



Online Resiliency Resources for Parents

Online Resources by Topic

At the beginning of this section, you will find useful child development information and “ages and stages” charts. The remaining resources are arranged by topics discussed in “Building Resilience in Young Children.” This free booklet is available online at: <http://www.beststart.org/resources> and click on “Child Development”.

Child development (ages and stages)

“Parent Child Activity Calendars” – a series of four calendars with activities to promote healthy development in children 0-1, 1-3, 3-5 and 5-6 years created for parents from Aboriginal communities. Go to: <http://www.ccl-cca.ca/ccl/aboutccl/KnowledgeCentres/EarlyChildhoodLearning/OurProducts/ToolsAboriginal.html>

Nipissing District Developmental Screen (NDDS), a free (for Ontario residents) developmental screening tool for infants and children up to 6 years of age that can be completed by a parent or health/child care professional. Go to: <http://www.ndds.ca/ontario/>

Caring relationships

My Child and I – Attachment for Life

A Best Start Resource Centre booklet available at:

http://www.beststart.org/resources/hlthy_chld_dev/pdf/parent_attachment_eng.pdf

Other languages: http://www.beststart.org/resources/other_languages/index.html

Creating a “Relationship Bank Account” – ways to build trust and love with your kids.

Go to: <http://parenting.uwex.edu/parenting-the-preschooler/documents/Relationship%20Bank%20Account.pdf>

Tip sheets, videos, posters, children’s booklist and other resources about building caring relationships. Go to: <http://www.reachinginreachingout.com/resources-parents-caringrelationships.htm>

Positive role models

Tip sheets, videos, posters and other resources about being a positive role model. Go to: <http://www.reachinginreachingout.com/resources-parents-positiverolemodels.htm>

Fun activities for parents and kids to promote resilience and physical activity. Go to: <http://www.goldfishsmiles.com/Home/FamilyFun>

Self-control and self-regulation

“Self-regulation” (a description for parents). Go to (bottom of webpage):
<http://www.reachinginreachingout.com/resources-parents-selfcontrol.htm>

“Become Your Child’s Calming Coach” – ways to help reduce your child’s stress. Go to:
http://parenting.uwex.edu/parenting-the-preschooler/documents/calming_coach.pdf

Tip sheet, videos, posters, children’s booklist, calming exercises and other resources to support self-control and self-regulation. Go to:
<http://www.reachinginreachingout.com/resources-parents-selfcontrol.htm>

Thinking skills

Tip sheet, videos, posters, children’s booklist and other resources about developing thinking skills. Go to: <http://www.reachinginreachingout.com/resources-parents-thinkingskills.htm>

Problem Solving Resource Sheet with tips to help young children develop problem solving skills. Go to: <http://www.reachinginreachingout.com/resources-articles.htm>

Confidence

“Why Play?” – a set of brochures about playing with your child from birth to age five. Go to: www.frp.ca

Tip sheet, videos, posters, children’s booklist and other resources about supporting children’s confidence. Go to: <http://www.reachinginreachingout.com/resources-parents-confidence.htm>

More tips on helping children feel capable. Go to:
<http://progressiveearlychildhoodeducation.blogspot.com/2010/04/tips-for-raising-resilient-children.html>

Positive outlook

The Goldfish Guide to Raising Optimistic Kids – a delightful, brief video offering parents simple ways to help their children develop optimism and a positive outlook. Go to:
<http://www.goldfishsmiles.com/Home/ActivityDetail/697>

Tip sheet, videos, posters, children’s booklist and other resources that support a positive outlook. Go to: <http://www.reachinginreachingout.com/resources-parents-positivoutlook.htm>

Responsibility and participation

“Developing through work” – a one-page resource for parents about the importance of helping children learn to contribute to the family. Go to:
www.parentsmatter.ca/document/docWindow.cfm?fuseaction=document.viewDocument&documentid=466&documentFormatId=928

Tip sheet, videos, posters, children’s booklist and other resources that help children contribute to family life and the community. Go to:
<http://www.reachinginreachingout.com/resources-parents-responsibility.htm>

Online Books about Resilience for Parents (free downloads)

The Bounce Back Book: Birth to 2 Years. Edmonton: Alberta Health Services (download at: <http://www.albertahealthservices.ca/Parents/if-par-bbb-birth.pdf>)

The Bounce Back Book: Building Resiliency Skills in Your Preschooler. Edmonton: Alberta Health Services (download at: <http://www.albertahealthservices.ca/Parents/if-par-bbb-preschool.pdf>)

The Bounce Back Book: Building Resiliency Skills in the Early School Years (age five to nine). Edmonton: Alberta Health Services (download at: <http://www.albertahealthservices.ca/Parents/if-par-bbb-earlyschool.pdf>)

Growing Up Resilient (2007). Tatiana Barankin & Nazilla Khanlou. Toronto: Centre For Addiction and Mental Health (download at: http://www.camh.net/Publications/Resources_for_Professionals/Growing_Resilient/)

Kids Can Cope: Parenting Resilient Children at Home and at School (2009). John Hoffman. Toronto: The Psychology Foundation of Canada (download at: <http://psychologyfoundation.org/pdf/publications/ResilienceChildrenBooklet.pdf>)

Learning to Play and Playing to Learn (2011). Best Start Resource Centre booklet (download at: http://www.beststart.org/resources/hlthy_chld_dev/index.html)
Other languages: <http://www.beststart.org/resources/otherlanguages/index.html>)

Resilience: Overcoming Challenges and Moving on Positively (2007). Marja Korhonen. Ottawa: National Aboriginal Health Organization (download at: http://www.naho.ca/documents/it/2007_Inuit_Resilience_Book.pdf)

Reaching IN...Reaching OUT (RIRO) Resiliency Guidebook (2006). Jennifer Pearson & Darlene Hall. Toronto: The Child & Family Partnership (download at: <http://www.reachinginreachingout.com/resources-guidebook.htm>)

Books for Children that Support Resilience

For a list of children's storybooks that help build resilience, go to: "Looking for Other Links and Resources?" at <http://www.reachinginreachingout.com/resources-parents-moreinfo.htm>

Other Community Resources

Public Health Units in Ontario – to find your local public health unit check:

http://www.health.gov.on.ca/english/public/contact/phu/phuloc_dt.html

Ontario Best Start Resource Centre – for resources to support healthy growth and development of children from birth to six. Go to: <http://www.beststart.org>

Reaching IN...Reaching OUT (RIRO) – a program offering skills training and resources to support resilience in young children, parents and professionals. Go to RIRO's parent website for videos, articles, tip sheets, posters, free newsletter and other online resources at: www.reachinginreachingout.com/parents

“Goldfish Smiles” – online resources for parents (and children) including videos, parent-child activities, tip sheets, quizzes and newsletter that help parents build optimism, hope, resilience, emotional awareness and empower their children. Go to:

<http://www.goldfishsmiles.com>

Kids Have Stress, Too – a Psychology Foundation of Canada program to help parents and caregivers understand childhood stress and provide children with the tools to deal with stress effectively. Go to: <http://www.psychologyfoundation.org/kidshavestresstoo.php>

Zero to Three – a program focusing on children birth to three years that provides information, training and support to professionals, policymakers and parents.

Go to: www.zerotothree.com

“Welcome to Parenting” – an online prenatal and parenting class created by Invest in Kids. Go to: www.welcometoparenting.com

Canadian Association of Family Resource Programs – FRP Canada promotes the well-being of families by providing national leadership, consultation and resources to those who care for children and support families. Go to: www.frp.ca

Canadian Child Care Federation – a national organization providing resources and professional development to child care practitioners and parents on topics about children's healthy development and care. Go to: www.cccf-fcsge.ca/publications/resourcesheets_en.html

Learning Disabilities Association of Ontario – an organization that provides information and support to parents and others caring for children with learning disabilities. Go to:

<http://www.ldao.ca>