

Educational Resources

The websites listed below are links that will provide useful information regarding child-raising strategies and information.

British Columbia Education; Ready, Set, Learn Guide

-this guide is full of excellent information! You can also find it by “goggling” the above title

<http://www2.gov.bc.ca/gov/topic.page?id=01784A9730E34C4381675D52B7EB0B71>

Section

1: Talking Section

2: Books Section

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4: Feelings Section

5: Getting Along with Others Section

6: The Wider World Section

7: Play Section

8: TV and Electronic Media Section

9: Vision and Hearing Section

10: Healthy Teeth Section

11: Physical Activity Section

12: Healthy Snacks I Want to Know More About

Parents as Literacy Supporters (P.A.L.S) program is run at North Ridge Elementary. It is Surrey School District program that is offered for free to a parent/caregiver and 3 & 4 year olds. The child receives a bag of school supplies to help support their literacy and math skills at home, along with a free book at each session. There are 5 free sessions, beginning in December and once a month until April. Please consider coming to these worthwhile sessions that the Kindergarten Teachers run at North Ridge. Excellent information and value for the price ... free 😊

The importance of play and playing outside.

<http://www.participaction.com/>

Surrey Parks and Recreation Guide

<http://www.surrey.ca/culture-recreation/1702.aspx>

Fun family activities

<http://www.familyfuncanada.com/vancouver/>

<http://www.findfamilyfun.com/>

The importance of watching “kid appropriate” movies and video games. Pediatricians recommend one hour maximum of screen time a day. (Screen time is any time in front of a screen, such as a phone, TV, ipad, or computer.)

<http://www.kids-in-mind.com/>

A fun music site.

<https://www.youtube.com/user/TheLearningStation>

I Want to Know More About...

There are lots of resources available with more information on helping your child get ready to learn. Here are some recommendations:

Achieve BC

This provincial government website brings together the latest educational tools and information for promoting learning and achievement in early childhood, as well as helpful support for parents.

Click on the link to “Early Childhood Education” for information on preschool-age children.

<https://archive.news.gov.bc.ca/releases/archive/2001-2005/20030TP0081-000837-Attachment1.htm>

ActNow BC

This provincial initiative provides healthy living tips and resources for families, including information on healthy eating, physical activity, healthy schools and much more!

<http://www.actnowbc.ca/>

BC Child Care Resource & Referral Programs

These programs offer quality child care referrals, resources and support to all child care providers and parents in over 170 communities across the Province of British Columbia. The website provides a list of contacts for local Child Care Resource and Referral Programs.

<https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/how-to-access-child-care/child-care-resource-referral-centre>

BC Council for Families

The BC Council for Families offers training, resources and publications designed to strengthen and support families. Call to request a catalogue of resources or check the Council's website. Publications may be ordered on line or by phone, or fax.

Call: 1-800-663-5638 or 604-660-0675 in Vancouver.

https://shop.bccf.ca/catalogue/category/bookstore/parenting_12/?gclid=Cj0KCQjwvr6EBhDOARIsAPpqUPHVneKISgrzhkJT1lQ3dvO BUcyxVOD1Itya77odWBOOGddMsq5tFYaApyvEALw_wcB

BC HealthGuide Handbook and First Nations

Health Handbook

The BC HealthGuide Handbook has 190 health topics, including advice on when to see a health professional. The First Nations Health Handbook provides information and specific resources for First Nations people in BC

www.healthlinkbc.ca/healthguide.stm

www.healthlinkbc.ca/first_nations_healthguide.pdf

BC HealthGuide OnLine

BC HealthGuide OnLine provides reliable, medically approved information on more than 3,000 common health topics, tests, procedures and other resources to BC residents.

www.healthlinkbc.ca

Dial-A-Dietitian

Dial-A-Dietitian provides a free nutrition information line for British Columbians. It specializes in quality nutrition information based on current scientific sources.

Registered dietitians provide brief nutrition on the phone consultation by calling 8-1-1

<https://www.healthlinkbc.ca/healthy-eating/everyone/dietitian-services-healthlink-bc>

Child and Family Canada Virtual Library

This public education website provides quality, credible resources on children and families.

Information is also available in French.

www.cfc-efc.ca

Eating Well With Canada's Food Guide

This Internet resource describes how you can use Eating Well with Canada's Food Guide to make wise food choices for everyone aged two and older.

www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

Family Resource Programs

The BC Association of Family Resource Programs is a not-for-profit organization which provides interactive programs for families with children up to six years old.

www.frpbc.ca

Health Canada

The latest health information including headlines, advisories, warnings and recalls of products, links to health organizations and an A-to-Z index including information for Aboriginal peoples. The website is in English and French.

www.hc-sc.gc.ca/

Invest in Kids

"Comfort, play, and teach." The Invest in Kids website has all sorts of ideas for supporting your child's development at different stages, in English and French.

Call: 1-877-583-KIDS.

www.investinkids.ca

Mental Health Information Line

Provides taped information on provincial mental health programs as well as symptoms, causes, treatment, support groups and publications relating to a number of mental illnesses.

Staff can provide local contact information for parents. This is a 24-hour line.

Call: 1-800-661-2121 or 604-669-7600 in Vancouver.

Ministry of Children and Family Development: Early Childhood Development

Regional offices can provide information for families on local childhood development resources. Check the blue pages of your phone book for local listings. Links to early childhood development programs and information are available on the Ministry website.

<https://www2.gov.bc.ca/gov/content/governments/organizational-structure/ministries-organizations/ministries/children-and-family-development>

Poison Control Centre

This centre provides information on poisons and treatment.

Call: 1-800-567-8911 or Vancouver Emergency: 604-682-5050

StrongStart BC Centres

This website provides information on StrongStart BC early learning centres in British Columbia.

StrongStart BC early learning centres are free early learning programs for preschool-aged children attending with their families and caregivers.

<https://www2.gov.bc.ca/gov/content/education-training/early-learning/support/programs/strongstart-bc>

Toddler's First Steps

This resource, available online or from your local public health unit, assists parents and caregivers of children six months to three years of age in understanding what contributes to their child's healthy growth and development.

<https://www.healthlinkbc.ca/toddlers-first-steps>