



# Healthy Living Resources

Below is a list of resources that are comprehensive yet succinct, and cover key topics related to healthy living for children.

## General

**Call 811** – Free provincial health information and advice phone line (registered nurses, pharmacists, dieticians). Available 24/7.

[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

**Call 211, text "Vancouver" to 211 or visit BC211.ca** – A non-profit organization that specializes in providing free information and referrals regarding community, government and social services in BC.

[www.bc211.ca](http://www.bc211.ca)

**Canadian Pediatric Society - "Caring for Kids"** – More comprehensive tips and guidelines for healthy bodies, including sleep, nutrition and physical activity.

[www.caringforkids.cps.ca/handouts/healthybodies-index](http://www.caringforkids.cps.ca/handouts/healthybodies-index)

**Encyclopedia on Early Childhood Development** – A wide range of information on early childhood development, from birth to age 5.

[www.child-encyclopedia.com/topics-a-z](http://www.child-encyclopedia.com/topics-a-z)

**KidCareCanada** – Videos on a variety of helpful topics.

[www.kidcarecanada.org/video-search/](http://www.kidcarecanada.org/video-search/)

**Canadian 24-Hour Movement Guidelines** – Guidelines integrating recommendations for physical activity, sedentary behavior, and sleep.

[www.csepguidelines.ca/](http://www.csepguidelines.ca/)

**Live 5-2-1-0** – An initiative to promote healthy behaviours among children, including healthy eating and physical activity.

[www.live5210.ca](http://www.live5210.ca)

## Nutrition

**HealthLink BC** – Tips for helping your child eat well, and links to meal ideas and *Canada's Food Guide*.

[www.healthlinkbc.ca/healthlinkbc-files/helping-your-1-3-year-old-child-eat-well](http://www.healthlinkbc.ca/healthlinkbc-files/helping-your-1-3-year-old-child-eat-well)

**Government of Canada – *Canada's Food Guide*** – Everyday recommendations, food choices, recipes and tips.

<http://food-guide.canada.ca/en/>

## Sleep

**Healthy Families BC** – 10 tips for good sleep habits.

[www.healthyfamiliesbc.ca/home/articles/good-sleep-habits-10-tips-children](http://www.healthyfamiliesbc.ca/home/articles/good-sleep-habits-10-tips-children)

**"Better Nights, Better Days"** – A program for parents with children who have trouble sleeping.

[www.betternightsbetterdays.ca/](http://www.betternightsbetterdays.ca/)

## Exercise

**ParticipACTION** – A collection of resources to stay active and healthy, including the opportunity to Build Your Best Day.

[www.participaction.com/en-ca](http://www.participaction.com/en-ca)

## Reading

**Zerotothree – "How to Introduce Babies and Toddlers to Books"** – Tips on reading to young children.

[www.zerotothree.org/resources/304-how-to-introduce-toddlers-and-babies-to-books](http://www.zerotothree.org/resources/304-how-to-introduce-toddlers-and-babies-to-books)

