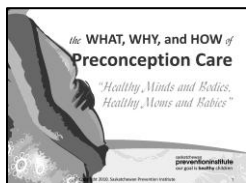



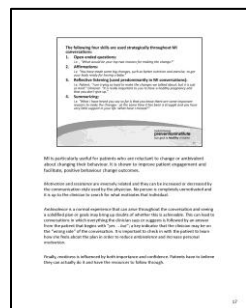
Preconception Care

Pre-Existing Conditions and Pregnancy



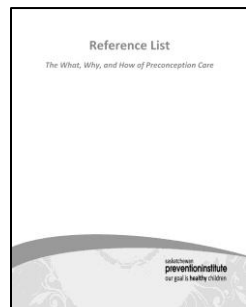
2-310  **Download**
THE WHAT, WHY, AND HOW OF PRECONCEPTION CARE - POWERPOINT PRESENTATION
Saskatchewan Prevention Institute, 2010

This PowerPoint Presentation is an online tool for teaching health care workers the importance of delivering preconception messages in preconception care. Complete with speaker notes and references, this resource promotes a healthy lifestyle prior to conception in order to ensure the healthiest baby possible.



2-311  **Download**
PRECONCEPTION CARE POWERPOINT PRESENTATION - SPEAKER NOTES
Saskatchewan Prevention Institute, 2010

This document contains the speaker's notes from the PowerPoint Presentation described in item 2-310 above.




2-312  **Download**
PRECONCEPTION CARE POWERPOINT PRESENTATION - REFERENCE LIST
Saskatchewan Prevention Institute, 2010

This document is the reference list for the PowerPoint Presentation described in item 2-310 above.

Folic Acid




2-301  **Download**
FOLIC ACID AND THE PREVENTION OF NEURAL TUBE DEFECTS - FACT SHEET
Saskatchewan Prevention Institute, Revised 2010


Provides information on neural tube defects and the importance of taking folic acid before becoming pregnant.

Healthy Lifestyles



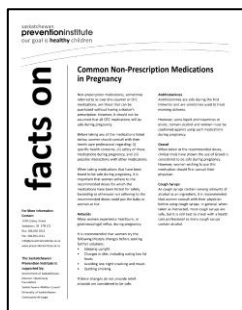
2-309  **Order**
BEFORE YOU BECOME PREGNANT - BROCHURE
Saskatchewan Prevention Institute, 2010

This brochure talks about the important information a woman should know when planning a pregnancy. It promotes a healthy lifestyle prior to conception in order to ensure the healthiest baby possible.

2-V-343  **Loan**
MOVE FOR TWO - DVD - (58 MIN.)
Middlesex-London Health Unit

Active living during pregnancy benefits you and your baby for life! This DVD answers many of the questions women have about the safe and healthy ways to be active during pregnancy. It contains an easy to follow, adaptable workout for all pregnant women.

Medications, Supplements & Drugs in Pregnancy



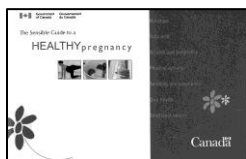
2-210  **Download**
THE EFFECTS OF ANTIDEPRESSANT USE DURING PREGNANCY AND LACTATION - FACT SHEET
Saskatchewan Prevention Institute, 2011

How do antidepressants affect the fetus? What are the potential effects on the newborn? What are the effects of not taking antidepressants during pregnancy? These are just a few of the questions answered in this fact sheet.



2-251  **Download**
COMMON NON-PRESCRIPTION MEDICATIONS IN PREGNANCY - FACT SHEET
Saskatchewan Prevention Institute, 2010

Non-prescription medications, sometimes referred to as over-the-counter or OTC medications, are those that can be purchased without having a doctor's prescription. This fact sheet provides information on many medications such as antacids, antihistamines, ginger, antinauseants and many more that have been found to be safe to take during pregnancy.



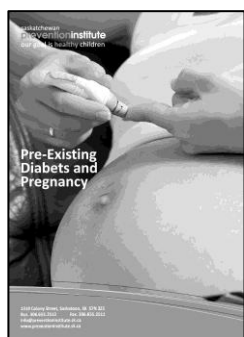
2-440  **Order**
GUIDE TO A HEALTHY PREGNANCY - BOOKLET
Public Health Agency of Canada, 2007


This booklet contains eight colourful magnets with a different healthy quote on each one. It is a step-by-step guide to a healthy pregnancy with topics such as: prenatal nutrition, folic acid, alcohol and pregnancy, physical activity and pregnancy, smoking and pregnancy, oral health, and emotional health. It also contains a personalized ten month pregnancy calendar showing you how the fetus develops each month. A great resource for mothers-to-be.



2-446  **Download**
PRE-EXISTING DIABETES AND PREGNANCY - FACT SHEET
Saskatchewan Prevention Institute, 2007

This fact sheet provides information for health professionals and patients on why good blood sugar control is important before pregnancy, how pregnancy affects one's diabetes and how diabetes affects one's pregnancy. This fact sheet also provides information on target values in pregnancy and when a woman should contact her health care provider.



2-453  **Download or Order**
PRE-EXISTING DIABETES AND PREGNANCY - INFORMATION CARD
Saskatchewan Prevention Institute, 2007

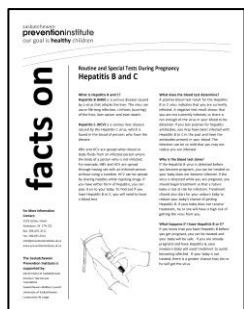
This plain language information card provides patients with information on why good blood sugar control is important before pregnancy and when a woman should contact her health care provider.


2-V-297  **Loan**
PREGNANCY AND SMOKING - VHS - (12.5 MIN.)
Directional Learning Canada

This video illustrates the dangers of smoking - to smokers, to unborn babies, and to people that are exposed to environmental tobacco smoke. It reinforces the notion that anytime is a good time to quit and outlines strategies to help pregnant women quit smoking - for their own health and for the health of their unborn child.

Prenatal Health


Routine and Special Tests



2-414  **Download**
HEPATITIS B AND C - FACT SHEET (ROUTINE AND SPECIAL TESTS DURING PREGNANCY)
Saskatchewan Prevention Institute, 2005


This fact sheet provides general information on Hepatitis B and C, complete with illustrations.



2-415  **Download**
HIV AND PREGNANCY - FACT SHEET (ROUTINE AND SPECIAL TESTS DURING PREGNANCY)
Saskatchewan Prevention Institute, Rev. 2011


This fact sheet provides general information on HIV and pregnancy, complete with illustrations.



2-416  **Download**
SEXUALLY TRANSMITTED INFECTIONS AND YOUR PREGNANCY - FACT SHEET (ROUTINE AND SPECIAL TESTS DURING PREGNANCY)
Saskatchewan Prevention Institute, Revised 2011


This fact sheet provides general information on sexually transmitted infections and what that means when you are pregnant. Complete with illustrations.



2-417  **Download**
VAGINITIS AND PREGNANCY - FACT SHEET (ROUTINE AND SPECIAL TESTS DURING PREGNANCY)
Saskatchewan Prevention Institute, 2005


This fact sheet provides general information on vaginitis and pregnancy, complete with illustrations.



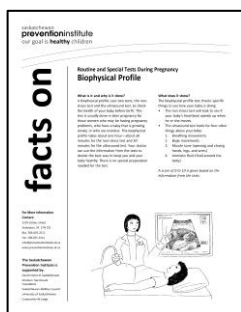
2-419  **Download**
ULTRA SOUND - FACT SHEET (ROUTINE AND SPECIAL TESTS DURING PREGNANCY)
Saskatchewan Prevention Institute, 2005

This fact sheet provides general information on ultra sounds, complete with illustrations.



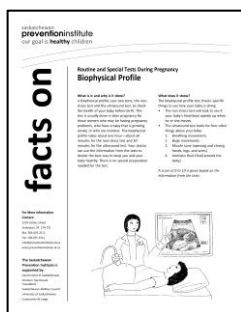
2-421  **Download**
AMNIOCENTESIS - FACT SHEET (ROUTINE AND SPECIAL TESTS DURING PREGNANCY)
Saskatchewan Prevention Institute, 2005


This fact sheet provides general information what amniocentesis is and how it pertains to pregnancy and a baby. Complete with illustrations.



2-422  **Download**
BIOPHYSICAL PROFILE - FACT SHEET (ROUTINE AND SPECIAL TESTS DURING PREGNANCY)
Saskatchewan Prevention Institute, 2005

This fact sheet provides general information on biophysical profile, complete with illustrations.



2-423  **Download**
COUNTING BABY'S MOVEMENTS - FACT SHEET (ROUTINE AND SPECIAL TESTS DURING PREGNANCY)
Saskatchewan Prevention Institute, 2005


This fact sheet provides general information on counting baby's movements, complete with illustrations.



2-424  **Download**
GLUCOSE SCREENING - FACT SHEET (ROUTINE AND SPECIAL TESTS DURING PREGNANCY)
Saskatchewan Prevention Institute, 2005


This fact sheet provides general information on what glucose screening is, complete with illustrations.



2-425  **Download**
NON-STRESS TEST - FACT SHEET (ROUTINE AND SPECIAL TESTS DURING PREGNANCY)
Saskatchewan Prevention Institute, 2005


This fact sheet provides general information on what is involved in the non-stress test. Complete with illustrations.




2-426  **Download**
TEST FOR GROUP B STREPTOCOCCUS - FACT SHEET (ROUTINE AND SPECIAL TESTS DURING PREGNANCY)
Saskatchewan Prevention Institute, 2005

This fact sheet provides general information on what Group B Streptococcus is, complete with illustrations.

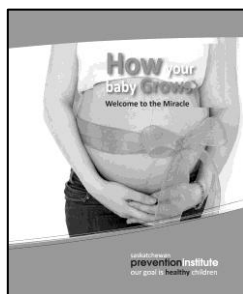



2-427  **Download**
COMMON BLOOD TESTS IN PREGNANCY - FACT SHEET (ROUTINE AND SPECIAL TESTS DURING PREGNANCY)
Saskatchewan Prevention Institute, 2005

This fact sheet provides general information on what are the common blood tests taken during pregnancy. Complete with illustrations.

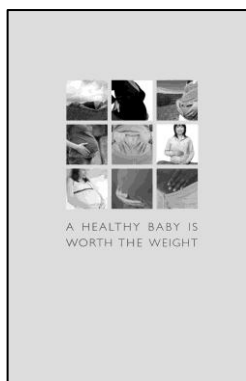
2-V-227  **Loan**
A PARENT'S GUIDE TO NEWBORN SCREENING - DVD - (5:13 MIN.)
Pregnancy & Newborn Health Education Center 2000


In a gentle, warm and supportive context, A Parent's Guide to Newborn Screening explains what newborn screening is, its purpose, the test procedure, and what parents need to do if retesting is necessary.



2-100  **Download**
HOW YOUR BABY GROWS - BOOKLET
Saskatchewan Prevention Institute, Revised 2002

Adapted with permission from March of Dimes, this illustrated booklet describes fetal development and physical changes experienced by the mother.



2-456  **Download or Order**
A HEALTHY BABY IS WORTH THE WEIGHT - BROCHURE
Saskatchewan Prevention Institute, Adapted from Calgary Health Region, 2009


This brochure provides information on how much weight gain is right for a pregnant woman and how weight gain will be impacted by eating well, being active, reducing stress, and avoiding drugs, alcohol, and smoking. The emphasis is on healthy weight gain and why weight gain is an important factor for a healthy pregnancy.



2-442  **Download**
GESTATIONAL DIABETES MELLITUS (GDM) - FACT SHEET
Saskatchewan Prevention Institute, 2007

This fact sheet provides information on what gestational diabetes is, who is most at risk of developing gestational diabetes, what impact gestational diabetes can have on the woman and her unborn child, and what treatment options are available.



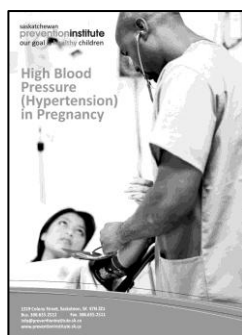
2-449  **Download or Order**
GESTATIONAL DIABETES - INFORMATION CARD
Saskatchewan Prevention Institute, Revised 2010

This plain language information card provides patients with information on what gestational diabetes is and who is most at risk of developing gestational diabetes.



2-443  **Download**
HYPERTENSION IN PREGNANCY - FACT SHEET
Saskatchewan Prevention Institute, 2007

This fact sheet provides information for health professionals and patients on what hypertension in pregnancy is (and what impact it has on the woman and her unborn child), the risk factors for hypertension, prevention strategies, and treatment options.



2-450  **Download or Order**
HIGH BLOOD PRESSURE (HYPERTENSION) IN PREGNANCY - INFORMATION CARD
Saskatchewan Prevention Institute, 2007

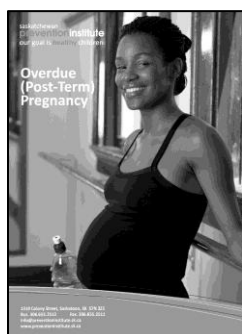
This plain language information card provides patients with information on why high blood pressure is dangerous in pregnancy and treatment options.


Pre-Full and Post-Term Labour and Delivery



2-445  **Download**
POST-TERM PREGNANCY - FACT SHEET
Saskatchewan Prevention Institute, 2007

This fact sheet provides information for health professionals and patients on why some pregnancies continue post-term, how it affects the unborn baby and treatment options.



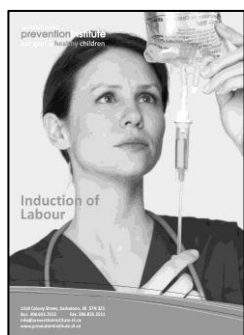
2-452  **Download or Order**
OVERDUE (POST-TERM) PREGNANCY - INFORMATION CARD
Saskatchewan Prevention Institute, 2007


This plain language information card provides patients with information on when a baby is overdue and what treatment options exist.



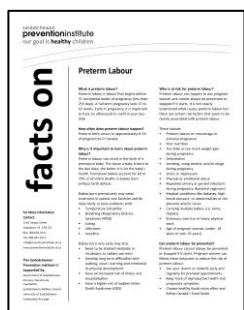
2-444  **Download**
INDUCTION OF LABOUR - FACT SHEET
Saskatchewan Prevention Institute, 2007

This fact sheet provides information for health professionals and patients on what labour induction is, why labour is induced, when labour should not be induced, how labour is induced, and the risks of labour induction.



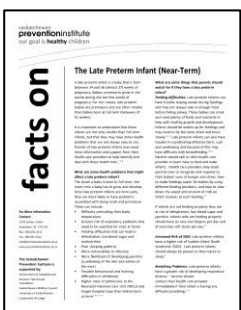
2-451  **Download or Order**
INDUCTION OF LABOUR - INFORMATION CARD
Saskatchewan Prevention Institute, 2007

This plain language information card provides patients with information on what labour induction is.



2-200  **Download**
PRETERM LABOUR - FACT SHEET
Saskatchewan Prevention Institute, Rev. 2010

Includes information on the risk factors, symptoms, and outcomes of preterm labour. Provides suggestions on what to do in the event of preterm labour. Know the signs of preterm labour.



2-201  **Download**
THE LATE PRETERM INFANT (NEAR-TERM) - FACT SHEET
Saskatchewan Prevention Institute, 2009

This fact sheet includes information on some of the health problems that might affect a late preterm infant and a list of what are some things that parents should watch for if they have a late preterm infant. This resources is available for order or download.



2-447  **Download**
PRETERM PRELABOUR RUPTURE OF MEMBRANE (pPROM) - FACT SHEET
Saskatchewan Prevention Institute, 2007


This fact sheet provides information for health professionals and patients on what preterm prelabour rupture of membranes (pPROM) is, who is at risk of experiencing pPROM, what impact pPROM can have on the woman and her unborn child, what symptoms a woman might experience if she has pPROM and what treatment options are available.



2-454  **Download or Order**
PRETERM PRELABOUR RUPTURE OF MEMBRANE (pPROM) - INFORMATION CARD

Saskatchewan Prevention Institute, 2007

This plain language information card provides patients with information on what is preterm prelabour rupture of membranes (pPROM) and what it might feel like, and encourages women to seek immediate attention if they experience any symptoms.

2-V-281  **Loan**

TAKE ACTION: LEARN THE SIGNS OF PRETERM LABOUR - DVD


March of Dimes, 2001

Babies who are born too early often face serious medical problems. This video shows pregnant women what the signs and symptoms of preterm labour are, what to do if they think they are having preterm labour, and when to call a health care provider or go to the hospital.

Maternal Mental Health


The Saskatchewan Prevention Institute partnered with Dr. Angela Bowen, a member of the Faculty of Nursing, University of Saskatchewan, and researcher in postpartum depression, to develop a set of resources on maternal mental health. These resources can be used to provide information and supports around maternal depression to women and their families. Funding received by Dr. Bowen has allowed these resources to be printed and provided to people in Saskatchewan. Hard copies of these resources can be ordered (while quantities last). They can also be downloaded via the website at www.preventioninstitute.sk.ca.



2-101  **Download or Order**
MATERNAL MENTAL HEALTH - INFORMATION CARD
Saskatchewan Prevention Institute, 2010

The Maternal Mental Health Information Card provides information for women and their family and friends who want to know more about maternal depression. It includes information on symptoms of depression and who to contact for help. The card also includes ways a woman can take care of herself and suggestions for family and friends to help support her if she is suffering from depression. Contacts for help are also provided. Ideal for waiting rooms or as handouts to those that would benefit from information on maternal depression.



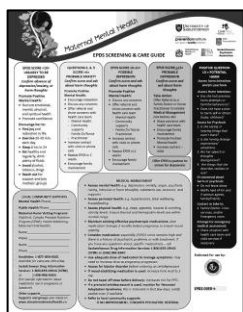
2-102  **Download or Order**
MATERNAL MENTAL HEALTH - FACT SHEET
Saskatchewan Prevention Institute, 2010

These fact sheets are intended as an information resource for health care providers or other individuals who would like further information on maternal depression. It is more detailed than the Information Card. On the back of the fact sheet is the Edinburgh Postpartum Depression Scale (EPDS), a depression screen that can be done with a woman or can be provided to a woman to complete on her own. The fact sheet can be referred to when discussing maternal depression with women and their families, or used to share information with your colleagues. The fact sheets come on tear-off pads of 50 sheets.



2-103 **Order**
MATERNAL MENTAL HEALTH - POSTER
Saskatchewan Prevention Institute, 2010

The Maternal Mental Health poster is intended to raise awareness of maternal depression and get people thinking about the issue. It includes information on symptoms of depression and suggestions of who to contact for help. There is space provided for local contact information to be added.



2-104 **Download**
THE EPDS SCREENING AND CARE GUIDE
Saskatchewan Prevention Institute, 2011

The EPDS Screening & Care Guide provides health care providers with score interpretation and care guide to use when screening pregnant and postpartum women for depression and anxiety using the Edinburgh Postpartum Depression Scale (EPDS). It also includes guidelines for medical management when maternal mental health is of concern, contact information for Saskatchewan Healthline and Saskatchewan Drug Information Services, and a space for relevant local contact information. On the reverse side of the form there is a brief description of maternal depression including common symptoms, guidelines for screening, and the EPDS questions.

2-V-131 **Loan**
THE SMILING MASK; TRUTHS ABOUT POSTPARTUM DEPRESSION AND PARENTHOOD - DVD - (40 MINS.)
101055350 Saskatchewan Ltd. 2009

The Documentary, “The Smiling Mask; Truths about Postpartum Depression and Parenthood” tells the inspirational true story of three families and their struggles with Postpartum Depression.

In Carla O’Reilly, Elita Paterson and Tania Bird’s journeys to wellness, they now speak out inspiring women and families who may be suffering with Postpartum Depression.

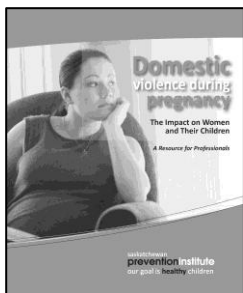
5-V-340  Loan

LIFE WITH A NEW BABY: DEALING WITH POSTPARTUM MOOD DISORDERS - DVD - (17 MINS.)

Best Start Resource Centre 2006

Life With a New Baby: Dealing With Postpartum Mood Disorders is a video for new and expectant parents and their families. It aims to make families aware of the emotional challenges of adjusting to life with a new baby. The video explores normal adjustment, the myths of motherhood, postpartum blues, postpartum depression and other postpartum mood disorders. The video includes interviews with real mothers and their families, with different risk factors and symptoms, and how they deal with postpartum mood disorders of different severity. It also illustrates a variety of self-care and healing strategies.

Domestic Violence

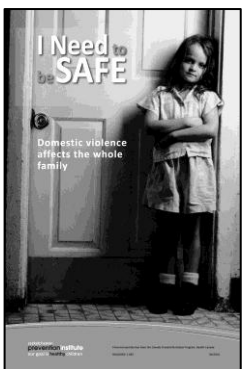


2-431  Download

DOMESTIC VIOLENCE DURING PREGNANCY: THE IMPACT ON WOMEN & THEIR CHILDREN - BOOKLET

Saskatchewan Prevention Institute, 2002

The intent of this booklet is to educate a broad cross-section of professionals about domestic violence. The booklet contains information about types of abuse, the cycle of violence, effects of domestic violence on children, and common myths.

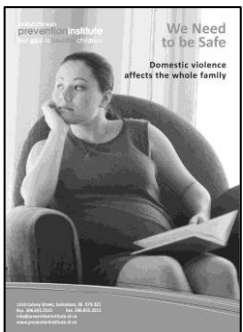


2-433  Download or Order

I NEED TO BE SAFE - POSTER

Saskatchewan Prevention Institute, 2002

This poster raises awareness that domestic violence during pregnancy affects children.



2-434  Download or Order

WE NEED TO BE SAFE - INFORMATION CARD

Saskatchewan Prevention Institute, 2002

This information card for the general public provides information on how domestic violence affects children.

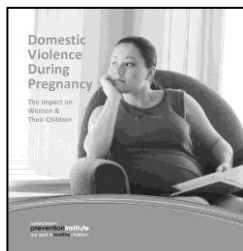


2-435  Download or Order

WE NEED TO BE SAFE - POSTER

Saskatchewan Prevention Institute, 2002

This poster raises awareness of domestic violence during pregnancy.



2-455  **Order**

DOMESTIC VIOLENCE AGAINST WOMEN - BINDER

Saskatchewan Prevention Institute, 2008

This resource provides evidence-based information on the impact of domestic violence on pregnant women and their unborn child(ren) and children who witness violence. The resource has been developed in a train-the-trainer format to enable you to provide training on this subject in your place of work or home community. Basic information about adult education is also provided. To ensure that delivery of presentations are easy and practical, tools have been included such as PowerPoint presentations, presentation modules, and copies of useful activities.

PARENTING FOR PREVENTION SERIES

Hazelden Foundation, 1997

The following videos are part of a series entitled “Parenting for Prevention” produced by Kineticvideo. This series teaches you how to use six powerful parenting skills to help keep kids safe from alcohol, other drugs, and violence, and to help them be secure enough to make sensible decisions about everything they do. The skills are simple, easy to learn, and can be used by married or single parents, grandparents, step-parents, foster parents, teachers, and other caregivers. All videos come with an information booklet.

5-V-365  **Loan**

**VIDEO FIVE: HOW TO TEACH KIDS TO HANDLE ANGER WITHOUT VIOLENCE
- VHS - (15 MIN.)**

You will learn how to teach your child to use the A-B-C-D method to handle anger. They will learn how to be aware of angry feelings; Back off and sort out what is really happening; Check out choices and the consequences of each choice; and Decide and do the safest thing.

5-V-366  **Loan**

**VIDEO SIX: HOW TO TEACH KIDS TO RESOLVE CONFLICTS WITHOUT VIOLENCE
- VHS - (15 MIN.)**

You will learn how to teach your child to use the 3 T’s method for resolving conflict: 1) Think about the conflict; 2) Talk about the conflict; and 3) Try to work it out.

Postnatal Health

Breastfeeding

2-V-228  Loan

BETTER BREASTFEEDING: YOUR GUIDE TO A HEALTHY START - DVD - (25 MIN.)

Injoy Videos, 2008

Breastfeeding gives babies the healthiest start in life. This video, created with the help of the International Lactation Consultant Association (ILAC), demonstrates the most recent breastfeeding recommendations and answers parents' most common breastfeeding questions. Step-by-step asymmetrical latch instructions and clear feeding guidelines, along with information about hunger signs, breast care, and when to call the lactation consultant, reassure all new parents that they can breastfeed successfully.

Segments include:

- How Breastfeeding Works
- Latching On and Positioning
- When to Feed Your Baby
- How Much is Enough?
- Breast Care
- Breastfeeding Lifestyle


Infant Health

5-V-370  Loan

I AM YOUR CHILD VIDEO SERIES: PREPARING FOR PARENTHOOD - DVD - (30 MIN.)

Parents Action for Children, 2005

Becoming a parent is one of life's most wonderful – and challenging – experiences. If you are planning a pregnancy, there are many things you can do right now to help give your future child the best possible start in life. If you're already pregnant, you can begin making changes today that will help your baby enter the world as healthy as possible.

5-V-376  Loan

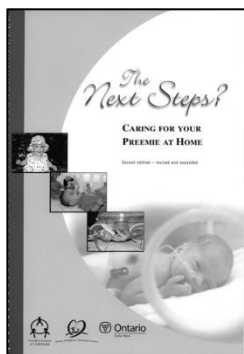
I AM YOUR CHILD VIDEO SERIES: YOUR HEALTHY BABY - DVD - (30 MINS.)

Parents Action for Children, 2005

In order to give a child a healthy start in life, parents and caregivers need the most up-to-date information on children's health and nutrition issues.

In this video, Phylicia Rashad delivers expert advice on how parents can help their children establish healthy habits, with information on:

- How to maintain good health during pregnancy
- Bottle-feeding versus breast-feeding
- When you and your child should visit the doctor
- What foods to feed your child and when
- The importance of exercise



2-203  Loan

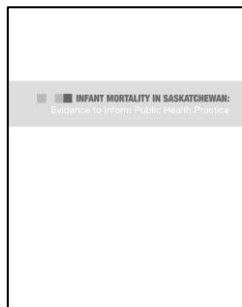
THE NEXT STEPS? CARING FOR YOUR PREMIE AT HOME - RESOURCE BOOK

Canadian Institute of Child Health, 2003

This coil-bound resource book has detailed information on Survival Tips, Getting Ready for Home, Getting Close to Your Baby, Feeding, Coping with Stress, and Development and Play of a premature infant. This resource is available from the Saskatchewan Prevention Institute for loan only.

There is no on-line version available to download; however, to order a print copy for a fee, contact the Canadian Institute of Child Health at http://www.cich.ca/publications_pregnancy.html#nextsteps.

Infant Mortality



2-457  **Download or Order**
INFANT MORTALITY IN SASKATCHEWAN: EVIDENCE TO INFORM PUBLIC HEALTH PRACTICE
Saskatchewan Prevention Institute, 2009

This document was prepared to describe the relationship between modifiable risk factors and infant mortality. It is meant to provide guidance, strategies and support to help expand or develop programs that may contribute to the reduction of infant mortality in Saskatchewan. It includes a review of the literature regarding prevalent risk factors associated with infant mortality, as well as identifying promising practices related to those modifiable risk factors.


Sudden Infant Death Syndrome (SIDS)



2-436  **Download**
SAFE SLEEPING - FACT SHEET
Saskatchewan Prevention Institute, 2006

This fact sheet outlines safe sleeping habits for a mother and her baby.



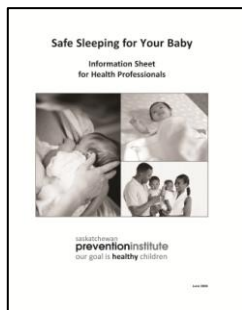
2-437  **Download or Order**
SAFE SLEEPING FOR YOUR BABY: LOWER THE RISK OF SIDS - BROCHURE
Saskatchewan Prevention Institute, Revised 2011

This brochure outlines safe sleeping habits for babies, that helps reduce the risk of Sudden Infant Death Syndrome (SIDS). It also provides information on breastfeeding and the importance of supervised “tummy time”.



2-438  **Download**
SAFE SLEEPING - POSTER
Saskatchewan Prevention Institute, 2006


This poster highlights some safe sleeping habits when it comes to protecting your baby.



2-439  **Order**
SAFE SLEEPING - INFORMATION SHEET FOR PROFESSIONALS
Saskatchewan Prevention Institute, 2006


This information sheet for professionals outlines the safest sleeping habits for babies.



2-458  **Order**
SAFE SLEEP FOR YOUR BABY - BOOKLET
Public Health Agency of Canada

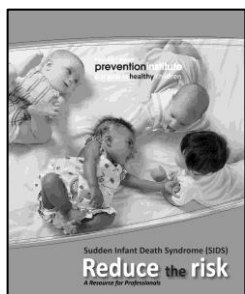
This booklet, created by the Public Health Agency of Canada informs parents and caregivers about creating a safe sleep environment to help baby sleep safely and reduce the risk of Sudden Infant Death Syndrome (SIDS).


For more information or to view this brochure online, please visit the Public Health Agency of Canada's website at www.publichealth.gc.ca/safesleep.

2-V-342  **Loan**
DO YOU KNOW THE ABC'S OF SAFE SLEEP - DVD
The Canadian Foundation for the Study of Infant Deaths, 2009

Parenthood is one of the most demanding and rewarding jobs a person can experience. The CFSID, through its programs of education, aims to assist anyone caring for an infant, in making informed decisions to reduce the risk of SIDS and other sudden and unexpected infant deaths, in an effort to prevent any parent or family from the devastating effects of the loss of a child.

Babies die of SIDS every week in Canada. Nothing we know at the present time will absolutely prevent SIDS, but the latest research shows that there are things you can do to make your baby safer. SIDS remains a mystery but this DVD and guide offer methods to substantially reduce the risk of SIDS and other sleep accidents.



2-390  **Download**
SUDDEN INFANT DEATH SYNDROME (SIDS) REDUCE THE RISK: A RESOURCE FOR PROFESSIONALS - BOOKLET

Saskatchewan Prevention Institute, Revised 2004

The resource has been adapted from the booklet “Back to Sleep....for life” with permission from its original author Dr. Aurore Côté, The Montreal Children’s Hospital, Quebec. The booklet provides information on the various SIDS risk factors around daily infant care practices. It provides information to assist professionals in discussions around reducing the risk of SIDS, with other professionals, parents, and caregivers. The booklet is best used with other accompanying SIDS resources.



2-400  **Download**
SUDDEN INFANT DEATH SYNDROME (SIDS) - FACT SHEET

Saskatchewan Prevention Institute, Revised 2003

This fact sheet provides information on the syndrome, outlining the causes, risk factors, and ways parents can reduce the risk of Sudden Infant Death Syndrome. Ideal for health care professionals and expectant and new parents.

2-V-273  **Loan**
SUDDEN INFANT DEATH SYNDROME: REDUCING THE RISK IN THE CIRCLE OF LIVE - DVD - (17 MIN.)

The Canadian Foundation for the Study of Infant Deaths, 2000

Graham Greene narrates this video that describes strategies for reducing the occurrence of SIDS. Discussion of SIDS and the risk reduction strategies involve key interviews with Aboriginal parents, health professionals, and an Elder. The video is accompanied by a study guide, which can be used to lead group discussion. Audience: expectant parents, caregivers, health professionals.




2-458  **Order**
SAFE SLEEP FOR YOUR BABY - BOOKLET

Public Health Agency of Canada

This booklet created by Public Health Agency of Canada informs parents and caregivers about creating a safe sleep environment to help baby sleep safely and reduce the risk if Sudden Infant Death Syndrome (SIDS).

For more information or to view this brochure online, please visit the Public Health Agency of Canada’s website at www.publichealth.gc.ca/safesleep.

2-V-342  Loan

DO YOU KNOW THE ABC'S OF SAFE SLEEP - DVD

The Canadian Foundation for the Study of Infant Deaths, 2009

Parenthood is one of the most demanding and rewarding jobs a person can experience. The CFSID, through its programs of education, aims to assist anyone caring for an infant, in making informed decisions to reduce the risk of SIDS and other sudden and unexpected infant deaths, in an effort to prevent any parent or family from the devastating effects of the loss of a child.

Babies die of SIDS every week in Canada. Nothing we know at the present time will absolutely prevent SIDS, but the latest research shows that there are things you can do to make your baby safer. SIDS remains a mystery but this DVD and guide offer methods to substantially reduce the risk of SIDS and other sleep accidents.

Shaken Baby Syndrome

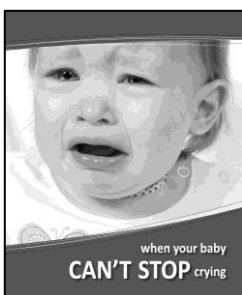


4-900  Download

SHAKEN BABY SYNDROME - FACT SHEET

Saskatchewan Prevention Institute, Rev. 2010

Explains what Shaken Baby Syndrome is, including how it happens, the main reasons that cause an individual to shake an infant, the long-term effects of shaking an infant, and how it can be prevented. Aimed at health professionals and caregivers.




4-902  Download or Order

WHEN YOUR BABY CAN'T STOP CRYING - BROCHURE

Saskatchewan Prevention Institute, 2005


Crying has been identified as a “trigger” for Shaken Baby Syndrome. This helpful brochure identifies strategies and suggestions for dealing with a crying infant. The brochure also validates a caregiver’s feelings of frustration and anger. Ideal for use with all caregivers.

4-V-351  Loan

NEVER SHAKE A BABY! WHAT PARENTS AND CAREGIVERS NEED TO KNOW - VHS - (18 MIN.)

Health Television Systems Inc., 1998

Never Shake a Baby! is a Canadian educational video focused on the prevention of Shaken Baby Syndrome. The video validates the feeling of frustration caregivers have and offers strategies to deal appropriately with those feelings. It emphasizes the importance of support systems for parents and caregivers of young children.

4-V-352  Loan

IT ONLY TAKES A MOMENT - SHAKEN BABY SYNDROME - VHS - (13 MIN.)

Healthy Child Initiative, Province of Manitoba, 2000

This video provides information about Shaken Baby Syndrome in a compelling manner. A father who caused the death of his infant daughter, a physician, an early childhood educator, and a mother of a survivor of shaking are featured in the video. The video provides the viewer with methods of coping with the stress of caring for an infant and emphasizes, through a strong message, to never shake a baby.

4-V-353  Loan

ELIJAH'S STORY - VHS - (28 MIN.)

National Center on Shaken Baby Syndrome, 2000

Elijah's Story is the true story of a 16-month-old baby boy who was shaken to death by his biological father. The film follows the young family from the birth of Elijah to the 911 emergency call and sentencing hearing. Testimonies are given by Elijah's mom and grandparents, as well as by the doctor, detective, and judge in the case. Elijah's mom shares her emotions as she tries to go on, and Elijah's dad speaks out from prison, encouraging others to learn from his mistakes.