none"> • <i>Formula Feeding, pp. 120-121</i> 						
Toddler's First Steps (MoH): <ul style="list-style-type: none"> • <i>Formula Feeding for 6-to 9-Month-Olds, pp.45-46</i> 						
Infant Formula: What you need to know (PSBC)						
HealthLink BC (MoH): <ul style="list-style-type: none"> • <i>Feeding Your Baby Formula: Before You Start</i> • <i>Feeding Your Baby Formula: Safely Making and Storing</i> • <i>Nitrate in Well Water</i> 						
CPTIA						
Prevention and Management of Hypoglycaemia in BC First Nations' Infants and Young Children Including Screening for CPT1a Variant in Infants and Young Children Who Present with Ketonic and Hypoketotic Hypoglycemia (<i>Child Health BC (CHBC)</i>)						
FNHA Babies and Young Children with CPT1 Variant (FNHA)						
Solid Foods, Food Safety, Food Literacy						
BC Pediatric Nutrition Guidelines (Birth to Six Years) for Health Professionals (2022) (BCCDC)						
Baby's Best Chance (MoH): <ul style="list-style-type: none"> • <i>Introducing Solid Foods, p.123</i> • <i>Understanding Food Allergies, p.124</i> • <i>Nutrition Resources, p.141</i> 						
Toddler's First Steps (MoH): <ul style="list-style-type: none"> • <i>Feeding Your Toddler, pp.37-63</i> • <i>When Your Toddler Stops Breastfeeding or Chestfeeding, p.42</i> • <i>Supplementing for 6-to 9-Month-Olds, pp.43-44</i> 						











Eating Well with Canada’s Food Guide A→文 (HC)						
Eating Well with Canada’s Food Guide - First Nations, Inuit and Métis (HC)						
Canada’s food guide kids: Toolkit for educators ; activities to support an equitable approach to healthy eating in children, includes Satter Division of Responsibility in Feeding (HC)						
Appetite to Play (CHBC)						
Activity: Picky Eating Facilitator’s Guide (Interior Health Authority (IHA))						
Common Food Allergens (HC)						
HealthLink BC (MoH): <ul style="list-style-type: none"> • <i>Baby’s First Foods</i> • <i>Feeding Your baby: Sample meals 6-12 months</i> • <i>Preventing choking in babies and young children: For childcare providers</i> • <i>Reducing Risk of Food Allergy in Your Baby; only for babies with increased risk</i> • <i>Eczema and food allergy in babies and young children</i> • <i>Severe Allergic Reactions to Food</i> • <i>Reducing Risk of Food Allergy for Babies at Higher Risk</i> • <i>Healthy Eating for Children</i> • <i>Food Safety: Easy Ways to Make Food Safer</i> • <i>Calcium and Your Health</i> • <i>Vitamin D and Your Health</i> • <i>Iron in Foods, Health File 68d</i> • <i>Healthy Habits for Healthy Life</i> • <i>The benefits of eating together for children and families</i> • <i>Vegan feeding guidelines for baby and toddlers</i> • <i>Vegetarian feeding guidelines for babies and toddlers</i> • <i>Your Toddler: Nutritious Meals for Picky Eaters</i> • <i>Weaning</i> • <i>8-1-1 Public Health Dietitian</i> 						
Hello Cup! Bye Bye Baby Bottle (VCH) A→文						
Honey and Your Baby (FHA)						
A Guide to Your Baby’s First Foods (FNHA)						
Safe Food Handling for Children Ages 5 and Under (HC)						

Parent-Child Interaction Scales: Feeding Scales⁶ (TBD) (PCRP)						
BC Pediatric Feeding Service Providers ; list of provincial and regional programs (BCCH)						
Pediatric Nutrition Consultation and Services (BC Dietitians)						
Regional Eating Disorders Programs						
BC Provincial Specialized Eating Disorders Program						
Primary health care provider						












Growth and Development
Also refer to Program Activities/Tools for: [Parenting Capacity](#), [Adult Physical Health – Pregnancy](#)


Tool/Program Activity and Details A→文 – translated versions available	Tool/Program Activity Type					
Related Outcomes: <ul style="list-style-type: none"> • Support families’ evolving goals for healthy child development as they relate to: <ul style="list-style-type: none"> – Physical health and well-being – Language and cognitive development – Communication skills and general knowledge – Social competence and social experiences – Emotional maturity and regulation 	 Assessment/Screening	Client Education/ Parent Resource 		 Direct Care Intervention	 Recommendations, Referrals, and Care Coordination	
		General	PDF, Handout, Booklet, Video			Engagement Tools











Growth – General

Postnatal Assessment and Care and Assessment Guide (PSBC) <ul style="list-style-type: none"> • <i>Assessment and Care Guidance of the Newborn</i> • <i>Growth</i> • <i>Newborn Discharge Teaching Checklist</i> 						
NEWT nomogram						
Newborn and Infant Growth Measurements (PSBC)						

⁶ Use of this resource is currently under exploration









BC Pediatric Nutrition Guidelines (Birth to Six Years) for Health Professionals (2022) (BCCDC)						
A Health Professional's Guide for using the WHO Growth Charts for Canada (Dietitians of Canada and CPS)						
WHO Growth Charts for Canada; 0-24 mos, 2-19 yrs, boys/ girls (WHO)						
Fenton Preterm Growth Charts <ul style="list-style-type: none"> • <i>Girls' growth chart</i> • <i>Boys' growth chart</i> 						
Early Child Health Assessment Parent Checklist; 2, 4, 6, 12, 18 mos, 4-6 years; RHA resource providing growth and development guidance						
ASQ-3 and ASQ:SE-2 Factors to Consider Before Beginning the Referral Process (Ages and Stages Questionnaires®: Social-Emotional, Second Edition (ASQ:SE-2) User's Guide) <ul style="list-style-type: none"> • <i>Learning Activities for Parents and Tip Sheets</i> • <i>ASQ Kit</i> • <i>ASQ: Tips for Discussing Screening Results with Families</i> 						
Growth and Development Checklist (RHA resource)						
Pregnancy and Parent Learning Centre (PSBC): <ul style="list-style-type: none"> • <i>Postpartum and Newborn Care Module 6: Getting to Know Your Newborn Baby</i> • <i>Postpartum and Newborn Care Module 7: Newborn Tests, Screening and Procedures</i> • <i>Postpartum and Newborn Care Module 10: Newborn Development</i> • <i>Postpartum and Newborn Care Module 11: Infant Crying</i> • <i>Postpartum and Newborn Care Module 12: Safer Sleep</i> • <i>Postpartum and Newborn Care Module 13: Baby Safety; (includes: crying, newborn care, home safety, sun safety, baby equipment, first aid, car seat safety)</i> 						
















<p>HealthLink BC (MoH):</p> <ul style="list-style-type: none"> • <i>Young children and their vision</i> • <i>Hearing loss in children</i> • <i>Your child's development from birth to 3 years A→文</i> • <i>Growth and Development Milestones</i>; includes links for ages 2-6 years • <i>Baby growth and development</i>; includes links to broad range of topics and advice for parenting babies 0-12 months old • <i>Toddler growth and development</i>; includes links for broad range of topics and advice for parenting toddlers, 12-30+ months • <i>Preschooler Growth and Development</i>; includes tips for parents on screen time, play and promoting speech and language • <i>Caring for your preschooler</i>; parental guidance on a broad range of topics and common concerns • <i>Back to school</i>; links to various health and wellness topics for children preparing to enter school 						
<p>Baby's Best Chance (MoH):</p> <ul style="list-style-type: none"> • <i>Baby Care, pp.73-95</i> • <i>Baby Development, pp.96-100</i> • <i>Child Development resources, p.130</i> • <i>Children with Support Needs resources, p.131</i> 						
<p>Toddler's First Steps (MoH):</p> <ul style="list-style-type: none"> • <i>Toddler Development, pp.9-36</i> • <i>Family Violence/Abuse, pp.117-118</i> 						
<p>SmartParent app</p>						
<p>Assessing Sleep Health in Families (PHN-PREP)</p>						
<p>Sleep, Feed and Play Tracker (PHN-PREP)</p>						
<p>Growing Up Healthy; resource for First Nations and Métis families in BC, pregnancy to age 6, print copies available (<i>National Collaborating Centre for Indigenous Health (NCCIH)</i>)</p>						
<p>Parents as First Teachers; emphasizes early childhood development and early learning through experience and play for First Nations and Métis parents (<i>NCCIH</i>)</p>						
<p>KidCare Canada –Videos; social and emotional basics, language development, healthy development, etc. (<i>KidCare Canada</i>)</p>						
<p>Encyclopedia on Early Childhood Development; includes downloadable fact sheets with tips for parents, on various topics (<i>Université de Montréal</i>)</p>						

First Impressions: Exposure to Violence and the Child's Developing Brain; video (CA Department of Justice)						
When I Go to Kindergarten (BC Ministry of Education)						
Vroom Videos Playlist <ul style="list-style-type: none"> • <i>Brain Building Basics</i> • <i>Vroom: Tips for Indoors</i> • <i>Vroom: Tips for Outdoors</i> 						
Promoting Maternal Mental Health During Pregnancy: Activities⁷; Unit 7: Enhancing My Baby's Brain and Development; (PCRP)						
Brain-Building Through Play: Activities for Infants, Toddlers, and Children; includes games to play with children age 6 months-6+ years (Center on the Developing Child)						
Play and Learn; includes games and activities for 1.5- to 6-year-olds, includes videos (McMaster University)						
BRAIN Decision Making Worksheet (CCMI)						
Growing with Love Monthly Activities (IHA)						
Choosing Partners in Parenting Education (PIPE) Topics: (May apply to all categories – physical, language and cognitive, and social and emotional) <ul style="list-style-type: none"> • <i>Patterns and Expectations</i> • <i>Baby Cues</i> • <i>Floortime</i> • <i>Reading to Baby</i> • <i>Love Needs a Safe Base</i> • <i>Attachment</i> • <i>Love is Letting Go</i> • <i>Love and Limits</i> • <i>Emotional Refueling</i> • <i>Baby's First Teacher</i> • <i>Learning the Do's</i> • <i>Music and Rhythm</i> • <i>Learning Language</i> • <i>Each Child is Different</i> • <i>Play is Imitation and Turn-taking</i> • <i>What are Children Really Learning</i> 						
Infant and Child Development Association of BC; local infant development programs						









⁷ Use of this resource is currently under exploration

Aboriginal Infant Development Programs						
Aboriginal Supported Child Development Program						
BC Association for Child Development and Intervention; local child development programs						
Early Childhood Intervention Programs (<i>Government of BC</i>)						
Early Intervention Therapy Program Guidelines; see Appendix B: Overview of Services for Children and Youth with Special Needs and Their Families						
Local parks and recreation programs						
Local library programs						
Strong Start BC						
Aboriginal Head Start on Reserve						
2-1-1; search resources for: Children and Families/Early Childhood Development						
Slocan Centre; located in Vancouver, services are virtual and in person; supports children up to 19 years of age who are living with complex, chronic health conditions						
BC Centre for Ability; serves families in Lower Mainland only; family counselling, autism navigator, FASD and CDBC supports						
Primary health care provider						
Maternity and Babies Advice Line (MaBAL); resource for providers caring for expectant and new parents in rural/remote communities, including First Nations communities						
First Nation community health care providers						
Local group-based parenting supports						
Physical						
Postnatal Assessment and Care Guide (<i>PSBC</i>) • <i>Assessment and Care Guidance of the Mother/Birth Parent and Newborn in the Presence of Communicable Diseases</i>						
BCCDC Immunization Manual (<i>BCCDC</i>)						
BCCDC Communicable Disease Manual (<i>BCCDC</i>)						
Health Gateway app (<i>Government of BC</i>)						

Quick Guide to Common Childhood Diseases (BCCDC)						
Move with me from birth to three; movement activities (LeapBC)						
Baby's Best Chance (MoH): <ul style="list-style-type: none"> • <i>Dental Care Resources</i>, p.132 • <i>Hearing Resources</i>, p.136 • <i>Immunization Resources</i>, pp.136-137 • <i>Vision Resources</i>, p.146 • <i>Physical Development</i>, p.98 						
Toddler's First Steps (MoH): <ul style="list-style-type: none"> • <i>Dental Care Resources</i>, p.125 						
Physical development 101: A guide to gross and fine motor skills in infants, toddlers, and preschoolers (Active for Life)						
Ellyn Satter's Division of Responsibility in Activity (Ellyn Satter Institute)						
Appetite to play: Healthy eating and physical activity in the early years (CHBC)						
Canadian 24-Hour Movement Guidelines (Canadian Society for Exercise Physiology): <ul style="list-style-type: none"> • <i>Early Years (0-4)</i> • <i>Children (5-17)</i> 						
Live 5-2-1-0; includes tips and fact sheets for families on physical activity, healthy eating, screen time (BC Children's Hospital Research Institute)						
Play Today: A Guide for Families (Province of British Columbia)						
Healthy childhood development through outdoor risk play; discussion guide (CPS)						
Play; includes a guide for families, activities, A→文 (Government of BC)						
Go play outside! An outside play tool for parents and caregivers (Outside Play Lab)						
Activities for Infants Four to Eight Months Old and Physical Literacy Checklists for varying age (Active for Life)						
Constipation – A Resource Guide; includes red flags, resources, and videos for parents (BCCH)						
The poo in you – Constipation and Encopresis Educational Video (Children's Hospital Colorado)						
Constipation and soiling (encopresis) in children (SickKids)						

Toilet Training Basics: Is it time to start?; 6 part video series (<i>Alberta Health</i>)						
Build a bedtime routine (<i>Kelty Mental Health</i>)						
Interventions to Promote Sleep: Supporting Families in their Management of Sleep Concerns (<i>PHN-PREP</i>)						
HealthlinkBC <ul style="list-style-type: none"> • <i>Immunizations; includes links to schedules, aftercare, accessing records, and vaccine health files, A→文</i> • <i>Toilet learning (92d)</i> • <i>Constipation, Age 11 and Younger</i> • <i>Time for bed (92e)</i> • <i>Young children and their vision</i> • <i>Physical activity and physical literacy: Early years (0-4); includes Canadian 24-hour movement guidelines</i> • <i>Physical activity and physical literacy: Children and Youth (5-17); includes Canadian 24-hour movement guidelines</i> • <i>Dental Care for Your Infant and Toddler</i> • <i>Constipation, Age 11 and Younger</i> • <i>Positional Plagiocephaly (Flattened Head)</i> • <i>Brushing and Flossing Your Teeth</i> 						
Child Health Passport (<i>MoH</i>)						
Newborn Screening BC (<i>PHSA</i>)						
Is my Child Growing Well? (<i>Dieticians of Canada</i>)						
Health Benefits Guide (<i>FNHA</i>): <ul style="list-style-type: none"> • <i>Baby Oral Health, Infant Medication, p.9</i> 						
Children's dental program; for low-income families without dental coverage (<i>UBC</i>)						
Canadian Dental Care Plan (<i>Government of Canada</i>)						
Find a Dentist database (<i>BC Dental Association</i>)						
Children's Oral Health Initiative; early childhood tooth decay prevention program for First Nations children age 0-7, their caregivers, pregnant persons, living or accessing services in First Nations communities (<i>FNHA</i>)						
BC Healthy Kids program helps low-income families with the costs of basic dental care and prescription eyewear for their children						
Local public health dental programs						








Find a Doctor of Optometry (<i>BC Doctor of Optometry</i>)						
Optical coverage for families receiving income or disability assistance (<i>Government of BC</i>)						
Vision Care Benefit ; provides glasses for Indigenous children and adults (<i>FNHA</i>)						
We See BC Foundation ; help families with low income by providing equitable access to high-quality vision services and rehabilitation devices						
Language and Cognitive						
HealthLink BC (<i>MoH</i>): <ul style="list-style-type: none"> • <i>Speech and Language Development: Red Flags</i> • <i>Speech and Language Development</i> • <i>Encouraging language development in your preschooler</i> • <i>Cognitive development, ages 1 to 12 months</i> • <i>Cognitive development, ages 12 to 24 months</i> • <i>Stimulate your baby's learning</i> • <i>Your child and play from birth to 3 years</i> 						
ABCs for new parents (<i>CHBC</i>)						
Literacy matters (<i>Canadian Children's Literacy Foundation (CCLF)</i>)						
Read, speak, sing to your baby: How parents can promote literacy from birth (<i>CPS</i>)						
Early Words for Healthcare Providers ; EOI for program opens end of summer every year for Health Unit participation in program (<i>CCLF</i>)						
Baby's Best Chance (<i>MoH</i>): <ul style="list-style-type: none"> • <i>Language Development, p.100</i> • <i>Speech-Language Therapy resources, p.145</i> 						
Toddler's First Steps (<i>MoH</i>): <ul style="list-style-type: none"> • <i>Speech-Language Therapy resources, p.138</i> 						
All about early literacy (<i>Ministry of Education and Child Care</i>)						
Activities for language development (<i>Speech and Hearing BC</i>)						
BC Early Hearing Program ; provides newborn hearing screening for all infants in the province, follow-up hearing assessments, and coordination of early language services (<i>PHSA</i>)						
Local public health speech and language programs						

Public health hearing (audiology) clinics (PHSA)						
Local public libraries						
Social and Emotional						
ASQ:SE-2 Factors to Consider Before Beginning the Referral Process						
Feelings First: Social and emotional development (CHBC)						
Everyday Anxiety Strategies for Early Years (HealthyMindsBC)						
Kelty Mental Health Resource Centre – Social and Emotional Development; includes podcast links (BCCH)						
Kelty Mental Health Resource Centre – Finding Support; includes tips for accessing support, connection to family peer support workers (BCCH)						
Multi-Language Mental Health Resources for Families (Kelty Mental Health, BCCH)						
Child and Youth Mental Health Resources and Supports; comprehensive booklet, A→文 (Government of BC)						
Baby’s Best Chance (MoH): • <i>Social and Emotional Development, p.99</i>						
Supporting your Child’s Mental Wellness: Screen Use for Children aged 0-4 (BCCH, Kelty Mental Health, VCH)						
HealthLink BC (MoH): • <i>Emotional development Ages 2-5 years</i> • <i>Helping your child build inner strength</i> • <i>Your child’s social and emotional development from birth to 3 years</i>						
Family connections (FNHA)						
5 steps for brain building serve and return interactions (Center on the Developing Child Harvard)						
Confident Parents: Thriving Kids; Anxiety Program, Big Worries Program (CMHA)						
Child and Youth Mental Health Intake Clinics (Government of BC)						
Mind Space – BC; programs are designed to help adults manage mild-to-moderate anxiety, depression, stress, insomnia, and ADHD. They also provide support for parents navigating the complexities of caring for children aged 0-6						
Métis Child Safety and Wellness Circle (Métis Nation of BC (MNBC))						
Youth Mental Wellness Coordinators (MNBC)						











Primary Caregiver/Family Health and Well-Being














Adult Physical Health and Well-Being




















Also refer to Program Activities/Tools for: [Substance Use](#)




















Tool/Program Activity and Details A→文 – translated versions available	Tool/Program Activity Type					
<p>Related Outcomes:</p> <ul style="list-style-type: none"> Support families' evolving goals for mental health and wellness 	Assessment/Screening 	Client Education/ Parent Resource 	General 	PDF, Handout, Booklet, Video 	Engagement Tools 	Direct Care Intervention Recommendations, Referrals, and Care Coordination  



















Pregnancy
















<p>Population and Public Health Prenatal Care Pathway (PSBC)</p> <ul style="list-style-type: none"> Health Care/Physical Well-being, pp.6-16. Nutrition in Pregnancy, pp.17-25. Injury Prevention, pp.54-55, Preparation for Birth, pp.56-59 						
<p>BCCDC Immunization Manual (BCCDC)</p> <ul style="list-style-type: none"> Routine Immunization Schedule C and D and Worksheet 						
<p>Immunization Communication Tool (BCCDC)</p>						
<p>BCCDC Communicable Disease Manual (BCCDC)</p>						
<p>Your Guide to a Healthy Pregnancy (PHAC)</p>						
<p>Eat Safely, Eat Well: Food Safety during Pregnancy (BCCDC)</p>						
<p>Benefits of Using Food Labels (Government of Canada)</p>						

Healthy Snacks (Government of Canada)						
Food Guide Snapshot (Canada's Food Guide, 2026)						
Healthy Eating When Pregnancy and Breastfeeding (Canada's Food Guide)						
Exercise during pregnancy (SOGC)						
Working during pregnancy (SOGC)						
Pregnancy and Parent Learning Centre (PSBC): <ul style="list-style-type: none"> • <i>Pregnancy Module 1: Preparing for Your Pregnancy</i> • <i>Pregnancy Module 2: Prenatal Health Care</i> • <i>Pregnancy Module 3: Common Changes During Pregnancy</i> • <i>Pregnancy Module 4: Caring for Yourself</i> • <i>Pregnancy Module 6: Eating Well During Pregnancy</i> • <i>Pregnancy Module 9: Special Considerations in Pregnancy</i> • <i>Journey 2: Labour and Birth (5 Modules)</i> 						
Baby's Best Chance (MoH): <ul style="list-style-type: none"> • <i>Lifestyle, p.11</i> • <i>Eating Well for Pregnancy, pp.19-23</i> • <i>Weight Gain in Pregnancy, p.24</i> • <i>Taking Care of Yourself, pp.25-29</i> • <i>Healthcare During Pregnancy, pp.30-31</i> • <i>Pregnancy Risk Factors, p.32</i> • <i>Stages of Pregnancy, pp.34-35</i> • <i>Your Developing Baby, p.38</i> 						
Here to Help - Wellness Modules; includes self-assessment quizzes						
Trans parents; Pregnancy: What to expect during and after (Trans Care BC)						
Growing Up Healthy; resource for First Nations and Métis families in BC, pregnancy to age 6, print copies available (NCCIH)						
Pregnancy: Kick Counts (HLBC)						
Videos for New Moms; video series that aims to support life-givers and their families before and after the sacred ceremony of birth (FNHA)						

HealthLink BC (MoH): <ul style="list-style-type: none"> • <i>Why is oral health during pregnancy important</i> • <i>Pregnancy: Chemicals, Cosmetics, and Radiation</i> • <i>Nitrates in Well Water</i> • <i>Immunizations; includes links to schedules, aftercare, accessing records, and vaccine health files, A→文</i> • <i>COVID-19: Advice if You're Planning a Pregnancy, Pregnant, Recently Pregnant, or Breastfeeding</i> 						
Our Special Journey Pregnancy Passport (PSBC)						
Indigenous Pregnancy Passport (PSBC)						
Oh Shit, I'm Pregnant; booklet aimed at those living on the streets/in shelters (<i>H.E.R Pregnancy Program, Streetworks, Edmonton, AB</i>)						
Oral Health Tips for Pregnant Women (PHAC)						
Health Gateway app						
SmartParent app						
Fact Sheets; information on 275+ exposures and how they may impact pregnancy and breastfeeding (<i>MotherToBaby</i>)						
BRAIN Decision Making Worksheet (CCMI)						
Childbearing: The Classic Series; illustrations of labour/delivery and newborn						
Worksheets that can be completed with client (PSBC): <ul style="list-style-type: none"> • <i>Labour and Birth Packing List</i> • <i>Deciding How to Feed Your Baby</i> • <i>Birth Preference Guide</i> • <i>Postpartum Support Guide, also available in Baby's Best Chance appendices, pp.151-167)</i> 						
My Birth Plan (HLBC)						
Provide family/household immunizations (during home visit or low barrier clinic setting)						
8-1-1; public health dietitian						
Register your pregnancy for prenatal care (HLBC)						
Find a Midwife in BC (Midwife Association of BC)						








Health Benefits Guide (FNHA): • <i>Travel for Prenatal Care Checkups and Delivery, Prenatal Vitamins, Oral Health, Eyes and Vision, Pregnancy Discomforts, Diabetes and Gestational Diabetes, pp.5-9</i>						
Local or virtual prenatal classes (e.g., The Pregnancy Hub), including prenatal classes for young parents						
BCAPOP programs ; may offer free prenatal vitamins						
Foundry BC ; Free, confidential physical wellness services for youth up to 24 years and their families. Includes virtual and in person where available						
PHCP ; may provide free prenatal vitamins						
Baby Be Healthy Program ; free prenatal vitamins at various grocery stores						
Local pharmacist ; for medication questions						
Extended health care providers (e.g., physio)						
Local recreation centres						
WorkSafeBC or employment union ; for injury prevention concerns						
Pregnancy HUB (BCAPOP)						
Parent						
Postnatal Assessment and Care Guide (PSBC) • Physiological Health • Assessment and Care Guidance of the Mother/Birth Parent in the Presence of Communicable Diseases						
BCCDC Immunization Manual (BCCDC)						
BCCDC Communicable Disease Manual (BCCDC)						
HealthLink BC (MoH): • Immunizations ; includes links to schedules, aftercare, accessing records, and vaccine health files, A→文						
Healthy eating when pregnant and breastfeeding (Government of Canada)						
Eating Well with Canada's Food Guide A→文 (HC)						
Eating Well with Canada's Food Guide - First Nations, Inuit and Métis (HC)						

<p>Pregnancy and Parent Learning Centre (PSBC):</p> <ul style="list-style-type: none"> • <i>Postpartum and Newborn Care Module 1: Preparing for Your Baby</i> • <i>Postpartum and Newborn Care Module 2: Caring for Yourself Postpartum</i> • <i>Postpartum and Newborn Care Module 3: Postpartum Health Care</i> 						
<p>Caring for yourself after birth –Your Body (BCWH)</p>						
<p>Growing Up Healthy; resource for First Nations and Métis families in BC, pregnancy to age 6, print copies available (NCCIH)</p>						
<p>Baby’s Best Chance (MoH):</p> <ul style="list-style-type: none"> • <i>Your Body After Pregnancy</i>, pp.57-58 • <i>Indigenous Services</i>, p.137 • <i>Physical Activity Resources</i>, p.142 • <i>Pregnancy Weight Gain Calculator</i>, p.143 • <i>PSBC Prenatal Genetic Screening</i>, p.143 • <i>Prescription Drugs</i>, p.143 						
<p>Toddler’s First Steps (MoH):</p> <ul style="list-style-type: none"> • <i>Indigenous Services</i>, p.130 						
Sexual/Reproductive Health						
<p>Population and Public Health Prenatal Care Pathway (PSBC)</p> <ul style="list-style-type: none"> • <i>Communicable Diseases and Immunization</i>, p.12-14 • <i>Sexuality in Pregnancy</i>, pp.49-50 						
<p>Postnatal Assessment and Care Guide (PSBC)</p> <ul style="list-style-type: none"> • <i>Family Planning/Sexuality</i> • <i>Assessment and Care Guidance of the Mother/Birth Parent and Newborn in the presence of Communicable Diseases</i> 						
<p>Informed Consent for Contraception; for use prenatally (FNHA)</p>						
<p>Sex During Pregnancy (HLBC)</p>						
<p>Sexually Transmitted Infections During Pregnancy (HLBC)</p>						
<p>Sexual health after childbirth (PSBC)</p>						
<p>Caring for Yourself After Birth – Sex + birth control (BCWH)</p>						
<p>Smart Sex Resource; STIs, contraception, sexual orientation, etc. (BCCDC)</p>						








Sex and U ; contraception, STIs, sexual orientation, etc. (SOGC)						
Using the Lactational Amenorrhea Method (<i>Options for Sexual Health</i>)						
Options for Sexual Health ; Sex, STIs, birth control						
Syphilis (<i>PSBC Perinatal & Newborn Health Hub</i>): <ul style="list-style-type: none"> • <i>Patient Resources</i> • <i>Key Messages</i> 						
Trans parents ; Family creation: information on reproductive planning (<i>Trans Care BC</i>)						
Project Choices ; <i>alcohol and sex discussion guide for youth, includes change plans and reflection prompts</i>						
STBI prevention guide: Assessment and counselling ; provides approaches to conversations about sexual health (<i>Government of Canada</i>)						
Provide family/household immunizations ; during home/visit or low barrier clinic setting						
Health Benefits Guide (<i>FNHA</i>): <ul style="list-style-type: none"> • <i>Contraceptives, p.9</i> 						
Baby's Best Chance (<i>MoH</i>): <ul style="list-style-type: none"> • <i>2SLGBTQIA+ Resources, p.138</i> • <i>Family Planning and Birth Control, p.133</i> 						
Toddler's First Steps (<i>MoH</i>): <ul style="list-style-type: none"> • <i>2SLGBTQIA+ Resources, p.131</i> 						
Foundry BC ; Free, confidential sexual health care services for youth up to 24 years and their families. Includes virtual and in person where available						
Options for Sexual Health ; Clinics						

Adult Mental Health and Well-Being











Also refer to Program Activities/Tools for: [Substance Use](#), [Healthy Adult Relationships](#)


















Tool/Program Activity and Details A→文 – translated versions available	Tool/Program Activity Type					
Related Outcomes: <ul style="list-style-type: none"> Support families' evolving goals for mental health and wellness 	Assessment/Screening 	Client Education/ Parent Resource 	General 	PDF, Handout, Booklet, Video 	Engagement Tools 	Direct Care Intervention Recommendations, Referrals, and Care Coordination  























Pregnancy






Population and Public Health Prenatal Care Pathway (PSBC) <ul style="list-style-type: none"> <i>Psychosocial Health, pp.26-35</i> 						
Edinburgh Perinatal Depression Scale A→文 (EPDS) (PSBC)						
Perinatal Depression and Anxiety Quick Reference Guide (MoH, UBC)						
Pregnancy and Parent Learning Centre (PSBC): <ul style="list-style-type: none"> <i>Pregnancy Module 4: Caring for Yourself</i> <i>Pregnancy Module 9: Living with Pregnancy Loss</i> 						

Parent

MomsOverMatter: A web application to support mental health during the postpartum period; links for both EPDS/GAD-7 for clients and providers (PHN-PREP)						
Postnatal Assessment and Care Guide (PSBC) <ul style="list-style-type: none"> <i>Psychosocial Health</i> 						
Edinburgh Perinatal Depression Scale A→文 (EPDS) (PSBC)						
Here to Help - Wellness Modules; includes self-assessment quizzes						
Celebrating the Circle of Life: Coming back to balance and harmony (BCRMHP)						

Reproductive Mental Health Services; education materials, stories from peers, a mood and anxiety tracker, self-care guides (BCWH)						
Pregnancy and Parent Learning Centre (PSBC): <ul style="list-style-type: none"> • <i>Postpartum and Newborn Care Module 4: Mental Health and Well-Being</i> 						
Baby's Best Chance (MoH): <ul style="list-style-type: none"> • <i>Taking Care of Yourself</i>, pp.25-30 • <i>Having a Baby After a Pregnancy Loss</i>, p.55 • <i>Your Emotional Health</i>, pp.59-61 • <i>Dealing with Frustration</i>, p.62 • <i>Family Resources</i>, p.133 • <i>Pregnancy Loss Resources</i>, p.143 						
Toddler's First Steps (MoH): <ul style="list-style-type: none"> • <i>Staying Calm</i>, p.90 • <i>Emotional Upset</i>, pp.94-95 • <i>2SLGBTQIA+ Mental Health Resources</i>, p.131 						
Videos for New Moms; video series that aims to support life-givers and their families before and after the sacred ceremony of birth (FNHA)						
Transition 2 Parenthood: Ask + Offer; conversation starters (Family Smart)						
Caring For Yourself After Birth – Your Mood (BCWH)						
Family-centred maternity and newborn care; Chapter 7: Loss and Grief; 3.5 Assessment of the Bereaved Families' Care and Support Needs (PHAC)						
Coping with anxiety in pregnancy and following birth; booklet, includes handouts) (BCRMHP)						
Coping with depression in pregnancy and following birth; booklet, includes handouts, self tests, goal setting worksheet (BCRMHP)						
Postpartum Support Guide (PSBC)						
Reproductive Mental Health Services; fact sheets on baby blues, bipolar disorder, GAD, panic disorder, treatments, SSRI use (BCWH)						
HealthLink BC (MoH): <ul style="list-style-type: none"> • <i>Depression and Anxiety During Pregnancy</i> • <i>Postpartum Depression</i> • <i>Anxiety: Stop Negative Thoughts</i> 						

Thriving Spirits: Métis Perspectives on Wellness Magazine (MNBC)						
Working with Neurodivergent Families: A Strength-based Approach; Webinar (PHN-PREP)						
Support for Mothers with Borderline Personality Disorder Webinar; (PHN-PREP)						
NESTS for Well-being; worksheet (PSBC)						
Communicating with Families Experiencing a Pregnancy Loss (CPS)						
Grief and Loss (PSBC Perinatal & Newborn Health Hub): • Key Messages						
Send family a card acknowledging loss						
Postnatal depression in men (HeadsUpGuys)						
Dad Central; includes support, tools, community connection, free course						
Pacific Post Partum Support Society; telephone, virtual support						
Reproductive Mental Health Services (BCWH)						
BounceBack; free skill-building program for adults and youth 13+, 3-5 counselling sessions (CMHA)						
Foundry BC; Free, confidential mental health and wellness services for youth up to 24 years and their families. Includes virtual and in person where available						
Mind Space - BC; programs are designed to help adults manage mild-to-moderate anxiety, depression, stress, insomnia, and ADHD. We also provide support for parents navigating the complexities of caring for children aged 0-6						
Soaring Together digital toolkit; for First Nations youth, to support journeys through life						
Health Benefits Guide (FNHA): • Mental Health, p.7						
Regional Mental Wellness Coordinators; for Métis families (MNBC)						
Youth Mental Wellness Coordinators; for Métis families (MNBC)						
BC Mental Health and Substance Use Services; provide health care services and specialized treatment for people across the province with complex needs, including severe and persistent mental health and substance use/addiction issues						
















Child and Youth Mental Health Resources and Supports; comprehensive booklet geared toward youth and children, A→文 (Government of BC)						
Mental health supports and resources; includes various crisis/support lines, including RHA specific programs (HealthLink BC)						
Provincial Refugee Mental Health Line; non-crisis support line, M-F 9-5, for providers supporting newcomer survivors of forced migration, war, and torture in BC. Toll Free: 1-866-393-3133 (Vancouver Association for the Survivors of Torture)						
Métis Crisis Line Call 1-833-MétisBC (1-833-638-4722)						
KUU-US Crisis Line Society; A 24-hour provincial Indigenous crisis line						
9-1-1						
Métis Counselling Connection Program; may cover expenses for up to ten 60min counselling sessions						
Moving Forward Family Services; non-profit, free short-term counselling, across BC						
Find a Psychologist British Columbia Psychological Association; private pay/extended benefits						
Primary health care provider						
Maternity and Babies Advice Line (MaBAL); resource for providers caring for expectant and new parents in rural/remote communities, including First Nations communities						
Indigenous mental health liaison (RHA resource)						
BC Association of Clinical Counsellors; find a counsellor (private pay/extended benefits)						
FNHA Virtual Substance Use and Psychiatry Service						
Virtual Doctor of the Day (FNHA)						
Aboriginal Friendship Centres						
Doulas for Aboriginal Families Grant Program						
Community counselling grant recipients; programs that may be able to offer low and no-cost counselling						
Indian Residential School Survivors Society (IRSSS)						
First Nations and Inuit Hope for Wellness Help Line						





















Healthy Adult Relationships


















Also refer to Program Activities/Tools for: [Adult Mental Health & Wellbeingg](#), [Safety & Injury Prevention](#)

Tool/Program Activity and Details A→文 – translated versions available	Tool/Program Activity Type					
<p>Related Outcomes:</p> <ul style="list-style-type: none"> Support families' evolving goals for mental health and wellness 	Assessment/Screening 	Client Education/ Parent Resource 	General 	PDF, Handout, Booklet, Video 	Engagement Tools 	Direct Care Intervention Recommendations, Referrals, and Care Coordination  





Intimate Partner Violence

<p>Population and Public Health Prenatal Care Pathway (PSBC)</p> <ul style="list-style-type: none"> <i>Healthy Relationships, pp.44-50</i> 						
<p>Postnatal Assessment and Care Guide (PSBC)</p> <ul style="list-style-type: none"> <i>Family Function</i> 						
<p>Initiating a Discussion about Intimate Partner Violence: Indicator-Based Assessment (PHN-PREP)</p>						
<p>Intimate Partner Violence: Brief Risk Assessment; directs provider when to administer Danger Assessment-5 (PHN-PREP)</p>						
<p>iHEAL app; Danger Assessment, Power and Control Wheel, Symptom Checklist</p> <ul style="list-style-type: none"> <i>iHEAL website (videos describing what app does)</i> <i>Power and control wheel</i> <i>Safety actions activity</i> 						
<p>Assessment and Response to Intimate Partner Violence by Public Health Nurses (PHN-PREP)</p>						
<p>The VEGA (Violence, Evidence, Guidance, Action) Project's Guidance for Responding Safely to IPV: Adapted for PHNs (PHN-PREP)</p>						














BC Handbook for Action on Child Abuse and Neglect; p.31, pp.41-42, pp.59-61 (MCFD)						
Pregnancy and Parent Learning Centre (PSBC): <ul style="list-style-type: none"> • <i>Pregnancy Module 5: Staying Safe During Pregnancy and Postpartum</i> • <i>Postpartum and Newborn Care Module 5: Postpartum Relationships, Sexual Health and Family Planning</i> 						
Separation and Divorce: Helping Children Adjust to Family Changes (Kelty Mental Health Resource Centre)						
Family Law in BC; support for separation/divorce, children, family violence						
HealthLink BC (MoH) <ul style="list-style-type: none"> • <i>Partner Support During Pregnancy</i> • <i>Domestic Violence</i> 						
First Impressions: Exposure to Violence and the Child's Developing Brain – video (CA Department of Justice)						
Publications for Victims of Crime A→文 (Government of BC)						
Legal Aid BC – IPV; resources in French/English						
Aboriginal Legal Aid; Child and family rights (Government of BC)						
Sexual Violence and Sexual Assault (Foundry)						
Respect Sexual Consent (RCMP)						
Duluth Power and Control Wheel A→文 (Domestic Abuse Intervention Programs)						
Intimate Partner Violence: Immediate Response to a Disclosure (PHN-PREP)						
Mother's Mental Health Toolkit; Family Violence, pp.97-105; (IWK Health)						
Strong Women – Social Support Group Workbook; for women experiencing IPV and substance use, including alcohol and tobacco (CEWH)						
Navigating Child Safety Concerns with Cultural Humility; short guide to support communication (PHN-PREP)						
Life History Timelines; webinar describing how to create a life history timeline with client (PHO)						














<p>Develop Safety Plan with client:</p> <ul style="list-style-type: none"> • <i>Creating a Safety Plan</i> (Ministry of Justice, booklet, 2015) • <i>Safety Planning</i> (Legal Aid BC) • <i>Personalized Safety Plan</i>; fillable booklet (Nova Scotia Victim Services) • <i>How do I clear my internet browser history?</i> (Government of BC) • <i>Factors to Consider When Domestic Violence Safety Planning</i>; fillable booklet (Government of BC, 2012) 						
<p>Foundry BC; Free, confidential mental health and wellness services for youth up to 24 years and their families. Counselling, peer support. Includes virtual and in person where available</p>						
<p>Elizabeth Fry Society Transition Housing/Shelters</p>						
<p>Toddler's First Steps (MoH):</p> <ul style="list-style-type: none"> • <i>Family Violence Resources</i>; p.127 						
<p>8-1-1 or 2-1-1; search/request agencies supporting IPV, transition/safe houses, community parenting programs that address parental conflict or for general support</p>						
<p>Community agencies in receipt of government funding for IPV programs</p>						
<p>VictimLink BC; 1-800-563-0808 or Email 211-VICTIMLINKBC@UWBC.CA for 24/7 support, available in 240 languages</p>						
<p>Primary health care provider</p>						
<p>Local social worker</p>						
<p>Maternity and Babies Advice Line (MaBAL); resource for providers caring for expectant and new parents in rural/remote communities, including First Nations communities</p>						
<p>Family Law in BC; support for separation/divorce, children, family violence, including info on transition houses, child protection, etc.</p>						
<p>Crime Victim Assistance Program; benefits to support recovery including various income supports (Government of BC)</p>						
<p>Transition Houses and Safe Homes List (BC Housing)</p>						
<p>Get Help Now (BC Society of Transition Houses)</p>						
<p>MCFD; self-referral</p>						
<p>Salal's Sexual Violence Support Centre (24-hr crisis and info line)</p>						
<p>Strong Women Program; for women experiencing IPV and substance use, including alcohol and tobacco (CEWH)</p>						

Primary Caregiver/Family Support and Capacity

Parenting Capacity						
Also refer to Program Activities/Tools for: Growth & Development , Adult Mental Health & Wellbeing , Healthy Adult Relationships						
Tool/Program Activity and Details A→文 – translated versions available		Tool/Program Activity Type				
Related Outcomes: <ul style="list-style-type: none"> Support families' evolving goals as they relate to: <ul style="list-style-type: none"> Primary caregiver confidence and capacity to parent and provide a safe, nurturing environment Primary caregiver self-efficacy and vision/aspiration for their future 		Assessment/Screening	Client Education/ Parent Resource 		Direct Care Intervention 	Recommendations, Referrals, and Care Coordination 
			General	PDF, Handout, Booklet, Video		
Responsive Parenting, Bonding and Attachment						
Population and Public Health Prenatal Care Pathway (PSBC) • <i>Preparation for Parenthood, pp.60-61</i>						
Postnatal Assessment and Care Guide (PSBC) • <i>Bonding and Attachment</i>						
Parent-Child Interaction (PCI) Scales⁸ (TBD); Feeding, Teaching or Guide to Assessing; (PCRP) -OR- Steps of Serve and Return (VCH)						
Honouring the Mother's Experience (FHA)						
Pregnancy and Parent Learning Centre (PSBC): • Postpartum and Newborn Care Module 6: Getting to Know Your Baby						







⁸ Use of this resource is currently under exploration

Attachment: A connection for life (CPS)						
Trans parents ; resources for children of trans parents (<i>Trans Care BC</i>)						
Growing Up Healthy ; resource for First Nations and Métis families in BC, pregnancy to age 6, print copies available (<i>NCCIH</i>)						
Fatherhood is Forever – BC ; discusses important parenting role of for First Nations and Métis fathers (<i>NCCIH</i>)						
Parents as First Teachers ; emphasizes early childhood development and early learning through experience and play for First Nations and Métis parents (<i>NCCIH</i>)						
Family Connections - BC ; focus on bonding, forming secure attachments with children, and connecting with extended family and community for First Nations and Métis families (<i>NCCIH</i>)						
Kid Care Canada – Videos ; mindful parenting, dad’s important role, family and community, parenting advice in under 1 minute, etc.						
Informed Decision Making ; worksheet (<i>CCMI</i>)						
Baby’s Best Chance (MoH): <ul style="list-style-type: none"> • <i>Life with Your Baby</i>, p.56 • <i>Cultural Differences in Parenting</i>, p.63 • <i>Support for your Personal Situation</i>, p.64 • <i>Fathering Resources</i>, p.135 • <i>Postpartum Support Guide</i> 						
Toddler’s First Steps (MoH): <ul style="list-style-type: none"> • <i>Growing as a Parent</i>, p.83 • <i>Temperament</i>, pp.10-11 • <i>Why Does Your Toddler Act Out</i>, p.84 • <i>Positive Discipline</i>, pp.85-87 • <i>Dealing with Common Challenging Behaviours</i>, pp.88-89 • <i>Staying Calm</i>, p.90 • <i>Helping your Toddler through Change</i>, pp.91-93 • <i>Parenting Issues</i>, pp.94-98 • <i>Balancing Work and Childcare</i>, pp.99-101 • <i>Child Support and Family Services resources</i>: p.125-127 						















<p>HealthLink BC (MoH):</p> <ul style="list-style-type: none"> • <i>Relationships and emotional health; refer to resources under “family relationships” and “parenting”</i> • <i>Your Child’s Feelings A→文</i> • <i>How to Teach Your Child by Example</i> • <i>Sensory and Motor Growth in Newborns</i> • <i>Preparing siblings to meet your new baby</i> 						
Role modelling and self-regulation (Alberta Health)						
The Three R’s: Reaching the Learning Brain; infographic from Beacon House (Perry, Bruce Dr.)						
ABC’s For New Parents; videos (Kid Care Canada)						
Understanding Temperament: A Foundation for Positive Parenting (Zero to Three)						
Building Babies’ Brains Through Play: Mini Parenting Master Class (Harvard Center on the Developing Child)						
Brain Architecture; video (Alberta Family Wellness)						
5 Steps for Brain-Building Serve and Return (Harvard Center on the Developing Child)						
Brain-Building Through Play: Activities for Infants, Toddlers, and Children (Harvard Center on the Developing Child)						
Growing Together Parent Handouts A→文 (BC Council for Families)						
Importance of Self-Efficacy (Transforming Education)						
Visit Plan Form (RHA resource) and Bubble Map (VCH)						
Encounter Summary Form; worksheet to support planning and goal setting (VCH)						
Everyday Wellness Game; card game to identify priorities, incorporate MI and BAP into goal setting (IHA)						

<p>PCRP Activities and Resources:⁹</p> <ul style="list-style-type: none"> • <i>Promoting Maternal Mental Health During Pregnancy: Activities; Unit 2: Connecting with My Baby; Unit 3: Attachment</i> • <i>Promoting Maternal Mental Health During Pregnancy: Activities; Unit 1: Entering Motherhood; Unit 5: Honouring the Woman in Me</i> • <i>Baby Cues: A Child's First Language; cards</i> • <i>Meeting the social and emotional needs of infants and toddlers; cards</i> • <i>Games and Exercises to use with Caregivers to Learn Baby Cues</i> 						
<p>Support and include dads; tips to engage dads in services (Government of Canada)</p>						
<p>Long-term parenting goals; worksheet (Alberta Health)</p>						
<p>Circle of Security (Circle of Security International)</p>						
<p>BRAIN Decision Making Worksheet (CCMI)</p>						
<p>5 Way to Help Adults Build Their Core Life Skills (Harvard Center on the Developing Child)</p>						
<p>NESTS for Well-being; worksheet (PSBC)</p>						

⁹ Use of this resource is currently under exploration

<p>PIPE activities (<i>Partners in Parenting Educations (PIPE)</i>)</p> <ul style="list-style-type: none"> • <i>Love Needs a Safe Base</i> • <i>Patterns and Expectations</i> • <i>Reading to Baby</i> • <i>Baby Cues</i> • <i>Floortime</i> • <i>Each Child is Different</i> • <i>Joy and Laughter</i> • <i>Attachment</i> • <i>Love is Letting Go</i> • <i>Love and Limits</i> • <i>Emotional Refueling</i> • <i>Baby's First Teacher</i> • <i>What Are Children Really Learning</i> • <i>Learning the Do's</i> • <i>Playing is Imitation and Turn Taking</i> <p>Supplemental PIPEs</p> <ul style="list-style-type: none"> • <i>Cribside Communication</i> • <i>Tune In/Tune Out</i> • <i>Learning Language</i> • <i>Music and Rhythm</i> • <i>Touch Tones</i> • <i>Love is Sometimes a Rocky Road</i> • <i>Roadblocks to Learning</i> 					
<p>Keys to Infant Caregiving (<i>PCRCP</i>)¹⁰</p>					
<p>Celebrate goal attainment</p>					
<p>Mind Space – BC; Raising Resilient Kids Parenting groups (preventative care program designed to strengthen caregiver-child relationships, for parents with kids 0-6 years, physician referral)</p>					
<p>Foundry BC; Free, confidential mental health and wellness services for youth up to 24 years and their families. Counselling, peer support, workshops/group learning. Includes virtual and in person where available</p>					
<p>Dad Central; includes support, tools, community connection, free course</p>					





¹⁰ Use of this resource is currently under exploration

<p>Group based parenting programs such as:</p> <ul style="list-style-type: none"> • Nobody's Perfect parenting groups • Strong Start • Aboriginal Head Start 						
Triple P Positive Parenting Canada						
Dads in Gear Program for New Dads (<i>UBC Okanagan</i>)						
2-1-1 (search: Local parenting groups)						
Indigenous Family Support Services						
Métis Counselling Connections Program (<i>MNBC</i>)						
Métis Mental Health and Harm Reduction (<i>MNBC</i>)						
WorkBC ; Explore Training and Education						
Core Life Skills						
<ul style="list-style-type: none"> • Resilience Building Blocks; cards and handbook (<i>Community Resilience Initiative</i>) • Resilience Trumps ACEs; cards and handbook (<i>Community Resilience Initiative</i>) 						
Graduation Requirements (<i>Government of BC</i>)						
British Columbia Adult Graduation Diploma Program (<i>Government of BC</i>)						
Adult Upgrading (<i>Government of BC</i>)						
Family Services of Greater Vancouver ; Financial Empowerment (includes access to online workshops on financial literacy, budgeting, taxes, etc.)						
Going back to work (<i>FHA</i>)						








Community




























Connection to Community Supports

















Also refer to Program Activities/Tools for: [Connection to Culture](#)

Tool/Program Activity and Details A→文 - translated versions available	Tool/Program Activity Type					
<p>Related Outcomes:</p> <ul style="list-style-type: none"> • Support families' goals to engage with resources such as community services and social supports (e.g., family programs, primary care, peer groups) • Support families' goals as they relate to connection with community activities and gatherings • Support families' evolving goals as they relate to family self-sufficiency • Support families' evolving goals as they relate to accessing safe, low barrier, low-cost childcare 	Assessment/Screening 	General	PDF, Handout, Booklet, Video	Engagement Tools	Direct Care Intervention 	Client Education/ Parent Resource  Recommendations, Referrals, and Care Coordination 

Connection With Community Services and Social Supports

<p>Helpline for Children; offers help for anyone under the age of 19 suffering from physical, emotional, or sexual abuse, including abandonment, desertion, neglect, ill treatment, or failure to meet the physical, emotional, or medical needs of a child. Anyone can call, 24 hours a day, including parents and caregivers who are afraid they might hurt their child or anyone who knows a child is being abused. You can call anonymously. Phone: 310-1234 (no area code needed)</p>						
<p>HealthLink BC (MoH):</p> <ul style="list-style-type: none"> • Routine Checkups 						
<p>TransCare BC; Parents and Families (resources for adults and youth on sex and gender, care, and support, etc.)</p>						
<p>Natal Supplement; information on subsidization for natal vitamins (<i>Province of BC</i>)</p>						
<p>Baby's Best Chance (MoH):</p> <ul style="list-style-type: none"> • Emergency Preparedness Resources, p.133 						
<p>Foundry BC; Free, confidential wellness services for youth up to 24 years and their families. Counselling, peer support, workshops/group learning, support with work and education. Includes virtual and in person where available</p>						

Family and Social Supports (<i>Government of BC</i>)						
Doulas for Aboriginal Families Grant Program						
Local Knowledge Keepers						
Public Health Social Worker referral if available						
Immigrant Services Society of BC						
Local Immigration Partnership						
Local parenting programs						
Pathways Community Service Directory						
BC Refugee Hub – Programs and Services						
Family Resource Programs of BC – Program Directory						
Parent Support Services Society of BC ; includes parenting support groups in various languages						
Provincial Language Services (<i>PHSA</i>)						
Nobody’s Perfect parenting groups						
Local parks, recreation, library programs						
Family Self-Sufficiency						
Financial Help for Pregnancy (<i>VCH</i>) or Financial Help for Pregnancy and After Your Baby is Born (<i>FHA</i>)						
Financial Coaching Toolkit (<i>Prosper Canada</i>)						
Supports, Budgeting Workbooks, Saving Workbooks						
7 Ways to a Budget Made Easy (<i>My Money Coach by Credit Counselling Society</i>)						
12 Ways to Save Big on Groceries (<i>My Money Coach by Credit Counselling Society</i>)						
Healthy Eating on a Budget (<i>FHA</i>)						
Rental Assistance Program (<i>BC Housing</i>)						
Income Assistance (<i>Government of BC</i>)						
Canada Revenue Agency Child/Family Benefit Programs						
Benefits Wayfinder (<i>Prosper Canada</i>)						

Why File Your Taxes? (<i>Money Matters</i>)						
BC Disability Benefits Help Sheets (<i>Disability Alliance BC</i>)						
Financial Help for Pregnancy (<i>VCH</i>)						
Braiding Mind, Body and Spirit: A Financial Wellness Bundle (<i>Prosper Canada</i>)						
Baby's Best Chance (<i>MoH</i>):						
<ul style="list-style-type: none"> • <i>Doing the paperwork</i>, pp.65-66 • <i>Housing Resources</i>, p.136 						
2-1-1: Food and Basic Goods						
BCAPOP ; programs often include meals, food vouchers, prenatal vitamins						
BC Farmers' Markets Nutrition Coupon Program						
Find a Food Bank (<i>Food Banks BC</i>)						
Safe, Low Barrier, Low-Cost Childcare						
Toddlers First Steps (<i>MoH</i>):						
<ul style="list-style-type: none"> • <i>Balancing work and childcare</i>, pp.94-96 • <i>Childcare information and resources</i>, pp.123 • <i>Parenting Resources</i>, p.135 						
Child Care Resource and Referral (<i>Province of British Columbia</i>)						
Strong Start BC						
Future Bright (<i>Elizabeth Fry Society of Greater Vancouver</i>)						
Aboriginal Head Start						

Connection to Culture

Also refer to Program Activities/Tools for: [Connection to Community Supports](#)

Tool/Program Activity and Details A→文 – translated versions available	Tool/Program Activity Type						
Related Outcomes: <ul style="list-style-type: none"> Support families' goals as they relate to connection to cultural heritage, Indigenous Nations, traditions, practices, and ceremonies 	Assessment/Screening 	Client Education/ Parent Resource 	General 	PDF, Handout, Booklet, Video 	Engagement Tools 	Direct Care Intervention 	Recommendations, Referrals, and Care Coordination 

Connection to Culture








Family Connections - BC ; focus on bonding, forming secure attachments with children, and connecting with extended family and community for First Nations and Métis families (NCCIH)						
FirstVoices ; collaborative platform to manage, curate, and share Indigenous languages						
Culture, Heritage and Language (MNBC)						
Indigenous language app						
Thriving Spirits: Métis Perspectives on Wellness Magazine						
Newcomers with Disabilities Welcome Guide (BC Refugee Hub)						
Food is Medicine - Cooking Show and Recipe Book (FNHA)						
First Nations Traditional Foods – Fact Sheets (FNHA)						
Lego Spirit Program						
Thunderbird Wellness App ; strengths-based, trauma-informed approach to supporting Indigenous wellness						
Soaring Together digital toolkit ; for First Nations youth, to support journeys through life						

Baby's Best Chance (MoH): • <i>New Immigrants and Refugee Resources, p.141</i>						
Toddler's First Steps (MoH): • <i>Indigenous Services, p.130</i>						
Aboriginal Head Start						
BC Association of Aboriginal Friendship Centres; Our Friendship Centres (map of centres in BC)						
Apply for Citizenship; for Métis families (MNBC)						
Early Years Navigators; for Métis families (MNBC)						
Connect families to Elders or Knowledge Keepers						
Connect families to traditional foods						
Land-based programming for youth						
Immigrant Services Society of BC						
Local Immigration Partnership						









Systems of Care






















Health Care Coordination and Trust















Also refer to Program Activities/Tools for: [Connection to Culture](#)

Tool/Program Activity and Details A→文 – translated versions available	Tool/Program Activity Type				
<p>Related Outcomes:</p> <ul style="list-style-type: none"> • Timely initiation and continuous engagement and access to care • Strengthened trust in the health system • Increased system navigation support and capacity building in complex care coordination both within the health sector and externally • Strengthened partnerships among family-serving organizations, services, and programs • Provincially consistent care supported by clinical guidance and standardized competencies • Documentation that supports continuity of care • Enhanced health care provider well-being and engagement in service delivery • Improved workforce retention 	Assessment/Screening 	General 	PDF, Handout, Booklet, Video 	Engagement Tools 	Client Education/ Parent Resource  Direct Care Intervention  Recommendations, Referrals, and Care Coordination 

Trust in Health Care

Honouring the Mother's Experience (FHA)					
Life History Timelines; webinar describing how to create a life history timeline with client (PHO)					
Caring for Kids New to Canada; guide for working with immigrant/refugee children and youth; includes education for provider, assessment and screening strategies, referrals for numerous health and wellness areas (CPS)					
Bubble Map; choice sheets for planning visit priorities (VCH)					
Pregnancy planning for newcomers to Canada (SOGC)					
Baby's Best Chance (MoH): • <i>Medical Resources, pp.138-139</i>					
Toddler's First Steps (MoH): • <i>When Your Toddler is Sick, pp.80-83</i>					
HealthLink BC (MoH): • <i>Regular Checkup for a Child</i>					

Welcome to the BC Drug and Poison Information Centre <i>(BC Drug and Poison Information Centre (BC DPIC))</i>						
Finding your way around our health care system; A guide for newcomers to Canada <i>(FHA)</i>						
Welcome Letter <i>(IHA)</i>						
How are we doing? (TBD) to assess provider-family relationship						
Provider access to cell phone for text message communication						
Gender Inclusive Care in the First Trimester <i>(PSBC Perinatal & Newborn Health Hub):</i> • <i>Key Messages</i>						
Gender Inclusive Language: Building relationships with new clients <i>(Trans Care BC)</i>						
Health Connect Registry; to connect families to primary care providers						
Therapeutic relationship with BC FHVP provider						
Motivational Interviewing						
Trauma informed and anti-racist approaches to care						
Celebrate milestones; e.g., child's birthday or start of school						
Case finding; outreach to enrol and reach clients						
Provincial Language Services <i>(PHSA)</i>						
Indigenous Health Liaisons <i>(RHA resource)</i>						
Health Connections; regional travel assistance program for rural residents traveling for non-emergency medical care outside their communities <i>(Government of BC)</i>						
BC PharmaCare Program						
Health Benefits Guide <i>(FNHA)</i>						
Seamless Coordination of Care						
BC FHVP Discharge Assessment; to assess for readiness for discharge from program (TBD)						
BC FHVP Service Utilization and Referral Form; (TBD) <i>(PHSA)</i>						
RHA internal process for receiving postpartum and newborn community liaison records from acute care						

RHA internal process for connecting with family's First Nations community (if applicable)						
RHA internal process for accessing regionally specific supports such as public health social worker, Indigenous health liaison, mental health professionals, community integration specialists, etc.						
RHA internal process for receiving prenatal, postpartum, and early childhood referrals into BC FHVP						
BC FHVP Referral Form for transfer of care between RHAs (TBD) (PHSA)						
Warm handover when transferring care between RHAs						
Federal Health Care: Refugees (Government of Canada)						
Health Connect registry						
Provincial attachment system ; available health-care resources while you wait (Government of BC)						
Outcome of Referral Letter (FHA)						
Program Provider Well-Being						
BC FHVP Competency Assessment Tool (PHSA)						
Visit Plan Form (to organize visits)						
BC FHVP Visit Planning Flowsheets ; Pregnancy, Infancy, Toddler (IHA)						
Participation in Provincial Communities of Practice						
Occupational and Critical Incident Stress Management Services (OCISM) <ul style="list-style-type: none"> • Critical Incident Stress Reaction Services • Peer Assistance Line (PALs): Non-crisis support (debriefing, coping, mentoring, etc.) via telephone • Cumulative Stress and Wellness Coaching • Resiliency Coaching for Nursing Leaders 						
Family Overview ; facesheet for providers to capture snapshot of family circumstances	