

# Resources

- **Active for life.** A physical literacy resource for parents providing activities to help kids develop different fundamental skills. <https://activeforlife.com/>
- **Build Your Best Day.** This interactive website helps children plan their 'best' day while learning about how much they should be sitting, stepping, sweating and sleeping each day. <http://buildyourbestday.participaction.com/en-ca/>
- **Campaign for a Commercial Free Childhood.** <https://commercialfreechildhood.org>
- **Canadian Pediatric Society.** Guidelines and recommendations are available for parents and health-care providers regarding digital media use:
  - Early years: <https://www.cps.ca/en/documents/position/screen-time-and-young-children>
  - School-aged children and adolescents: <https://www.cps.ca/en/documents/position/digital-media>
- **Canadian Public Health Association.** This organization offers a policy toolkit in support of unstructured play: <https://www.cpha.ca/resources?topic=68>
- **Canadian Sleep and Circadian Network.** This website provides information on sleep and its impact on public health, and highlights many gaps in the field: <https://www.cscnweb.ca/>
- **Canadian Society for Exercise Physiology.** The Canadian 24-Hour Movement Guidelines explain healthy movement behaviour recommendations:
  - Early years (0-4 years): <https://csepguidelines.ca/early-years-0-4/>
  - Children and youth (5-17 years): <https://csepguidelines.ca/children-and-youth-5-17/>
- **Centre for Active Living.** This website provides information on physical activity research, events and initiatives: <https://www.centre4activeliving.ca/>
- **Children and Screens.** Created by the Institute of Digital Media and Child Health, this website aims to help children lead healthy lives in a digital world: <https://www.childrenandscreens.com/>
- **College of Family Physicians of Canada.** A comprehensive collection of information resources is available for family physicians, including policy statements and reports, documents endorsed by the College, resources for family physicians' patients, guides to information on the web, and more: <https://www.cfpc.ca/ForHealthProfessionals/>
- **Common Sense Media.** This website provides topical information on screen-viewing trends and provides tips for navigating a digital world: <https://www.common sense media.org/>
- **Défi Santé / Garder l'équilibre.** This website contains many tools and ideas for living a healthier, more well-balanced life. <https://www.defisante.ca/garder-lequilibre>
- **Encyclopedia on Early Childhood Development.** The most up-to-date scientific knowledge is provided on early childhood development, from conception to age five: <http://www.excellence-earlychildhood.ca/>
- **Families Canada.** With a network of 500+ member agencies and thousands of front-line family service workers across Canada, Families Canada works to promote the rights and interests of children and their families: <https://familiescanada.ca/>
- **Kids First Parents Association of Canada.** This organization works to promote the optimal care and well-being of children as well as to encourage and develop recognition of the importance of parental child care: <http://www.kidsfirstcanada.org/about.htm>
- **Naître et grandir.** A comprehensive health resource on pregnancy and the first 8 years of a child's life. <https://naitreetgrandir.com/fr/> (English available)
- **Neufeld Institute.** The Institute offers resources for parents and those working with children to strengthen adult-child attachment and maturation: <https://neufeldinstitute.org/>

- **Outdoor Play Canada.** This website provides information, research and advocacy regarding the benefits of playing outdoors for children and youth: <https://www.outdoorplaycanada.ca/>
- **Outside Play.** This online tool helps parents and caregivers gain the confidence to allow their kids to engage in more outdoor play: <https://outsideplay.ca>
- **ParticipACTION.** This website presents physical activity-focused facts and statistics, blogs, research findings and previous Report Cards: <https://www.participaction.com/en-ca>
- **Pause ton écran.** PAUSE offers tools for parents and kids to help improve their habits and promote a balanced use of the internet and screens. <https://pausetonecran.com/en/homepage/>
- **Power up.** This website offers information about physical activity, healthy eating and body diversity for parents and summer camps. <https://tremplinsante.ca/en/>
- **The Recess Project.** This initiative is aimed at encouraging more physical activity in schools and the preservation of school recess: <http://www.recessprojectcanada.com/>
- **Sleep on it!** This website aims to demystify sleep for the general public. It also offers evidence-based solutions and advocates for making healthy sleep a public health priority: <https://sleeponitcanada.ca>
- **The Vanier Institute of the Family.** This website provides a wealth of information about families and family life, family experiences, expectations and aspirations through research publications, presentations and web resources: <https://vanierinstitute.ca/>
- **Vifa Magazine.** This website contains family activities, tips on healthy eating and supporting physical and psychological health : <https://vifamagazine.ca/>
- **Wixx.** This website offers many tools and ideas to get kids moving, and even an activity planner to build active schedules : <http://wixx.ca/>

