



Resource Catalogue



Our Goal is Healthy Children

More than 17,500 children in Saskatchewan under the age of 15 have some type of mental or physical disability. Some are born with their condition. Some have an illness. Others are injured. Many of these conditions can be prevented.

About the Prevention Institute

The Saskatchewan Prevention Institute is a non-profit organization working to raise awareness and educate the people of Saskatchewan about the prevention of disabling conditions in children. Formed in 1980, the Prevention Institute is the only one of its kind in Canada. The Prevention Institute is guided by a Board of Directors, a Medical Advisory Committee, and a Communications Committee.

What the Prevention Institute Does

The Prevention Institute provides:

- print, audio, visual, and online resources based on the most recent information
- educational opportunities to increase knowledge of prevention issues
- tools for community groups to assist in the development of prevention programs
- networking and partnering projects that further prevention efforts
- links with community, non-profit, and government organizations to ensure a coordinated approach to prevention programming

Primary Prevention

The Prevention Institute focuses on primary prevention which aims to prevent disabling conditions from occurring. Examples include:

- eating well and avoiding drugs, tobacco, and alcohol during pregnancy are ways a woman can protect her unborn baby
- using protective equipment such as helmets and child car seats may prevent a brain injury
- learning about positive parenting strategies to help avoid neglect and abuse of children

There are many other preventive measures. Preventing disabilities is an individual and societal responsibility; however, it is important to recognize that not all disabilities can be prevented.

Program Areas

Alcohol, Tobacco & Other Drugs:

- **Fetal Alcohol Spectrum Disorder; Maternal Smoking; Smoking and Environmental Tobacco Smoke (ETS); Other Drugs:** Preventing disabilities that result from exposure to alcohol, tobacco, and other drugs.

Childhood Injury Prevention:

- **Child Passenger Safety; Bicycle Safety; Million Messages; Seasonal Safety Tips; Shaken Baby Syndrome; General Injury Prevention:** Promoting safe practices that prevent unintentional and intentional injuries to children.

Maternal & Infant Health:

- **Domestic Violence; Folic Acid; Neural Tube Defects; Infant Mortality; Maternal Serum Screening (MSS); Routine and Special Tests During Pregnancy; Preterm Birth; Safe Sleeping; Sudden Infant Death Syndrome (SIDS):** Promoting maternal and infant health and working to reduce infant mortality.

Parenting Education:

- **Nobody's Perfect; Healthy Parenting Home Study Program:** Providing resources, programs and training in order to support positive parenting skills. Working with parents and professionals who work with families.

Program Partners:

- **Community Action Program for Children (CAPC):** Supporting programs for children who are at risk for poor health outcomes.
 - **Reproductive Health:** Supports programming to enhance youth sexual and reproductive health and wellness in Saskatchewan.
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CODES AND CHARGES

This resource catalogue lists resources that can be obtained through the Prevention Institute to assist individuals, groups, organizations, and communities in their prevention initiatives and programs. If you have any questions about the resources described in the catalogue, costs, or ordering procedures, please contact us at (306) 655-2516 or email: info@preventioninstitute.sk.ca.

PLEASE NOTE: Availability of resources is subject to change without notice.



Print Materials

Charges for all resource materials will depend on quantity ordered and location of shipping. A postage and handling fee will apply to all materials sent. Please visit our website at www.preventioninstitute.sk.ca for our on-line shopping cart or call for prices at (306) 655-2512.



Videos/DVDS

- May be borrowed free of charge for 10 days
- Northern clients may borrow free of charge for 20 days
- Video cassettes are 1/2" VHS (*Check symbols to determine VHS or DVD*).
- Late videos may be subject to a late charge of \$5.00 per day

Resources are uploaded to the on-line website every time a revision is made, so please check frequently for updated resources.

Ordering Information

- Most materials can be downloaded free of charge from our on-line shopping cart at www.preventioninstitute.sk.ca. Each resource will indicate if the item is order only, download only, loan only, or both order or download. If you do not have the capability to download a resource, please feel free to order from the Saskatchewan Prevention Institute by telephone, fax, or email.
- Please note that most resources are free of charge for orders under 100. Orders of 100+ will be charged out at a minimal fee to cover printing costs. All resources will be charged shipping costs.

Please Direct Orders and Inquiries to:

- Saskatchewan Prevention Institute
1319 Colony Street, Saskatoon, SK S7N 2Z1
Phone: (306) 655-2516 • Email: info@preventioninstitute.sk.ca
Fax: (306) 655-2511 • Website: www.preventioninstitute.sk.ca

IMPORTANT

- All borrowed materials must be returned to the Prevention Institute at your cost. When returning, please package materials to prevent damage.