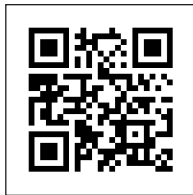


ADHD



CADDAC



<https://caddac.ca/>



heretohelp

Mental health and substance use
information you can trust

**Attention Deficit/Hyperactivity
Disorder in Children & Youth**



<https://www.heretohelp.bc.ca/infosheet/attention-deficit-hyperactivity-disorder-in-children-and-youth>



ADHD



<https://www.helpguide.org/home-pages/add-adhd.htm>



**Kelty
Mental
Health
Resource Centre**

**BC
Children's
Hospital**
Providing Health Services to Children

Attention Deficit/Hyperactivity Disorder



<https://keltymentalhealth.ca/adhd>



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ALLERGY & ASTHMA



Food Allergy Canada



<https://foodallergycanada.ca/>



Anaphylaxis Emergency Plan



<https://foodallergycanada.ca/tools-and-downloads/downloads/emergency-plan-forms/>



How To Use An EpiPen



<https://www.youtube.com/watch?v=DzGMZth5YEA>



Asthma Canada



<https://asthma.ca/get-help/asthma-in-children/>



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ALLERGY & ASTHMA



Lung Health Foundation – Asthma



<https://lunghealth.ca/lung-disease/a-to-z/asthma/>



Asthma Learning Hub



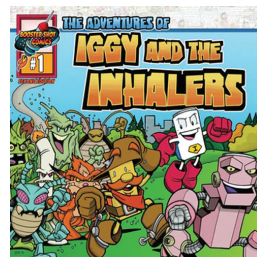
<http://www.bcchildrens.ca/health-info/coping-support/asthma>



Asthma – What You Should Know



<https://willowspediatricwebsite.files.wordpress.com/2023/08/asthma-infographic-bc-children-hospital.pdf>



Iggy And The Inhalers



<https://iggyandtheinhalers.com/pages/clinic-resources>

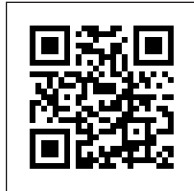


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ANXIETY



What Is Anxiety?



<https://www.anxietycanada.com/>



Anxiety



<https://foundrybc.ca/resource/anxiety/>



Anxiety



<https://keltymentalhealth.ca/anxiety#tabs-4>



Ease At Home K - 7

Ease At Home 8 - 12



<https://healthymindsbc.gov.bc.ca/ease-at-home-k-7/>

<https://healthymindsbc.gov.bc.ca/ease-at-home-8-12/>



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AUTISM



ACT's Autism Manual For BC



New Diagnostic Hub



<https://www.actcommunity.ca/information/autism-manual-for-bc/>
<https://www.actcommunity.ca/information/new-diagnosis-hub/>



Autism Spectrum Disorder



<https://keltymentalhealth.ca/autism-spectrum-disorder>



Ministry of Children and Family Development

Autism Quick Start Guide: Ages 0 - 5



Autism Quick Start Guide: Ages 6 - 12



Autism Quick Start Guide: Ages 13 - 18



https://www2.gov.bc.ca/assets/gov/health/managing-your-health/autism/autism_quick_start_guide_ages_0-5.pdf
https://www2.gov.bc.ca/assets/gov/health/managing-your-health/autism/autism_quick_start_guide_ages_6-12.pdf
https://www2.gov.bc.ca/assets/gov/health/managing-your-health/autism/autism_quick_start_guide_ages_13-18.pdf



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BEHAVIOR



Kelty
Mental
Health
Resource Centre

BC
Children's
Hospital
Provincial Health Services Authority

Behavioral Disorders



<https://keltymentalhealth.ca/behavioural-disorders>



Parenting Kids With Challenging Behaviors



<https://keltymentalhealth.ca/podcast/parenting-kids-challenging-behaviours>

LIVES
IN THE
BALANCE

Lives In The Balance



<https://livesinthebalance.org/walking-tour/>



Positive Discipline For Young Children



<https://caringforkids.cps.ca/handouts/behavior-and-development/positive-discipline-for-young-children>



Disciplining Your Child



<https://www.aboutkidshealth.ca/Article?contentid=714&language=English#/>



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CONSTIPATION



Constipation



<https://www.aboutkidshealth.ca/article?contentid=6&language=english>



What You Need to Know: Constipation



<https://www.cheo.on.ca/en/resources-and-support/resources/P5593E.pdf>



The Poo in You



https://www.youtube.com/watch?v=SgBj7Mc_4sc



Constipation

GI Kids Website

PDF Download



<https://gikids.org/constipation/>

<https://gikids.org/wp-content/uploads/2020/03/Constipation-all-English.pdf>



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COW'S MILK INTOLERANCE

Dr. Scott Cameron

**How to Manage Food
Protein-Induced Proctocolitis**



<https://willowspediatricswebsite.files.wordpress.com/2023/03/fpip-handout-dr-scott-cameron-pediatirc-allergy-april-2019-v3.pdf>



Cow's Milk Protein Allergy



<https://www.hamiltonhealthsciences.ca/wp-content/uploads/2019/08/CowMilkProteinAllergyWhatToEatBreastfeeding-trh.pdf>

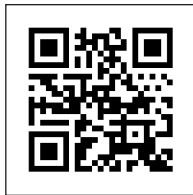


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EATING DISORDER



Understanding Eating Disorder in Adolescence



canped.ca/modules



Eating Disorder Information For The Youth



<https://www.cheo.on.ca/en/resources-and-support/resources/P5686E.pdf>



Kelty Eating Disorders



<https://keltyeatingdisorders.ca/>



National Eating Disorder Information Centre

A Parents' and Caregivers' Guide To Supporting Youth with Eating Disorders

Nedic Website

PDF Download



<https://nedic.ca/>

<https://nedic.ca/download-file/1559316089.200625-72>



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ECZEMA



What You Need To Know About Eczema



<https://www.cheo.on.ca/en/resources-and-support/resources/P5608E.pdf>

Dr. Scott Cameron

Eczema Care Guide



<https://pathwaysbc-production-content-item-documents.s3.amazonaws.com/documents/2995/original/Eczema%20handout%20Dr%20Scott%20B%20Cameron-v15.pdf?1646250747>



Resources for Children



<https://www.eczemahelp.ca/eczema-resources-for-children-and-youth-2/>



HealthLinkBC

Atopic Dermatitis



<https://www.healthlinkbc.ca/health-topics/atopic-dermatitis-eczema>



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ENURESIS



Bedwetting



<https://www.aboutkidshealth.ca/article?contentid=16&language=english>



Bedwetting



<https://www.aafp.org/pubs/afp/issues/2003/0401/p1509.html>



Bedwetting



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



HealthLinkBC

Daytime Accidental Wetting



<https://www.healthlinkbc.ca/pregnancy-parenting/parenting-preschoolers-3-5-years/caring-your-preschooler/daytime-accidental>



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IRON DEFICIENCY



**Iron Guidelines to Improve
Your Child's Intake**



<https://www.aboutkidshealth.ca/article?contentid=1916&language=english>



**Iron Needs Of
Babies And Children**



https://caringforkids.cps.ca/handouts/pregnancy-and-babies/iron_needs_of_babies_and_children



HealthLinkBC

**Iron Deficiency
Anemia**



**Iron in
Foods**



<https://www.healthlinkbc.ca/healthy-eating-physical-activity/food-and-nutrition/nutrients/iron-foods>
<https://www.healthlinkbc.ca/healthy-eating-physical-activity/conditions/anemia/iron-deficiency-anemia>



CIHR | Institute of Human Development,
Child and Youth Health

**Johnny's Journey With
Iron Deficiency Anemia**



<https://www.youtube.com/watch?v=2eJks78YPXI>



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OBESITY



Childhood Obesity Foundation



<https://childhoodobesityfoundation.ca/>

NUTRITION



Canada Food Guide



Eating Well



Fueling Your Mind and Body



<https://food-guide.canada.ca/en/>
<https://keltymentalhealth.ca/eating-well>
<http://www.vch.ca/Documents/fueling-your-mind-and-body.pdf>

PHYSICAL ACTIVITY



Active For Life



Canadian 24-hour
Movement Guideline



How Much Time
Do You Spend...?

Link not found

<https://activeforlife.com/>
<https://csepguidelines.ca/>
link is broken



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PICKY EATER



When Your Child Is A Picky Eater



https://caringforkids.cps.ca/handouts/healthy-living/when_your_child_is_a_picky_eater



Helping Your Picky Eater Try New Food



<https://www.cheo.on.ca/en/resources-and-support/resources/P6201E.pdf>



Manage Common Challenges: Picky Eating



<https://keltymentalhealth.ca/picky-eating>



Expert Guidance. Everyday Eating.
Brought to you by Dietitians of Canada

Say Goodbye to Picky Eating



<https://www.unlockfood.ca/en/Articles/Child-Toddler-Nutrition/Say-Goodbye-to-Picky-Eating!.aspx>



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PLAGIOCEPHALY



Positional Plagiocephaly



<https://www.aboutkidshealth.ca/Article?contentid=24&language=English>



Preventing and Treating Your Baby's Flat Head



http://www.bcchildrens.ca/Resource-Centre-site/Documents/P-Q/BCCH1630_PreventingFlatheadParentsGuide_2012.pdf



Preventing Flat Head In Babies Who Sleep On Their Backs



https://caringforkids.cps.ca/handouts/pregnancy-and-babies/preventing_flat_heads



Plagiocephaly, The Dreaded Flat Spot



<https://shefoundhealthmotherhood.libsyn.com/plagiocephaly-the-dreaded-flat-spot>



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