

# Useful Links

**We have reviewed many websites, and offer them to you as “first steps” if you are looking for information to help your child.**

In the first set, each website covers a variety of topics.

In the second set, pediatricians have selected a list of diseases parents are likely to ask about.

## **Websites covering several topics of interest to parents:**

[\*\*Canadian Paediatric Society\*\*](#) is the national association of pediatricians and provides a range of information on many children’s health topics.

[\*\*Caring for Kids\*\*](#) is designed to provide parents with information about their child’s health and well-being. The site is developed by the Canadian Pediatric Society.

[\*\*HealthyChildren.org\*\*](#) published by the American Academy of Pediatrics is a parenting web site backed by 60,000 pediatricians committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults.

The [\*\*BC Centre for Disease Control\*\*](#) (BCCDC) provides provincial and national leadership in public health through surveillance, detection, treatment, prevention and consultation services.

[\*\*HealthLink BC\*\*](#) provides fact sheets on over 180 health and safety topics. Translations available. Or call 811.

[\*\*KidsHealth\*\*](#) is part of The Nemours Foundation’s Center for Children’s Health Media. KidsHealth provides families with perspective, advice, and comfort about a wide range of physical, emotional, and behavioral issues that affect children and teens.

[\*\*About Kids Health\*\*](#) from the Toronto Hospital for Sick Children provides a lot of unbiased and evidence-based information including A-Z of illnesses, operations, etc for parents. About

Kids Health believes that all children deserve the best possible opportunity for a healthy, full childhood; and that the internet is an extraordinary tool that offers a unique opportunity to support better pediatric health in both advantaged and vulnerable populations in Canada and world-wide.

There's lots of useful information for parents on the [MedSchoolForParents](#) website, which is authored by Dr. Ran Goldman from the BC Children's Hospital.

The purpose of the [Family Support Institute](#) is to strengthen and support families faced with the extraordinary circumstances that come with having a family member who has a disability. They believe that families are the best resource available to support one another. Directed by families, the Family Support Institute provides information, training, and province-wide networking to assist families and their communities to build upon and share their strengths.

[Decoda Literacy Solutions](#) is the provincial literacy organization. Parents are their children's first and most important teachers. Early reading and thinking skills are learned at home. Support materials for parents can be found on this site.

[Be Smart, Don't Choke](#) is an evidenced-based educational website that fits within science and social responsibility curricula for preteens and teenagers. Exposure to this website was found to significantly improve teenagers' understanding of choking hazards and choking prevention. By teaching children before they finish high school (as well as parents and other adults who care for children), the website is intended to create a generational impact.

Provincial [Infant Development Programs](#).

[BC Children's Hospital mental health services](#) - information on [infant](#), [child](#), and [youth](#) mental health in-patient and out-patient programs.

The [Gender-Affirming Roadmap for Patients and their Families](#) provides information about the different services and resources that may be considered at various points during the process of exploring one's gender identity or transitioning.

**Common and uncommon diseases parents ask their pediatricians about:**

<b>ADHD</b>	Please <a href="#">click here</a> to find more information. <a href="#">CADDRA</a> is a Canadian alliance of medical and healthcare professionals supporting patients with Attention Deficit Hyperactivity Disorder (ADHD) and their families.
<b>Allergy</b>	<a href="#">Canadian Society of Allergy and Clinical Immunology</a> <a href="#">Allergy/Asthma Information Association</a> <a href="#">Food Allergy Research and Education</a> <a href="#">American Academy of Allergy, Asthma and Immunology</a> <a href="#">American College of Allergy Asthma and Immunology- Patient info</a>
<b>Anaphylaxis</b>	<a href="#">Anaphylaxis Canada</a> <a href="#">Why Risk it Canada</a>
<b>Anemia (Iron deficiency)</b>	<a href="#">Iron Disorder Institute</a> <a href="#">Hamilton Health Science</a>
<b>Anxiety</b>	Please <a href="#">click here</a> to find more information
<b>Arthritis (Juvenile Idiopathic/Juvenile rheumatoid)</b>	<a href="#">Arthritis Society British Columbia</a> <a href="#">Arthritis Foundation US</a> <a href="#">National Institute of Arthritis and Musculoskeletal and Skin Diseases</a> <a href="#">You, Your Child, and Arthritis</a>
<b>Asthma</b>	<a href="#">Asthma Society of Canada</a> <a href="#">AsthmaKids Canada</a> <a href="#">The Lung Association</a>
<b>Autism and Asperger's</b>	Please <a href="#">click here</a> to find more information The <a href="#">Pacific Autism Family Centre Society</a> : The PAFC's core purpose is to be a Knowledge Centre bringing together state of the art resources for research, information, learning, assessment, treatment and support; and building capacity to address the lifespan needs of individuals with ASD, and their families across BC.
<b>Celiac Disease</b>	<a href="#">Celiac Canada</a> <a href="#">Celiac Sprue Association</a>
<b>Cerebral Palsy</b>	<a href="#">Cerebral Palsy Association of BC</a>
<b>Chiropractic</b>	Canadian Paediatric Society <a href="#">position statement</a> on chiropractic care for children.

<b>Concussions</b>	<a href="http://cattonline.com">Cattonline.com</a> provides up-to-date concussion education for parents and coaches. It includes video lessons and resources to effectively prevent, recognize and manage a players recovery.
<b>Congenital Heart Disease</b>	<a href="#">Heart and Stroke Foundation Canada</a> <a href="#">Western Children Heart Network</a> <a href="#">Childrens Heart</a>
<b>Congenital Hip Dysplasia</b>	<a href="#">International Hip Dysplasia Institute</a>
<b>Constipation</b>	<a href="#">National Digestive Diseases Information Clearinghouse</a>
<b>Croup</b>	<a href="#">Canadian Lung Association</a>
<b>Crohn's/Ulcerative Colitis/Inflammatory Bowel Disease</b>	<a href="#">Crohn's and Colitis Foundation of Canada</a> <a href="#">National Digestive Diseases Information Clearinghouse</a>
<b>Depression</b>	Please <a href="#">click here</a> to find more information
<b>Developmental Coordination Disorder</b>	<a href="#">Centre for Childhood Disability Research</a>
<b>Diabetes</b>	<a href="#">Canadian Diabetes Association</a> <a href="#">Juvenile Diabetes Research Foundation</a>
<b>Diarrhea</b>	<a href="#">National Digestive Diseases Information Clearinghouse</a>
<b>Down syndrome</b>	<a href="#">Canadian Down Syndrome Society</a>
<b>Ear Infections</b>	<a href="#">HealthLink BC</a> <a href="#">BC Childrens Hospital</a>
<b>Eczema</b>	<a href="#">About Kids Health</a>
<b>Epilepsy or Febrile Seizures</b>	<a href="#">BC Epilepsy Society</a> <a href="#">Epilepsy Foundation</a>
<b>Eye Infection</b>	<a href="#">Perinatal Services BC (PSBC)</a>
<b>Fetal Alcohol Spectrum Disorder</b>	<a href="#">Provincial Outreach Program for FASD</a> <a href="#">The FASD Center</a>
<b>Gastroesophageal Reflux</b>	<a href="#">National Digestive Diseases Information Clearinghouse</a> <a href="#">About Kids Health</a>
<b>Hearing</b>	<a href="#">BC Early Hearing Program</a> <a href="#">BC Family Hearing Resource Society</a>
<b>Homeopathy</b>	Canadian Paediatric Society <a href="#">position statement</a> on homeopathy for children.

<b><i>Immunizations</i></b>	Please <a href="#">click here</a> to find more information
<b><i>Influenza</i></b>	<a href="#">Public Health Agency of Canada</a>
<b><i>Kawasaki Disease</i></b>	<a href="#">PubMed Health</a> <a href="#">Kawasaki Disease Canada</a> <a href="#">Kawasaki Disease Foundation</a>
<b><i>Migraine</i></b>	<a href="#">National Headache Foundation</a>
<b><i>Muscular Dystrophy</i></b>	<a href="#">Muscular Dystrophy Canada</a> <a href="#">Parent Project Muscular Dystrophy</a>
<b><i>Natural Health Products</i></b>	Canadian Paediatric Society <a href="#">position statement</a> on natural health products.
<b><i>Newborn Screening</i></b>	<a href="#">BC Childrens Hospital</a> <a href="#">HealthLink BC</a>
<b><i>Nutrition</i></b>	<a href="#">Canada's Food Guide</a> <a href="#">Dietitians Canada</a>
<b><i>Obesity</i></b>	Please <a href="#">click here</a> to find more information
<b><i>Rare Diseases</i></b>	<a href="#">National Organization for Rare Diseases</a> is a health organization dedicated to helping people with rare "orphan" diseases. <a href="#">Rare Disease Foundation</a> organizes local parent to parent support groups and promotes a new approach for rare disease research and care.
<b><i>Sleep</i></b>	<a href="#">Perinatal Services BC</a> <a href="#">Every Sleep Counts</a>
<b><i>Speech Development</i></b>	<a href="#">Speech-Language and Audiology Canada</a> <a href="#">BC Association of Speech and Language Pathologists</a> <a href="#">American Speech Language Hearing Association</a>
<b><i>Sudden Infant Death Syndrome</i></b>	<a href="#">Baby's Breath</a> <a href="#">HealthLink BC</a> <a href="#">Perinatal Services BC</a>
<b><i>Thyroid Disorders</i></b>	<a href="#">Thyroid Foundation of Canada</a>
<b><i>Vision Loss</i></b>	<a href="#">Vision Loss Rehabilitation Canada</a>