

Nobody's Perfect



5-001  Order

NOBODY'S PERFECT - BOOKMARK

Saskatchewan Prevention Institute, 2010

This bookmark provides information about the Nobody's Perfect Parenting Program. Ideal for program facilitators as a take-home keepsake for participants.

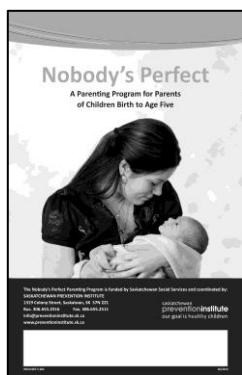


5-002  Download or Order

NOBODY'S PERFECT - INFORMATION CARD

Saskatchewan Prevention Institute, Revised 2010

This information card provides information about the Nobody's Perfect Parenting Program. Ideal for program facilitators as a recruitment tool for potential participants.

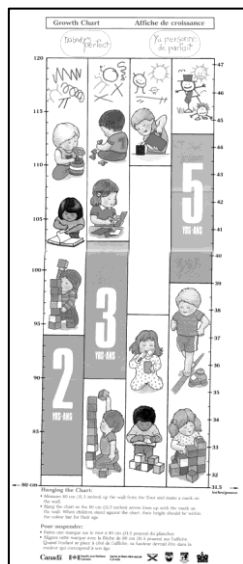


5-004  Download or Order

NOBODY'S PERFECT - POSTER

Saskatchewan Prevention Institute, Revised 2010

This poster provides information about the Nobody's Perfect Parenting Program. Ideal for program facilitators as a recruitment tool for potential participants.

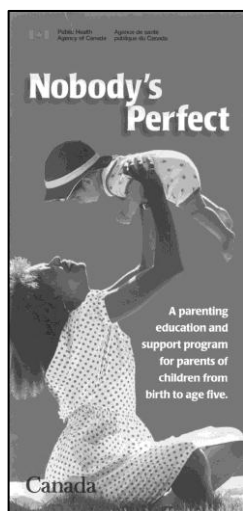



5-008  Order

NOBODY'S PERFECT - GROWTH CHART

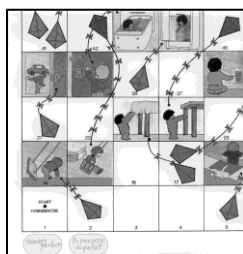
Health Canada

A growth chart for two to five year olds is included in the Nobody's Perfect Parent kit but can be purchased separately.



5-011  **Order**
NOBODY'S PERFECT - BROCHURE
Public Health Agency of Canada

This brochure explains what the Nobody's Perfect Program is all about, including the program's goals, how it is delivered, how the program is managed, and information on the success of the program. The brochure is ideal for potential and existing facilitators who are looking for more information.



5-014  **Order**
NOBODY'S PERFECT - SAFE AND SORRY GAME
Health Canada

This is part of the Nobody's Perfect Parenting Program for parents of children from birth to age five. Safe-Sorry is a board game intended to remind parents about common safety hazards to children.

Healthy Parenting Home Study



5-500  **Download**
HEALTHY PARENTING HOME STUDY - INFORMATION CARD
Saskatchewan Prevention Institute, Rev. 2010

This information card is designed to inform parents and future parents of children from birth to age five about Healthy Parenting Home Study. Parents can participate online at www.healthyparenting.ca or by completing a workbook they receive by mail. The information card includes information on how to register for the program.



5-502  **Order**
HEALTHY PARENTING HOME STUDY - MANUAL
Saskatchewan Prevention Institute, Rev. 2010

Healthy Parenting Home Study is for parents, parents-to-be and caregivers of children birth to age five. The manual is divided into six age-related modules. Topics include: growth and development; physical and emotional needs; positive discipline strategies; speech and language development; safety; and importance of play.

Home Study is ideal for parents who like to learn on their own and/or those who do not have access to group parenting programs.

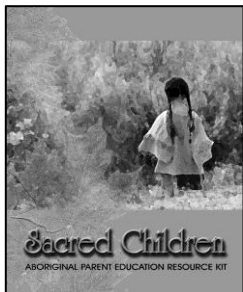
If you would like to order a manual, please phone 306.655.2512 or fax or mail request to the Saskatchewan Prevention Institute, 1319 Colony Street, Saskatoon, SK S7N 2Z1, fax. 306.655.2511.

Visit www.healthyparenting.ca to participate in the on-line version.

Sacred Children

Aboriginal Parent Education Resource Kit

The original kit is no longer available, however, you may download all of the resources from the original kit by downloading item numbers 6-101 through to 6-117. A new version of the kit is available as item 6-100 and is order only.



6-100  Order

SACRED CHILDREN: ABORIGINAL PARENT EDUCATION RESOURCE - KIT

Saskatchewan Prevention Institute, Revised 2011

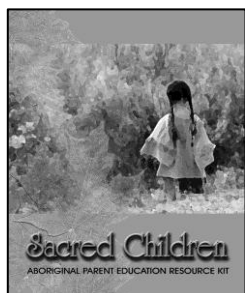
Sacred Children, Aboriginal Parent Education Resource Kit focuses on the strengths of Aboriginal parenting. Throughout history, the significance and importance of families has been celebrated and recognized as an integral social system in our communities. We strive for the retention of our heritage, culture, and values in building stronger communities and healthy families.

Our values and traditions surrounding Aboriginal parenting was explored as part of the research of this project. We accomplished this through sharing with Elders, traditional advisors, families, and organizations within Aboriginal communities.

Tradition continues to be a strong and viable link to building and creating an atmosphere for developing healthy family values. These traditional values such as sharing, caring, respect, and communication will be demonstrated and utilized in an informative and educational way. Traditional wisdom offers not only understanding, but child rearing methods that can be applied in today's society.

By empowering ourselves with knowledge of our culture, language, and history we can strengthen our families. As we preserve and retain our cultural strength we become better equipped to live with a challenging and ever changing world.

The revised kit contains a DVD and booklet. The DVD is broken into five chapters: Self-Esteem, Communication, Nutrition, Discipline, and Bullying. There is also a PowerPoint Presentation on the DVD. All the original resources are available for downloading only in both English and French. The complete kit can be ordered as Item Number 6-100 or each resource can be downloaded separately.



6-101  Download

SACRED CHILDREN - BOOKLET

Saskatchewan Prevention Institute, 2008

The Sacred Children booklet is ideal for parents, caregivers, or anyone looking for information on Self-Esteem, Communication, Nutrition, Discipline, or Bullying. This booklet focuses on Aboriginal parenting with ideas being shared on traditional teachings from Elders, traditional advisors, families, and organizations within Aboriginal communities. This resource is available in French as Item Number 6-115.

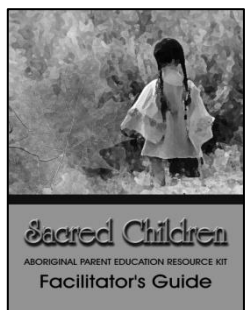


6-115  Télécharger

POUR L'AMOUR DES ENFANTS - LIVRET

Saskatchewan Prevention Institute, 2008

Le livret Pour l'amour des enfants fournit des informations sur des sujets tels l'estime de soi, la communication, la nutrition, la discipline et l'intimidation et elles sont utiles aux parents, aux gardiens et à toute autre personne cherchant des informations pertinentes à ces sujets. Les thèmes couverts dans ce livret sont centrés sur le parentage autochtone dont la conception fut guidée par les Aînés à travers leurs enseignements traditionnels, les conseillers traditionnels, les familles et les organisations à l'intérieur des communautés autochtones. Cette ressource est disponible en anglais (article n° 6-101 Booklet)



6-102  Download

SACRED CHILDREN - FACILITATOR'S GUIDE

Saskatchewan Prevention Institute, 2008

The Sacred Children Facilitator's Guide is a step-by-step guide full of examples, discussions, activities, and information on how to conduct sessions and training. This resource is available in English or French (Item Number 6-116). Either version can be downloaded on the Prevention Institute's website at: www.preventioninstitute.sk.ca.




6-116  Télécharger

POUR L'AMOUR DES ENFANTS - LE GUIDE DE L'ANIMATEUR

Saskatchewan Prevention Institute, 2008

Le guide de l'utilisateur du programme Pour l'amour des enfants est un manuel qui guide et entraîne le facilitateur, étape par étape, sur la façon de conduire des sessions en offrant une panoplie d'exemples, de discussions, d'activités et de renseignements. Cette ressource est disponible en français et en anglais (article n° 6-102). Les deux versions peuvent être téléchargées à partir du site Web du Prevention Institute à www.preventioninstitute.sk.ca.



6-103  **Download**
SACRED CHILDREN: SELF-ESTEEM - FACT SHEET
Saskatchewan Prevention Institute, 2008

What is self-esteem? How does self-esteem impact children? These are just a few of the questions answered in this informative fact sheet. Find out interesting facts on how parents can help their children learn the importance of self-esteem. This resource is available in English or French (Item Number 6-110). Either version can be downloaded on the Prevention Institute's website at: www.preventioninstitute.sk.ca.



6-110  **Télécharger**
POUR L'AMOUR DES ENFANTS : UN FEUILLET D'INFORMATION SUR L'ESTIME DE SOI
Saskatchewan Prevention Institute, 2008

En quoi consiste l'estime de soi ? Quels sont les résultats de l'estime de soi chez les enfants ? Vous trouverez les réponses à ces questions ainsi que des réponses à d'autres questions pertinentes à ce sujet dans ce feuillet informatif. Découvrez la façon dont les parents peuvent apprendre l'importance de l'estime de soi à leurs enfants. Cette ressource est disponible en français et en anglais (article n° 6-103 Self-Esteem - Fact Sheet). Vous pouvez télécharger la version française ou la version anglaise à partir du site Web du Prevention Institute à l'adresse suivante : www.preventioninstitute.sk.ca.



6-104  **Download**
SACRED CHILDREN: COMMUNICATION - FACT SHEET
Saskatchewan Prevention Institute, 2008

What is communication? How does communication impact children? These are just a few of the questions answered in this informative fact sheet. Find out interesting facts on how parents can help their children learn the importance of developing good communication skills; how to communicate with Elders; or communicate your culture. This resource is available in English or French (Item Number 6-111). Either version can be downloaded on the Prevention Institute's website at: www.preventioninstitute.sk.ca.




6-111  **Télécharger**
POUR L'AMOUR DES ENFANTS : UN FEUILLET D'INFORMATION SUR LA COMMUNICATION

Saskatchewan Prevention Institute, 2008

En quoi consiste la communication ? Qu'est-ce qui influence la communication ? Vous trouverez les réponses à ces questions ainsi que des réponses à d'autres questions pertinentes à ce sujet dans ce feuillet informatif. Découvrez la façon dont les parents peuvent apprendre l'importance de développer de bonnes habiletés en communication, comment communiquer avec les Aînés et comment communiquer votre culture. Cette ressource est disponible en français et en anglais (article n° 6-104 Communication - Fact Sheet). Vous pouvez télécharger la version française ou la version anglaise à partir du site Web du Prevention Institute à l'adresse suivante : www.preventioninstitute.sk.ca.



6-105  **Download**
SACRED CHILDREN: NUTRITION - FACT SHEET

Saskatchewan Prevention Institute, 2008

What is nutrition? What influences children's eating habits? These are just a few of the questions answered in this informative fact sheet. Find out interesting facts on the Canada Food Guide. This resource is available in English or French (Item Number 6-112). Either version can be downloaded on the Prevention Institute's website at: www.preventioninstitute.sk.ca.




6-112  **Télécharger**
POUR L'AMOUR DE ENFANTS : UN FEUILLET D'INFORMATION SUR LA NUTRITION

Saskatchewan Prevention Institute, 2008

En quoi consiste la nutrition ? Qu'est-ce qui influencent les habitudes alimentaires des enfants ? Vous trouverez les réponses à ces questions ainsi que des réponses à d'autres questions reliées à ce sujet dans ce feuillet informatif. Découvrez des faits intéressants sur le Guide alimentaire canadien. Cette ressource est disponible en français et en anglais (article n° 6-105 Nutrition - Fact Sheet). Vous pouvez télécharger la version française ou la version anglaise à partir du site Web du Prevention Institute à l'adresse suivante : www.preventioninstitute.sk.ca.



6-106  **Download**
SACRED CHILDREN: DISCIPLINE - FACT SHEET
Saskatchewan Prevention Institute, 2008


What is discipline? What is the impact of residential schools on parenting skills? What is traditional parenting? These are just a few of the questions answered in this informative fact sheet. Find out interesting facts on what parents can do and why discipline is about respect. This resource is available in English or French (Item Number 6-113). Either version can be downloaded on the Prevention Institute’s website at: www.preventioninstitute.sk.ca.



6-113  **Pour téléchargement seulement**
POUR L'AMOUR DES ENFANTS : UN FEUILLET D'INFORMATION SUR LA DISCIPLINE
Saskatchewan Prevention Institute, 2008

En quoi consiste la discipline ? Quel est l'impact des pensionnats sur les expériences parentales ? En quoi consiste le parentage traditionnel ? Vous trouverez les réponses à ces questions ainsi que des réponses à d'autres questions reliées à ce sujet dans ce feuillet informatif. Découvrez ce que peuvent faire les parents et pourquoi la discipline est reliée au respect ? Cette ressource est disponible en français et en anglais (article n° 6-106 Discipline -Fact Sheet). Vous pouvez télécharger la version française ou la version anglaise à partir du site Web du Prevention Institute à l'adresse suivante : www.preventioninstitute.sk.ca.



6-107  **Download**
SACRED CHILDREN: BULLYING - FACT SHEET
Saskatchewan Prevention Institute, 2008

What is bullying? What is the impact of bullying on children? These are just a few of the questions answered in this informative fact sheet. Find out facts on what parents can do about bullying; how to tell if your child is being bullied; and even how to tell if your child is the bully. This resource is available in English or French (Item Number 6-114). Either version can be downloaded on the Prevention Institute’s website at: www.preventioninstitute.sk.ca.



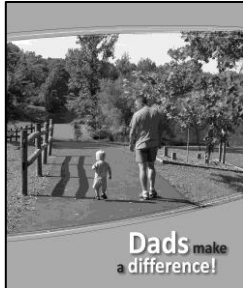
6-114  **Télécharger**
POUR L'AMOUR DES ENFANTS : UN FEUILLET D'INFORMATION SUR L'INTIMIDATION

Saskatchewan Prevention Institute, 2008

En quoi consiste l'intimidation? De quelle façon l'intimidation affecte-t-elle les enfants ? Vous trouverez les réponses à ces questions ainsi que des réponses à d'autres questions reliées à ce sujet dans ce feuillet informatif. Découvrez ce que les parents peuvent faire au sujet de l'intimidation, comment savoir si votre enfant subit une quelconque forme d'intimidation et même reconnaître les signes indiquant que votre enfant est l'intimidateur. Cette ressource est disponible en français et en anglais (article n° 6-107 Bullying - Fact Sheet). Vous pouvez télécharger la version française ou la version anglaise à partir du site Web du Prevention Institute à l'adresse suivante : www.preventioninstitute.sk.ca.

Parenting Education

Fatherhood

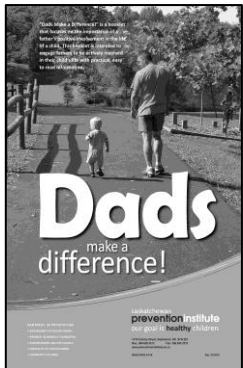


5-015  Download

DADS MAKE A DIFFERENCE - BOOKLET

Saskatchewan Prevention Institute, Rev. 2010

This booklet talks about the importance of the dad's role in a child's life; from how to be an active parent to providing structure, guidance, and opportunities to learn. The message is you don't have to be perfect. Being a father is more than just making a baby. This booklet challenges fathers to do everything they can to be the best dad to their children. Funding for the development of this publication was provided by Saskatchewan Community Resources and Employment.



5-016  Order or Download

DADS MAKE A DIFFERENCE - POSTER

Saskatchewan Prevention Institute, Rev. 2010

This stylish poster shows a picture of a father and his son walking along a pathway. It focuses on the importance of a father's positive involvement in the life of a child and advertises the Dads Make a Difference Booklet. Contact information is provided on the poster as well.



5-019  Order

24 HR CRIBSIDE ASSISTANCE FOR NEW DADS: THE NEW BABY MANUAL FOR DADS - BOOKLET

Father Involvement Initiative, Ontario Network

Written like a car manual, this booklet gives new dads tips on the practical aspects of being a first time father. Dads can learn about many of the different challenges facing being a new parent. This resource was developed by Canadian Father Involvement Initiative.

5-V-335  **Loan****FATHERHOOD: INDIGENOUS MEN'S JOURNEYS - DVD - (36 MIN.)***Jessica Ball, 2008*

This video presents six First Nations fathers in Canada telling what it has been like for them to become fathers and to grow into fatherhood. Most have overcome huge social obstacles and personal challenges. These men hope that other fathers will be encouraged by their stories - their sense of being on a journey and not needing to know everything about fatherhood before getting involved in caring for their children. Their message is one of hope: "You can do it!" The fathers also hope that their stories will inspire practitioners to find new ways to include fathers in child care decisions, programs, and family services.

The DVD speaks in a personal way to fathers as well as to boys and men considering becoming fathers. Presented as six interview segments (about 6 minutes each) with a screening guide to facilitate discussion, the DVD is also an effective tool for professional development workshops and courses in family health, social services, law, early childhood education and youth care.

5-V-358  **Loan****THE DAD DIFFERENCE - RAISING CHILDREN BIRTH TO FIVE - DVD - (70 MIN.)***InJoy Videos, 2004*

This video is a research based series that shows dads how to be involved with their babies from pregnancy on. This video features a diverse group of real fathers, candid comments and practical tips to encourage every dad to become more connected. This video comes with a Facilitator's Guide.

5-V-374  **Loan****I AM YOUR CHILD VIDEO SERIES: TO BE A FATHER - DVD - (30 MIN.)***Parents Action for Children, 2005*

New research has shown that fathers can have an enormous impact on children – from how well they succeed in school, to how they get along with their friends.

This generation of dads is responding to the challenge, by taking a more active role in everything from changing diapers to helping with homework ... and it's paying off, as you'll hear from men who talk about the rewards of being close to their kids.

This video provides information on:

- How fathering begins even before the baby is born
- How dads can connect with their children right from the start
- What fathers can do to foster a close relationship with their children – even when they live miles apart
- How fathers can overcome the challenges of parenting under special circumstances, like separation and divorce

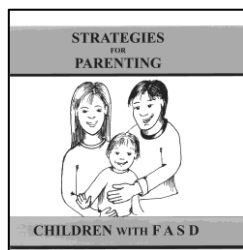
6-V-384  Loan

GETTING MEN INVOLVED: YOUNG MEN AS FATHERS - DVD - (30 MINS.)

KidSafety of America, 2002

Many educational programs are designed for teen mothers. Here is a video program designed to help young men, especially teen fathers. It is a known fact that a child's total emotional and physical development is better attained when both parents are involved. This DVD educates viewers about the important role of men in a child's life. Listening to teen fathers and other young men, real life experiences are shared with viewers. Viewers could include: teen moms, new moms, as well as expectant fathers.

Children With Special Needs



5-010  Order

STRATEGIES FOR PARENTING CHILDREN WITH FASD - BOOKLET

Brighter Futures, 1999

This booklet was produced by The Society for the Coalition of Rural Representatives from Breton and Buck Creek, Brighter Futures and talks about such issues as what parents need to know about FASD, the characteristics of FASD, living with children affected by FASD, and life skills. It is a nicely illustrated booklet that is simple to understand and follow.

5-V-310  Loan

MOMENTARY MAGIC - VHS - (7 MIN.)

Lions Den Studio, 2002

Momentary Magic is a public awareness campaign targeted at adults to help celebrate the value of children. This three-minute video shows images capturing moments with children throughout Saskatchewan, and is combined with the song "Momentary Magic" by singer/songwriter Dave Proven. This video could be used during a parenting program to encourage parents to celebrate moments of connection with their own children and to encourage them to be more sensitive, supportive, and responsive to the needs of children in their community. Further information and promotional material is available by contacting Parent Education Saskatchewan (306) 934-2095 or website www.momentarymagic.com.

5-V-379  Loan

I AM YOUR CHILD VIDEO SERIES: A CHILD WITH SPECIAL NEEDS - DVD - (30 MIN.)

Parents Action for Children, 2005

Finding out that your child has special needs is the beginning of a remarkable journey. Whether your child is developmentally delayed or has a significant physical disability, you want your child to be happy and safe, and to develop to her fullest potential.

In this video, families of children with special needs share their stories to help others in similar circumstances understand that, while every child is unique, there are common experiences, emotions, and challenges they are likely to encounter as they work to help their child.

This video provides information on:

- What to do when you find out that your child has a special need
- Moving from confusion and grief to acceptance and empowerment
- Finding answers and getting help
- Speaking up as your child's best advocate
- The importance of looking beyond the diagnosis
- Focusing on your child's unique strengths

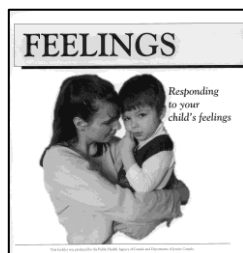
5-V-383  Loan

I AM YOUR CHILD VIDEO SERIES: FOR THE CHILD – INFORMATION ON MENTAL HEALTHY AND ADVOCACY FOR RESOURCE PARENTS - DVD - (30 MIN.)

Parents Action for Children, 2005

- Understand the most common children’s mental health problems
- Navigate the local mental health service delivery system
- Develop alliances with birth parents, school systems, mental health providers & case workers
- Feel increased comfort with seeking mental health services
- Recognize the rights and responsibilities of foster children, birth parents, kinship providers, foster parents and caseworkers
- Identify who to call, what to say, and where to go to obtain the right services for the children in their care
- Be an effective advocate for the children in their care

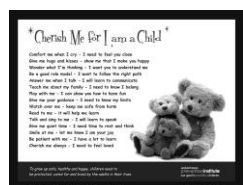
Pregnancy, Parenting & Child Development



5-018  Order

FEELINGS: RESPONDING TO YOUR CHILD'S FEELINGS - BOOKLET
Public Health Agency of Canada and Department of Justice Canada, 2005


The Feelings booklet is a recommended supplemental resource for Nobody's Perfect, a Public Health Agency of Canada parenting program. Feelings can be used for parents on its own. It is about children's feelings, how they express those feelings and how parents can respond to their children's feelings.



5-504  Download or Order

CHERISH ME FOR I AM A CHILD - WALL HANGING
Saskatchewan Prevention Institute, Rev. 2010

This brightly coloured wall hanging with the poem "Cherish Me for I Am a Child" talks about the importance of a child growing up feeling safe, secure, and happy and in order for a child to do this they need to be protected, cared for, and loved by the adult in their lives. This can be used as wallhanging for anyone to have in their home or office.

5-V-131  Loan

THE SMILING MASK; TRUTHS ABOUT POSTPARTUM DEPRESSION AND PARENTHOOD - DVD - (40 MIN.)
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-211  Loan

WELCOME TO PARENTING: THE FIRST SIX YEARS - VHS - (75 MIN.)
Health Canada, 1997

This video contains five 25-minute segments. The video provides parents with information on their child's body, mind, behaviour, and safety. An additional segment encourages parents to make time for themselves and offers other coping mechanisms for effective parenting.

5-V-221  Loan

PARENT AND CHILD SERIES: HELP YOUR CHILD SUCCEED IN SCHOOL - VHS - (40 MIN.)

Sunburst Visual Media, 1998

The following is one of a three part series entitled "Parent and Child" produced by Sunburst Videos. Adele Faber and Elaine Mazlish, authors of "How to Talk So Kids Will Listen and Listen So Kids will Talk" discuss parenting issues in this series. Each video comes with a resource binder, which includes a guide for using the video, a bibliography, a script of the video, and handouts that can be copied for parents and children.

This program will help parents promote a successful school experience for their children. It will give parents concrete tools they need to help their children develop the self confidence to handle negative feelings about school, performance anxiety, grades, mistakes, anger, and frustration; the self-discipline to achieve goals, complete work on time, get homework done, and stay motivated; and the self-esteem to deal with difficult social situations.

5-V-298  Loan

BEGIN WITH LOVE - VHS - (30 min.)

Civitas Initiative, 2000

Begin with Love, a video with Oprah Winfrey, focuses on a parent's relationship with his or her infant in the first three months of life. Based on the latest research in early childhood development, the video highlights five guidelines that will help all new parents create a responsive and enriching environment for their young baby.

5-V-306  Loan

THE HEART OF LEARNING - DVD - (27 MIN.)

Kem Murch Productions Inc., 1999

Much of the way children think and feel about themselves and their world is determined in the first three years of their life. In this formative time, the brain is developing a complex "wiring" system, making connections that will strongly influence a child's patterns of emotional, social, and psychological behaviour - and how well they can learn, handle stress, thrive, and function in the world. The video kindles deep, natural parenting instincts, while providing clear and accessible strategies for loving and nurturing interaction with children.

5-V-308  Loan

A CHILD'S GRIEF - VHS - (55 MIN.)

Magic Lantern Communications Ltd., 1994

The reaction of children to the loss of a parent or sibling can be devastating. Adults are often unaware of how children express their grief or of ways that they can be helped. This video shows a group of bereaved children speaking openly about their feelings, hopes, and dreams. This is a valuable tool for educators, counselors, medical professionals, clergy, and parents.

5-V-310  Loan

MOMENTARY MAGIC - VHS - (7 MIN.)

Lions Den Studio, 2002

Momentary Magic is a public awareness campaign targeted at adults to help celebrate the value of children. This three-minute video shows images capturing moments with children throughout Saskatchewan, and is combined with the song "Momentary Magic" by singer/songwriter Dave Proven. This video could be used during a parenting program to encourage parents to celebrate moments of connection with their own children and to encourage them to be more sensitive, supportive, and responsive to the needs of children in their community. Further information and promotional material is available by contacting Parent Education Saskatchewan (306) 934-2095 or website www.momentarymagic.com.

5-V-336  Loan

PLAYTIME - VHS - (14 MIN.)

Meridian Educational Corp., 2003

This video demonstrates safe, simple, and enjoyable activities for parents to share with their infants. It is perfect for parenting classes, teacher and school daycare training, and other childcare management instruction. Using a reassuring approach designed to build confidence, demonstrations are provided by real parents and their babies. Audience: Caregivers and childcare professionals.

5-V-337  Loan

CHILD'S PLAY: HOW HAVING FUN TURNS KIDS INTO ADULTS - VHS - (23 MIN.)

The Learning Seed, 2004

Play is how children try out roles and test limits, as well as how they develop basic physical and mental skills. Play is fun and free, yet it is nothing less than a dress rehearsal for adulthood. Play is the engine that drives child development. Using real parents and their children, this video explains the role of fun and play in personal growth; the value of different types of play; when parents or caregivers should join in play and when they should stay out; how parents can help children enrich their play experiences; and the importance of fantasy play. Audience: Caregivers and childcare professionals.

5-V-338  Loan

BEGINNING THE JOURNEY: CHILD DEVELOPMENT FROM ONE TO THREE - VHS - (20 MIN.)

Meridian Educational Corp., 2000

The transition from infant to toddler is a dramatic one. As physical, emotional, and social skills develop at this crucial time, parents and caregivers alike need to be aware of the important role that they play during this growth process. This video provides an easy to follow guided tour through the development of a child's first three years of life. Advice from experts in the child care field provides additional insight into the first three years of human development. Audience: Caregivers and childcare professionals.

5-V-340  Loan

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

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.

5-V-369  Loan

A SIMPLE GIFT: HELPING YOUNG CHILDREN COPE WITH EMOTIONS - VHS - (17 MIN.)

The Hospital for Sick Children, 2000

Negative emotions (anger, sadness, fear, jealousy) and the difficult behaviours that may follow (eg. temper tantrums, whining) are normal in young children. Research has shown that not learning to manage negative emotions in the early years may result in later problems. This videotape suggests how parents can help young children understand their difficult feelings and express these feelings in ways that are socially acceptable. The information is presented in clear language and is suitable for parents from many cultures.

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.

This video includes information on:

- Forming healthy habits before and during pregnancy
- The importance of prenatal care
- How to prepare for your baby's birth
- How and where to get help with your questions

5-V-371  **Loan**


I AM YOUR CHILD VIDEO SERIES: THE FIRST YEARS LAST FOREVER - DVD - (30 MIN.)

Parents Action for Children, 2005

The new research in brain development tells us of the vital importance of the relationship between caregiver and child in the critical first years of life. New parents have a wonderful opportunity to help their child reach their full potential.

This video includes information on:

- Bonding and attachment
- Child care
- Communication
- Discipline
- Health and nutrition
- Self-esteem
- Self-awareness

5-V-372  **Loan**

I AM YOUR CHILD VIDEO SERIES: STOP SMOKING NOW (REASONS NOT TO SMOKE WHEN YOU'RE PREGNANT) - DVD - (30 MIN.)

Parents Action for Children, 2005

When you're pregnant, everything you eat, drink and breathe affects your health and your baby's health. So when you smoke, your baby does too. Quitting smoking is one of the most important things you can do for your baby. When you stop smoking, you:

- increase the amount of oxygen your baby will get
- lower the risk that your baby will be born too early
- increase your chances of having a healthy baby

No matter how long you have been smoking, quitting smoking also benefits your health, gives you more energy, and lets you feel good about what you've done for yourself and your baby.

This video provides support, guidance and information about resources to help you resist the urge to smoke. We hope that you will watch this video and act on it, because there's never been a better time – or a better reason – to stop smoking.

5-V-376  **Loan**

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

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

5-V-385  **Loan**

TEN THINGS EVERY CHILD NEEDS - DVD - (17 MIN.)

WTTW Chicago for the Robert R. McCormick Tribune Foundation, 1999

Can a child's IQ be improved during the first years of life? Researchers say yes, if the child receives ten simple things shown to help children's brains develop.

Ten things every child needs explains how our earliest interactions influence a child's brain development. Hosted by popular television personality Tim Reid, Ten Things Every Child Needs is an invaluable guide that parents and caregivers can follow to give a child his or her best start in life.

Behaviour and Discipline

5-V-185  Loan

SHAKING, HITTING, AND SPANKING: WHAT TO DO INSTEAD - VHS - (30 MIN.)

Kids Rights, 1994

Divided into four distinct sections, this video focuses on teaching alternatives to spanking. Four parent-child interactions that often lead to shaking, hitting, and spanking are presented:

1. A stressed-out single parent with a crying baby at night
2. A toddler spanked for exploring his environment
3. An oppositional eight-year-old boy who refuses to come in for dinner
4. A parent's impatience with a daughter's refusal to clean her room

The viewer is given time after each scene to review what occurred and to brainstorm other solutions. As the video continues, alternative strategies and techniques are presented.


5-V-219  Loan

PARENT AND CHILD SERIES: GOOD DISCIPLINE, GOOD KIDS - DVD - (40 MIN.)

Sunburst Visual Media, 1998

The following is one of a three part series entitled "Parent and Child" produced by Sunburst Videos. Adele Faber and Elaine Mazlish, authors of "How to Talk So Kids Will Listen and Listen So Kids will Talk" discuss parenting issues in this series. A 2nd DVD is included which includes a guide.

This video helps parents understand the basic element of healthy discipline - respectful communications. It helps parents get past the daily power struggle with their children by showing them how to engage cooperation; effectively set rules, expectations and limits; problem-solve; and use effective alternatives to punishment.

5-V-220  **Loan**

PARENT AND CHILD SERIES: KEEPING PEACE AT HOME - DVD - (40 MIN.)

Sunburst Visual Media, 1998

The following is one of a three part series entitled “Parent and Child” produced by Sunburst Videos. Adele Faber and Elaine Mazlish, authors of “How to Talk So Kids Will Listen and Listen So Kids will Talk” discuss parenting issues in this series. A 2nd DVD is included which includes a guide.

A variety of conflict management and problem-solving skills are presented to help families promote respect, cooperation, and successful communication. By learning concrete, practical skills, parents can acquire strategies to ease tensions, prevent family fights, and peaceably resolve those conflicts that do occur. The video demonstrates conflict management skills that can benefit the whole family.

 **Loan**

PARENTING FOR PREVENTION SERIES - VHS - (15 MIN. EACH)

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-361 VIDEO ONE: HOW TO STOP ENABLING AND START EMPOWERING KIDS

This video covers topics such as: What parental enabling is and how it can hurt your child; How to identify some common parental behaviors that lead to enabling; Whether you might be enabling your child; and How to empower your child.

5-V-362 VIDEO TWO: HOW TO SET LIMITS FOR KIDS

This video covers topics such as: How to set clear limits; How to set reasonable limits according to age, trust level, and basic needs; Why limits should be set in advance and checked for compliance; and How to respond when your child tests the limits.

5-V-363 VIDEO THREE: HOW TO ENFORCE CONSEQUENCES WHEN KIDS VIOLATE LIMITS

This video covers topics such as: How to enforce consequences that are reasonable and related to the violation; How to enforce consequences calmly, respectfully, and without anger; and What to avoid when enforcing consequences.

5-V-364 VIDEO FOUR: COMMUNICATING – HOW TO CONFRONT KIDS WHEN THEY’RE DOING WRONG: HOW TO ENCOURAGE KIDS WHEN THEY’RE DOING RIGHT

This video covers topics such as: Identifying some ineffective communication styles of parents; How to communicate effectively with your child through active listening; How to confront your child’s negative behavior; and How to encourage your child’s positive behavior.

5-V-365 VIDEO FIVE: HOW TO TEACH KIDS TO HANDLE ANGER WITHOUT VIOLENCE

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 VIDEO SIX: HOW TO TEACH KIDS TO RESOLVE CONFLICTS WITHOUT VIOLENCE

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.

5-V-378  **Loan**

I AM YOUR CHILD VIDEO SERIES: DISCIPLINE - TEACHING LIMITS WITH LOVE - DVD - (30 MIN.)


Parents Action for Children, 2005

Discipline – setting limits – is one of the most difficult challenges parents face. In this video, Dr. T. Berry Brazelton, America’s foremost paediatrician, shows parents that setting limits is not punishment, but a loving way to teach a child how to control his or her own behaviour.

Included is information on:

- Why a child actually looks for limits
- Techniques for setting effective limits from the start
- Why a firm but gentle approach is the most effective
- Managing your own emotions and avoiding physical punishment
- Why the limits children learn in their first few years build a foundation for the rest of their lives

Child Health & Safety

5-V-372  Loan

I AM YOUR CHILD VIDEO SERIES: STOP SMOKING NOW (REASONS NOT TO SMOKE WHEN YOU'RE PREGNANT) - DVD - (30 MIN.)

Parents Action for Children, 2005

When you're pregnant, everything you eat, drink and breathe affects your health and your baby's health. So when you smoke, your baby does too.


Quitting smoking is one of the most important things you can do for your baby.

When you stop smoking, you:

- increase the amount of oxygen your baby will get
- lower the risk that your baby will be born too early
- increase your chances of having a healthy baby

No matter how long you have been smoking, quitting smoking also benefits your health, gives you more energy, and lets you feel good about what you've done for yourself and your baby.

This video provides support, guidance and information about resources to help you resist the urge to smoke. We hope that you will watch this video and act on it, because there's never been a better time – or a better reason – to stop smoking.

5-V-373  Loan

I AM YOUR CHILD VIDEO SERIES: SAFE FROM THE START - DVD - (30 MIN.)

Parents Action for Children, 2005

Childhood is a time of growth, experimentation and learning. Although a few bumps and scrapes are to be expected along the way, there are many things parents and caregivers can do to help prevent serious childhood injuries.

It is important to think ahead about potential hazards to make a child's environment as safe as possible. Prevention will go a long way towards making children "safe from the start."

This video provides helpful information about:

- Bath Time/Bathroom Hazards
- Car Seats and Car Safety
- Childproofing at Home
- Feeding and Food Safety
- Kids and Gun Safety
- Kitchen Safety
- Safety Outside the Home
- Sleep/Bedtime
- Toy Safety

5-V-376  **Loan**

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

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

5-V-380  **Loan**

I AM YOUR CHILD VIDEO SERIES: FOOD AND FITNESS MATTER - DVD - (30 MIN.)

Parents Action for Children, 2005

The dramatic rise in childhood obesity is one of the most serious health problems facing our country today. Reversing this trend requires changes in our homes, school and communities.

Food and Fitness Matter provides parents with the information and support they need to improve children's health and wellness.

In the video, nutrition experts and others explain:

- the causes of the dramatic increase in overweight kids
- the health problems posed by the childhood obesity epidemic

This video also presents:

- practical tips for parents to improve nutrition and fitness at home
- profiles of schools that found ways to serve healthier food and to increase physical activity
- inspiration for parents to work with their schools for change

Free downloadable fact sheets and action manual also available.

Childcare & Early Education

5-V-221  Loan

PARENT AND CHILD SERIES: HELP YOUR CHILD SUCCEED IN SCHOOL - VHS - (40 MIN.)

Sunburst Visual Media, 1998

The following is one of a three part series entitled “Parent and Child” produced by Sunburst Videos. Adele Faber and Elaine Mazlish, authors of “How to Talk So Kids Will Listen and Listen So Kids will Talk” discuss parenting issues in this series. Each video comes with a resource binder, which includes a guide for using the video, a bibliography, a script of the video, and handouts that can be copied for parents and children.

This program will help parents promote a successful school experience for their children. It will give parents concrete tools they need to help their children develop the self confidence to handle negative feelings about school, performance anxiety, grades, mistakes, anger, and frustration; the self-discipline to achieve goals, complete work on time, get homework done, and stay motivated; and the self-esteem to deal with difficult social situations.

5-V-375  Loan

I AM YOUR CHILD VIDEO SERIES: WHY EARLY CHILDHOOD MATTERS - DVD - (30 MIN.)

Parents Action for Children, 2005

Scientific research confirms that children’s earliest experiences – starting even before they’re born – dramatically affect their ability to succeed in school, and in life. In this video, our country’s leaders in government, business, crime prevention, and academia voice their commitment to our nation’s youngest children and emphasize the crucial need for increased investments in early childhood.

This video is designed to help you motivate your community to create and support programs so that every child enters school ready to succeed. Our future depends on the investments we make today in our youngest children.

5-V-377  **Loan**

I AM YOUR CHILD VIDEO SERIES: QUALITY CHILD CARE – MAKING THE RIGHT CHOICE FOR YOU & YOUR CHILD - (30 MIN.)

Parents Action for Children, 2005


Finding the right child care is often challenging – but one of the most important decisions a parent will ever make.

Children’s intellectual and emotional development is strongly influenced by the quality of the care that they receive in the first few years of their lives.

This means that the right kind of child care can be a wonderful opportunity to enrich children’s lives and help them realize their full potential.

This video includes information on:

- Why quality child care is important for your child’s healthy development
- What you should look for when choosing child care
- Questions to ask a potential caregiver
- Questions to ask yourself when looking at a child care setting
- Important information to communicate to your caregiver


5-V-381  **Loan**

I AM YOUR CHILD VIDEO SERIES: READY TO LEARN - DVD - (30 MIN.)

Parents Action for Children, 2005

When you hold a baby lovingly and talk, sing, or read to her, the emotional closeness and language experiences you provide are an important part of preparing her to learn when she is old enough for school. There are many things parents and caregivers can do to help build a child’s literacy skills from the time he is born. This video provides helpful information about:

- The importance of communicating with your newborn
- Establishing reading routines
- Materials that prepare your child for reading and writing
- Activities to spark your child’s interest in learning
- The importance of quality childcare
- Incorporating literacy into everyday activities

5-V-382  Loan

I AM YOUR CHILD VIDEO SERIES: THE PRE-K PROMISE - DVD - (30 MIN.)

Parents Action for Children, 2005

Quality preschool programs for 3 and 4 year olds are one of the surest routes to success in school and beyond, according to various studies. But finding a high-quality program at an affordable price can be challenging.

This video, featuring well-known experts on early care and education, provides guidance to help parents understand:

- How preschool programs can benefit young children
- What a quality preschool program looks like
- What questions to ask when evaluating a preschool
- How to help make quality, affordable preschool programs more widely available