

Useful Links for General Medical Conditions

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.

[Parent Support BC](#) partners with communities and those in a parenting role to provide support, advocacy, education, research, and resources.

[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.

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.

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.

Cost of Medications - Prescription medication costs can be kept affordable by several methods; [click here](#) information on how PharmaCare makes decisions. All families registered with the Medical Services Plan (MSP) should complete their [Fair PharmaCare application](#) which sets your personal level of coverage based on family income.

Social Relationships and Friendships - Some children face a variety of challenges in developing positive social skills including the ability to make friends. Our [Social Relationships & Friendships Brochure](#) helps prepare parents for a successful conversation with their child's teacher or other educational professional. Here's a [Social Relationships & Friendships Tip Sheet](#) to help parents of children with significant social/emotional challenges.

Common and uncommon diseases parents ask their pediatricians about:

Allergy	Canadian Society of Allergy and Clinical Immunology Allergy/Asthma Information Association Food Allergy Research and Education American Academy of Allergy, Asthma and Immunology American College of Allergy Asthma and Immunology- Patient info
Anaphylaxis	Food Allergy Canada
Anemia (Iron deficiency)	Iron Disorder Institute Hamilton Health Science

Arthritis (Juvenile Idiopathic/Juvenile rheumatoid)	Arthritis Society Arthritis Foundation US National Institute of Arthritis and Musculoskeletal and Skin Diseases You, Your Child, and Arthritis
Asthma	Asthma Society of Canada AsthmaKids Canada The Lung Foundation
Celiac Disease	Celiac Canada Celiac Sprue Association
Cerebral Palsy	Cerebral Palsy Association of BC Cerebral Palsy Association of BC's Vancouver Island Resource Guide (includes separate guides for South, Mid, and North Vancouver Island)
Choking Prevention	Be Smart Don't Choke
Concussions	Cattonline.com 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.
Congenital Heart Disease	Heart and Stroke Foundation Canada Western Children Heart Network
Congenital Hip Dysplasia	International Hip Dysplasia Institute
Constipation	CHEO Fact Sheet on Constipation National Institute of Diabetes and Digestive and Kidney Diseases – Constipation
Croup	Canadian Lung Association
Crohn's/Ulcerative Colitis/Inflammatory Bowel Disease	Crohn's and Colitis Canada National Institute of Diabetes and Digestive and Kidney Diseases
Dental	BC Dental Association Canadian Dental Association Each Health Authority has a sodium diamine fluoride varnish program for stopping early cavities. Healthy Kids Program can provide assistance for children of low-income families.
Developmental Coordination Disorder	Centre for Childhood Disability Research
Diabetes	Canadian Diabetes Association Juvenile Diabetes Research Foundation
Diarrhea	National Institute of Diabetes and Digestive and Kidney Diseases
Down syndrome	Canadian Down Syndrome Society Down Syndrome Care Hub
Ear Infections	HealthLink BC BC Childrens Hospital
Eczema	About Kids Health
Epilepsy or Febrile Seizures	BC Epilepsy Society Epilepsy Foundation
Eye Infection	Perinatal Services BC (PSBC)
Fetal Alcohol Spectrum Disorder	Provincial Outreach Program for FASD The FASD Center
Gastroesophageal Reflux	National Institute of Diabetes and Digestive and Kidney Diseases – Infants and Children About Kids Health
Hearing	BC Early Hearing Program BC Family Hearing Resource Society
Immunizations	Please click here to find more information
Influenza	Public Health Agency of Canada

Kawasaki Disease	BCCH Fact Sheet Kawasaki Disease Canada Kawasaki Disease Foundation
Migraine	National Headache Foundation
Learning Disabilities	Learning Disability Association of Canada BC Ministry of Education Special Education policies, procedures, and guidelines Learning Disabilities Association of BC
Muscular Dystrophy	Muscular Dystrophy Canada Parent Project Muscular Dystrophy
Newborn Screening	BC Newborn Screening HealthLink BC
Nutrition & Healthy Weight	Canada's Food Guide The Childhood Obesity Foundation Dietitians of Canada Generation Health is a free 10-week program Physical Activity Guides Screen Smart initiative to decrease recreational screen time + increase activity levels of students Shapedown BC helps children, adolescents, and their families achieve healthy weights Sip Smart! BC™ school based program aimed at decreasing consumption of sugar sweetened beverages Superkids Nutrition
Rare Diseases	National Organization for Rare Diseases is a health organization dedicated to helping people with rare "orphan" diseases. Rare Disease Foundation organizes local parent to parent support groups and promotes a new approach for rare disease research and care.
Sleep	Perinatal Services BC Every Sleep Counts
Speech Development	Speech-Language and Audiology Canada Speech and Hearing BC American Speech Language Hearing Association
Sudden Infant Death Syndrome	Baby's Breath HealthLink BC Perinatal Services BC
Thyroid Disorders	Thyroid Foundation of Canada
Vision Loss	Vision Loss Rehabilitation Canada